



WEEKLY MEAL PLAN #71

SHOPPING LIST

PRODUCE

GARLIC
GINGER
GREEN ONIONS
BASIL
ROMA TOMATO
CILANTRO
1 WHITE OR YELLOW ONION
BROCCOLI

PANTRY/CONDIMENTS

LINGUINE NOODLES
REDUCED-FAT PEANUT BUTTER
REDUCED SODIUM SOY SAUCE
RICE WINE VINEGAR
GRANULATED SPLENDA
SESAME OIL
EXTRA VIRGIN OLIVE OIL
37 1/2 OZ. TOMATO SAUCE
GRATED PARMESAN CHEESE
BOW TIE PASTA
HEALTHY REQUEST CREAM OF MUSHROOM
HEALTHY REQUEST CREAM OF CELERY
18.5 OZ. FAT FREE CHICKEN BROTH
EGG NOODLES
SOLID WHITE TUNA IN WATER
SALSA VERDE
OLE XTREME HIGH FIBER TORTILLAS
CORNSTARCH
RICE

MEAT

1 LB. 90% LEAN GROUND BEEF
2 LBS. BONELESS, SKINLESS CHICKEN BREASTS

DAIRY/REFRIGERATED

PREMADE THIN CRUST PIZZA DOUGH
FRESH MOZZARELLA CHEESE BALLS
PART SKIM MOZZARELLA CHEESE, SHREDDED
FAT FREE HALF AND HALF
FAT FREE SOUR CREAM
REDUCED FAT MEXICAN CHEESE, SHREDDED

SEASONINGS

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

FROZEN FOOD

PEAS