



WEEKLY MEAL PLAN #85

SHOPPING LIST

PRODUCE

GARLIC
BASIL
2 ONIONS
ROMAINE LETTUCE
1 LB. POTATOES

PANTRY/CONDIMENTS

14 1/2 OZ. FIRE ROASTED TOMATOES
8 OZ. TOMATO SAUCE
2 TACO SEASONING PACKETS
OLE XTREME HIGH FIBER TORTILLAS
ARTICHOKE HEARTS
22 1/2 OZ. CHICKEN BROTH
SALSA
ORZO
CORN
BISQUICK HEART SMART
LIGHT CREAMY CAESAR DRESSING
WORCESTERSHIRE SAUCE
TOMATO PASTE
ALL PURPOSE FLOUR
1/2 CUP BEEF BROTH

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. 10 OZ. 95% LEAN GROUND BEEF

DAIRY/REFRIGERATED

REDUCED FAT CREAM CHEESE
REDUCED FAT MEXICAN CHEESE, SHREDDED
EGGS
SKIM MILK
PART SKIM MOZZARELLA CHEESE
FAT FREE SOUR CREAM
PARMESAN CHEESE, SHREDDED

SEASONINGS

SALT & PEPPER
OREGANO
ONION POWDER

FROZEN

CHOPPED SPINACH
ASSORTED VEGETABLES