



WEEKLY MEAL PLAN #76

SHOPPING LIST

PRODUCE

GARLIC
2 YELLOW OR WHITE ONIONS
BROCCOLI
CHIVES

PANTRY/CONDIMENTS

REGULAR ROTINI AND WHOLE GRAIN ROTINI
TACO SEASONING
SALSA
ITALIAN BREAD CRUMBS
WORCESTERSHIRE SAUCE
DIJON MUSTARD
PANCO BREADCRUMBS
2 CANS HEALTHY REQUEST CREAM OF CHICKEN
CHICKEN BROTH
BISQUICK HEART SMART
LIGHT RANCH DRESSING
8 OZ. CRAB MEAT

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREAST
1 LB. 95% LEAN GROUND BEEF
TURKEY BACON

DAIRY/REFRIGERATED

SKIM MILK
EGGS
REDUCED-FAT MEXICAN CHEESE, SHREDDED
FAT-FREE PLAIN GREEK YOGURT
REDUCED-FAT SHARP CHEDDAR CHEESE

SEASONINGS

SALT & PEPPER
GARLIC POWDER
POULTRY SEASONING
ONION POWDER
OLD BAY SEASONING