



WEEKLY MEAL PLAN #69

SHOPPING LIST

PRODUCE

GARLIC
4 YELLOW OR WHITE ONIONS
8 OZ. WHITE MUSHROOMS
PARSLEY
CELERY
GREEN ONIONS
GINGER
GREEN PEPPER
RED PEPPER

PANTRY/CONDIMENTS

EGG NOODLES
ALL PURPOSE FLOUR
5 CUPS BEEF BROTH
WORCESTERSHIRE SAUCE
MUSTARD
TACO SEASONING
38.5 OZ. FAT FREE CHICKEN BROTH
SALSA
ORZO
CORN
WHITE TUNA IN WATER
LIGHT MAYONNAISE
1 POINT BREAD
EXTRA VIRGIN OLIVE OIL
LINGUINE NOODLES
CORNSTARCH
GRATED PARMESAN CHEESE
REDUCED SODIUM SOY SAUCE
15 OZ. TOMATO SAUCE
LASAGNA NOODLES

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREASTS
95% LEAN GROUND BEEF

DAIRY/REFRIGERATED

FAT-FREE SOUR CREAM
REDUCED FAT MEXICAN CHEESE, SHREDDED
I CAN'T BELIEVE IT'S NOT BUTTER SPRAY
ULTRA THIN MILD CHEDDAR SLICES
FAT FREE HALF AND HALF
PART-SKIM MOZZARELLA CHEESE, SHREDDED
PART-SKIM RICOTTA CHEESE

SEASONINGS

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

FROZEN FOOD

CHOPPED SPINACH