



# WEEKLY MEAL PLAN #73

## SHOPPING LIST

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### PRODUCE

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RED PEPPER  
YELLOW PEPPER  
POTATO  
1/4 LB. GREEN BEANS  
GARLIC  
GINGER  
GREEN ONIONS

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### PANTRY/CONDIMENTS

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HEALTHY REQUEST CREAM OF CHICKEN  
TACO SEASONING  
BISQUICK HEART SMART  
BUFFALO WING SAUCE  
OLE XTREME HIGH FIBER TORTILLAS  
ITALIAN BREADCRUMBS  
GRATED PARMESAN CHEESE  
LOW FAT SPAGHETTI SAUCE  
LOW SODIUM SOY SAUCE  
SUGAR FREE MAPLE SYRUP  
CORNSTARCH

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### MEAT

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1 LB. 95% LEAN GROUND BEEF  
3 LBS. BONELESS, SKINLESS CHICKEN BREASTS  
1 LB. LEAN STEAK  
CHEDDAR CHICKEN SAUSAGE LINKS

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### DAIRY/REFRIGERATED

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FAT FREE SOUR CREAM  
REDUCED FAT MEXICAN CHEESE, SHREDDED  
5 PREMADE BISCUITS  
EGGS  
SKIM MILK  
REDUCED FAT CREAM CHEESE  
PART SKIM MOZZARELLA CHEESE, SHREDDED

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### SEASONINGS

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SALT & PEPPER  
GARLIC POWDER

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### FROZEN FOOD

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CARROTS, PEAS AND CORN