



# WEEKLY MEAL PLAN #65

## SHOPPING LIST

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### PRODUCE

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3 YELLOW OR WHITE ONIONS  
2 GREEN PEPPERS  
GARLIC  
5 CUPS BABY SPINACH  
2 CUPS BROCCOLI  
2 RED, YELLOW OR ORANGE PEPPERS

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### PANTRY/CONDIMENTS

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45 OZ. TOMATO SAUCE  
14.5 OZ. DICED TOMATOES  
WORCESTERSHIRE SAUCE  
ELBOW MACARONI  
MINI BAGELS  
CORNSTARCH  
RIGATONI  
3.5 CUPS CHICKEN BROTH  
GRATED PARMESAN CHEESE  
LONG GRAIN WHITE RICE  
MARINARA SAUCE

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### MEAT

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1 LB. 99% FAT FREE GROUND TURKEY  
BOAR'S HEAD ROAST BEEF  
1 LB. CHICKEN TENDERS  
1.5 LBS. BONELESS, SKINLESS CHICKEN BREASTS

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### DAIRY/REFRIGERATED

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PART-SKIM MOZZARELLA CHEESE, SHREDDED  
BUTTER  
FAT FREE HALF AND HALF  
REDUCED FAT CREAM CHEESE  
REDUCED FAT MEXICAN CHEESE, SHREDDED  
PART-SKIM RICOTTA CHEESE  
SHREDDED PARMESAN CHEESE

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### SEASONINGS

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SALT & PEPPER	ONION POWDER
PAPRIKA	CAYENNE PEPPER
ITALIAN SEASONING	PARSLEY
GARLIC POWDER	DRIED MINCED ONION
CHILI POWDER	