



WEEKLY MEAL PLAN #59

SHOPPING LIST

PRODUCE

1 WHITE OR YELLOW ONION
1 RED ONION
8 OZ. WHITE MUSHROOMS
GARLIC
PARSLEY
CILANTRO
ROMAINE LETTUCE

PANTRY/CONDIMENTS

EGG NOODLES
FLOUR
3 CUPS BEEF BROTH
WORCESTERSHIRE SAUCE
MUSTARD
TOSTADAS
SUGAR FREE BBQ SAUCE
2 CANS HEALTHY REQUEST CREAM OF CHICKEN
1 1/2 CUPS FAT FREE CHICKEN BROTH
2 (.87 OZ) CHICKEN GRAVY PACKETS
LIGHT CREAMY CAESAR DRESSING
OLE XTREME HIGH FIBER TORTILLAS
DIJON MUSTARD
ITALIAN BREADCRUMBS
15 OZ. TOMATO SAUCE
LASAGNA NOODLES
GRATED PARMESAN CHEESE

MEAT

12 OZ. 95% LEAN GROUND BEEF
4 LBS. BONELESS, SKINLESS CHICKEN BREASTS
3 OZ. BOARS HEAD HAM

DAIRY/REFRIGERATED

FAT-FREE SOUR CREAM
PART-SKIM MOZZARELLA CHEESE, SHREDDED
SKIM MILK
SWISS CHEESE
PART-SKIM RICOTTA CHEESE

SEASONINGS

GARLIC POWDER	ITALIAN SEASONING
SALT & PEPPER	DRIED MINCED ONION
ONION POWDER	BASIL
OREGANO	

FROZEN

CHOPPED SPINACH