



WEEKLY MEAL PLAN #82

SHOPPING LIST

PRODUCE

GARLIC
GINGER
GREEN ONIONS
SPINACH
RED ONION
EGGPLANT

PANTRY/CONDIMENTS

LOW SODIUM SOY SAUCE
SUGAR FREE MAPLE SYRUP
CORNSTARCH
ROTINI
TACO SEASONING
SALSA
BUFFALO WING SAUCE
OLE XTREME HIGH FIBER TORTILLAS
30 OZ. TOMATO SAUCE
BREADCRUMBS
GRATED PARMESAN CHEESE
16 OZ. GNOCCHI
FAT FREE CHICKEN BROTH

MEAT

1 LB. LEAN STEAK
3 LBS. BONELESS SKINLESS CHICKEN BREASTS
1 LB. 99% FAT FREE FROUND TURKEY BREAST

DAIRY/REFRIGERATED

REDUCED FAT MEXICAN CHEESE
REDUCED-FAT CREAM CHEESE
PART SKIM MOZZARELLA CHEESE
REDUCED FAT FETA CHEESE
EGGS
FAT FREE HALF AND HALF

SEASONINGS

SALT & PEPPER
GARLIC POWDER
OREGANO
DRIED MINCED ONION
ITALIAN SEASONING
BASIL
RED PEPPER FLAKES