



WEEKLY MEAL PLAN #84

SHOPPING LIST

PRODUCE

GARLIC
2 ONIONS
GREEN PEPPER
RED PEPPER
YELLOW PEPPER
1 RUSSET POTATO
1/4 LB. GREEN BEANS
CARROTS
CELERY
CILANTRO

PANTRY/CONDIMENTS

30 OZ. TOMATO SAUCE
TACO SEASONING
14 1/2 OZ. DICED TOMATOES
WORCESTERSHIRE SAUCE
ELBOW MACARONI
8 CUPS FAT FREE CHICKEN BROTH
EGG NOODLES
GRATED PARMESAN CHEESE
SALSA VERDE
OLE XTREME HIGH FIBER TORTILLAS
LIGHT RANCH DRESSING
BISQUICK HEART SMART

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREASTS
2 LBS. 99% FAT FREE GROUND TURKEY BREAST
CHEDDAR CHICKEN SAUSAGE LINKS

DAIRY/REFRIGERATED

5 PRE-MADE BISQUITS
REDUCED FAT MEXICAN CHEESE, SHREDDED
BUTTER
FAT FREE SOUR CREAM
SKIM MILK
EGGS

SEASONINGS

SALT & PEPPER
GARLIC POWDER
PAPRIKA
ITALIAN SEASONING
OREGANO
BAY LEAF