



WEEKLY MEAL PLAN #72

SHOPPING LIST

PRODUCE

2 RED, YELLOW OR ORANGE PEPPERS
GARLIC
5 CUPS BABY SPINACH
2 ORANGES
GARLIC
GINGER
GREEN ONIONS
ICEBERG LETTUCE
LEMON
CHERRY TOMATOES
ENGLISH CUCUMBER
RED ONION

PANTRY/CONDIMENTS

MARINARA SAUCE
2 TACO SEASONING PACKETS
OLE XTREME HIGH FIBER TORTILLAS
PICO DE GALLO
RIGATONI
38 OZ. TOMATO SAUCE
2 CUPS BEEF BROTH
1/2 CUP CHICKEN BROTH
GRATED PARMESAN CHEESE
SESAME OIL
REDUCED SODIUM SOY SAUCE
HONEY
CORNSTARCH
EXTRA VIRGIN OLIVE OIL
ROTINI
SALSA

MEAT

1 LB. 95% LEAN GROUND BEEF
2 1/2 LBS. BONELESS, SKINLESS CHICKEN BREASTS

DAIRY/REFRIGERATED

PART-SKIM RICOTTA CHEESE
SHREDDED PARMESAN CHEESE
REDUCED FAT CREAM CHEESE
FAT FREE GREEK YOGURT
REDUCED FAT FETA CHEESE
REDUCED FAT MEXICAN CHEESE, SHREDDED

SEASONINGS

SALT & PEPPER
ITALIAN SEASONING
DILL
DRIED MINCED ONION