



WEEKLY MEAL PLAN #81

SHOPPING LIST

PRODUCE

GARLIC
3 YELLOW OR WHITE ONIONS
LETTUCE
2 RED ONIONS
LEMON
CHERRY TOMATOES
ENGLISH CUCUMBER
8 OZ. WHITE MUSHROOMS
PARSLEY
GINGER
GREEN PEPPER
RED PEPPER

PANTRY/CONDIMENTS

SALSA
1 CUP CHICKEN BROTH
SUGAR FREE BBQ SAUCE
OLE XTREME TORTILLAS
15 OZ. TOMATO SAUCE
TURKEY PEPPERONI
EXTRA VIRGIN OLIVE OIL
EGG NOODLES
FLOUR
5 CUPS BEEF BROTH
WORCESTERSHIRE SAUCE
MUSTARD
REDUCED SODIUM SOY SAUCE
CORNSTARCH

MEAT

2 LBS. BONELESS, SKINLESS CHICKEN BREAST
1 1/2 LBS. 95% LEAN GROUND BEEF
TURKEY SAUSAGE

DAIRY/REFRIGERATED

PILLSBURY PIE CRUST
REDUCED FAT MEXICAN CHEESE, SHREDDED
EGGS
6 OZ. PREMADE BISCUIT DOUGH
PART SKIM MOZZARELLA CHEESE, SHREDDED
FAT FREE GREEK YOGURT, PLAIN
REDUCED FAT FETA CHEESE
FAT FREE SOUR CREAM

SEASONINGS

SALT & PEPPER	OREGANO
GARLIC POWDER	BASIL
CUMIN	DILL
CHILI POWDER	ITALIAN SEASONING
DRIED MINCED ONION	