



WEEKLY MEAL PLAN #77

SHOPPING LIST

PRODUCE

GARLIC
5 OZ. POTATO
CHIVES
2 LIMES
CILANTRO
GREEN ONIONS
5 OZ. BABY SPINACH
GINGER

PANTRY/CONDIMENTS

HEALTHY REQUEST CREAM OF CHICKEN
CHICKEN BROTH
RANCH SEASONING
FLATOUT FLATBREAD
GRATED PARMESAN
ITALIAN BREADCRUMBS
BUFFALO WING SAUCE
REDUCED SODIUM SOY SAUCE
RICE VINEGAR
BROWN SUGAR
CORNSTARCH

MEAT

1 LB. THIN PORK CHOPS, BONELESS
4 LBS. BONELESS, SKINLESS CHICKEN BREASTS
TURKEY BACON

DAIRY/REFRIGERATED

SKIM MILK
PART-SKIM MOZZARELLA CHEESE, SHREDDED
PILLSBURY THIN CRUST PIZZA DOUGH
REDUCED-FAT CREAM CHEESE
FAT FREE GREEK YOGURT
REDUCED-FAT FETA CHEESE
EGGS

SEASONINGS

SALT & PEPPER
GARLIC POWDER
ONION POWDER
PARSLEY
CUMIN
CHILI POWDER
TOASTED SESAME SEEDS