



# WEEKLY MEAL PLAN #75

## SHOPPING LIST

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### PRODUCE

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3 YELLOW OR WHITE ONIONS  
GARLIC  
LEMON  
GREEN PEPPER  
2 RED PEPPERS  
ZUCCHINI  
RED ONION  
10 OZ. CHERRY TOMATOES

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### PANTRY/CONDIMENTS

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14 1/2 OZ. DICED TOMATOES  
45 OZ. TOMATO SAUCE  
GRATED PARMESAN CHEESE  
ITALIAN BREADCRUMBS  
SPAGHETTI  
BROWN SUGAR  
WORCESTERSHIRE SAUCE  
BUNS  
CHICKEN BROTH  
CORNSTARCH  
TACO SEASONING  
MEDIUM SHELLS  
PESTO  
RICE

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### MEAT

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2 LBS 99% FAT FREE GROUND TURKEY BREAST  
2 LBS. BONELESS, SKINLESS CHICKEN BREAST  
1 LB. BONELESS, SKINLESS CHICKEN TENDERLOINS

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### DAIRY/REFRIGERATED

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PART SKIM MOZZARELLA CHEESE  
BUTTER  
5 PRE-MADE BISCUITS (SUCH AS PILLSBURY)  
REDUCED FAT MEXICAN CHEESE

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### SEASONINGS

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