



WEEKLY MEAL PLAN #64

SHOPPING LIST

PRODUCE

2 YELLOW OR WHITE ONIONS
GARLIC
LEMON
10 OZ. CHERRY TOMATOES
BASIL
GREEN PEPPER
LETTUCE
SUN DRIED TOMATOES
BABY SPINACH

PANTRY/CONDIMENTS

FAT FREE CHICKEN BROTH
CORNSTARCH
2 - TACO SEASONING
22.5 OZ. TOMATO SAUCE
2 CUPS BEEF BROTH
MEDIUM SHELLS
ANGEL HAIR PASTA
EXTRA VIRGIN OLIVE OIL
BROWN SUGAR
WORCESTERSHIRE SAUCE
SALSA
OLE XTREME HIGH FIBER TORTILLAS
BITE SIZE TOSTIDOS
CAVATAPPI PASTA
HAMBURGER BUNS

MEAT

1 LB. CHICKEN TENDERS
2 LBS. 99% FAT FREE GROUND TURKEY
2 LBS. BONELESS, SKINLESS CHICKEN BREAST

DAIRY/REFRIGERATED

BUTTER
REDUCED FAT MEXICAN CHEESE, SHREDDED
PARMESAN CHEESE, SHREDDED
FAT FREE SOUR CREAM
FAT FREE HALF AND HALF

SEASONINGS

SALT & PEPPER
PAPRIKA