



WEEKLY MEAL PLAN #67

SHOPPING LIST

PRODUCE

RED PEPPER
YELLOW PEPPER
POTATO
GREEN BEANS
EGGPLANT
2 HEADS LETTUCE
2 RED ONIONS
GARLIC
LEMON
CHERRY TOMATOES
ENGLISH CUCUMBER

PANTRY/CONDIMENTS

45 OZ. TOMATO SAUCE
BREADCRUMBS
GRATED PARMESAN CHEESE
CHICKEN BROTH
SUGAR-FREE BBQ SAUCE
OLE XTREME HIGH FIBER TORTILLAS
LINGUINE
SPAGHETTI
EXTRA VIRGIN OLIVE OIL
14 1/2 OZ. DICED TOMATOES

MEAT

CHEDDAR CHICKEN SAUSAGE LINKS
1 LB. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. UNCOOKED SHRIMP
1/2 LB. 95% LEAN GROUND BEEF

DAIRY/REFRIGERATED

PART-SKIM MOZZARELLA CHEESE, SHREDDED
EGGS
REDUCED-FAT MEXICAN CHEESE, SHREDDED
BUTTER
PARMESAN CHEESE, SHREDDED
FAT-FREE GREEK YOGURT
REDUCED-FAT FETA CHEESE

SEASONINGS

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