



WEEKLY MEAL PLAN #63

SHOPPING LIST

PRODUCE

GREEN ONIONS
ZUCCHINI
RED PEPPER
RED ONION
10 OZ. CHERRY TOMATOES
GARLIC
1 YELLOW OR WHITE ONION
2 CUPS BROCCOLI

PANTRY/CONDIMENTS

30 1/2 OZ. TOMATO SAUCE
TACO SEASONING
1/2 CUP CHICKEN BROTH
RANCH SEASONING
MEDIUM SHELLS
PESTO
2 CANS CAMPBELLS CONDENSED FRENCH ONION SOUP
2 CUPS BEEF BROTH
GRATED PARMESAN CHEESE
ITALIAN BREADCRUMBS
SPAGHETTI (OPTIONAL)
CLASSICO 4 CHEESE ALFREDO

MEAT

4 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. 99% FAT FREE GROUND TURKEY
CENTER CUT BACON
BEEF ROUND ROAST

DAIRY/REFRIGERATED

5 PRE-MADE BISCUITS
REDUCED FAT MEXICAN CHEESE, SHREDDED
8 OZ. REDUCED-FAT CREAM CHEESE
PART-SKIM MOZZARELLA CHEESE, SHREDDED

SEASONINGS

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