



WEEKLY MEAL PLAN #66

SHOPPING LIST

PRODUCE

2 YELLOW OR WHITE ONIONS
RED ONION
GARLIC
BABY SPINACH
LEMON
GREEN PEPPER
RED PEPPER
2 ORANGES
GINGER
GREEN ONIONS
BASIL

PANTRY/CONDIMENTS

1 POINT BREAD
WORCESTERSHIRE SAUCE
SELF RISING FLOUR (NOT ALL PURPOSE FLOUR)
PEPPERONCINI'S
4 CUPS BEEF BROTH
42 OZ. TOMATO SAUCE
INSTANT RICE
ANGEL HAIR PASTA
EXTRA VIRGIN OLIVE OIL
1/4 CUP CHICKEN BROTH
SESAME OIL
REDUCED SODIUM SOY SAUCE
HONEY
CORNSTARCH
GRATED PARMESAN CHEESE
ITALIAN BREAD CRUMBS
JUMBO PASTA SHELLS

MEAT

GROUND SIRLOIN
1/4 LB. BOARS HEAD BLACK FOREST HAM
TURKEY PEPPERONI
1 LB. FAT FREE GROUND TURKEY
2 LBS. BONELESS, SKINLESS CHICKEN BREAST
1/2 LB. 90% LEAN GROUND BEEF

DAIRY/REFRIGERATED

I CAN'T BELIEVE IT'S NOT BUTTER SPRAY
SARGENTO ULTRA THIN CHEDDAR CHEESE SLICES
FAT FREE GREEK YOGURT
PART SKIM MOZZARELLA CHEESE, SHREDDED
PARMESAN CHEESE, SHREDDED
EGGS

SEASONINGS

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