



WEEKLY MEAL PLAN #78

SHOPPING LIST

PRODUCE

GARLIC
LEMON
CILANTRO
RED ONION
2 WHITE OR YELLOW ONIONS
CELERY
CARROTS
GREEN ONIONS

PANTRY/CONDIMENTS

LINGUINE
CHICKEN BROTH
ALL PURPOSE FLOUR
EXTRA VIRGIN OLIVE OIL
TOSTADA SHELLS
SUGAR FREE BBQ SAUCE
PEPPERIDGE FARM CUBED STUFFING
FLOUR
RANCH SEASONING
14.5 OZ. DICED TOMATOES
15 OZ. TOMATO SAUCE
TACO SEASONING
BLACK BEANS

MEAT

1 LB. UNCOOKED SHRIMP
1 LB. PORK TENDERLOIN
4 LBS. BONELESS, SKINLESS CHICKEN BREAST

DAIRY/REFRIGERATED

BUTTER
PARMESAN CHEESE, SHREDDED
PART-SKIM MOZZARELLA CHEESE, SHREDDED
SKIM MILK
REDUCED FAT CHEDDAR CHEESE, SHREDDED
8 OZ. REDUCED FAT CREAM CHEESE
REDUCED FAT MEXICAN CHEESE, SHREDDED

SEASONINGS

SALT & PEPPER
GARLIC POWDER
PARSLEY
ONION POWDER

FROZEN

CORN