



WEEKLY MEAL PLAN #60

SHOPPING LIST

PRODUCE

GARLIC
GINGER
1 WHITE OR YELLOW ONION
RED ONION
GREEN PEPPER
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CABBAGE
LIME
CILANTRO
CUCUMBER
SHREDDED CARROTS
GREEN ONIONS

PANTRY/CONDIMENTS

2 CUPS BEEF BROTH
REDUCED SODIUM SOY SAUCE
CORNSTARCH
SRIRACHA
STREET TACO CORN TORTILLAS
15 OZ. TOMATO SAUCE
TURKEY PEPPERONI
BROWN RICE
LIGHT MAYONNAISE
CANNED TUNA FISH
ITALIAN BREADCRUMBS
GRATED PARMESAN CHEESE
LOW FAT SPAGHETTI SAUCE
CAVATAPPI PASTA
16 OZ. TOMATO SAUCE

MEAT

3 LBS. BONELESS SKINLESS CHICKEN BREASTS
TURKEY SAUSAGE

DAIRY/REFRIGERATED

FAT-FREE SOUR CREAM
PART-SKIM MOZZARELLA CHEESE, SHREDDED
SKIM MILK
6 OZ. BISCUITS
EGGS

SEASONINGS

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

FROZEN

CHOPPED SPINACH