



WEEKLY MEAL PLAN #83

SHOPPING LIST

PRODUCE

GARLIC
8 OZ. WHITE MUSHROOMS
LEMON
BROCCOLI
2 ORANGES
GINGER
GREEN ONIONS
1 RED PEPPER
1 GREEN PEPPER
1 ONION

PANTRY/CONDIMENTS

10.5 OZ. HEALTHY REQUEST CREAM OF CHICKEN
LIPTON ONION SOUP MIX
TACO SEASONING
OLE XTREME HIGH FIBER TORTILLAS
PICO DE GALLO
LINGUINE PASTA
EXTRA VIRGIN OLIVE OIL
FAT FREE CHICKEN BROTH
CORNSTARCH
STOVE TOP STUFFING
SESAME OIL
REDUCED SODIUM SOY SAUCE
HONEY
CORNSTARCH
BEEF BROTH
15 OZ. PETITE DICED TOMATOES
8 OZ. TOMATO SAUCE
WORCESTERSHIRE SAUCE
LONG GRAIN WHITE RICE

MEAT

2 LBS. BONELESS, SKINLESS CHICKEN BREASTS
2 LBS. 95% LEAN GROUND BEEF
1 LB. PORK TENDERLOIN

DAIRY/REFRIGERATED

REDUCED FAT MEXICAN CHEESE
REDUCED-FAT CREAM CHEESE
PARMESAN CHEESE, SHREDDED

SEASONINGS

SALT & PEPPER
GARLIC POWDER
ONION POWDER
ITALIAN SEASONING