



WEEKLY MEAL PLAN #86

SHOPPING LIST

PRODUCE

GARLIC
BASIL
LETTUCE
GREEN ONIONS
10 OZ. CHERRY TOMATOES
1 YELLOW ONION
BABY SPINACH

PANTRY/CONDIMENTS

PENNE PASTA
ANGEL HAIR PASTA
LIGHT ALFREDO SAUCE
TOSTADA SHELLS
RANCH DIP SEASONING PACKET
OLE XTREME HIGH FIBER TORTILLAS
FAT FREE REFRIED BEANS
TACO SAUCE
EXTRA VIRGIN OLIVE OIL
1/2 CUP CHICKEN BROTH
2 CANS CAMPBELLS FRENCH ONION SOUP
CONDENSED
2 CUPS BEEF BROTH
SARA LEE 45 CALORIE BREAD

MEAT

2 1/2 LBS. BONELESS, SKINLESS CHICKEN BREASTS
CENTER CUT BACON
1 LB. 95% LEAN GROUND BEEF
BEEF ROUND ROAST

DAIRY/REFRIGERATED

PART SKIM MOZZARELLA CHEESE
REDUCED FAT CHEDDAR CHEESE
FAT FREE SOUR CREAM
REDUCED FAT MEXICAN CHEESE
PARMESAN CHEESE, SHREDDED
SARGENTO MOZZARELLA CHEESE SLICES
I CAN'T BELIEVE IT'S NOT BUTTER SPRAY

SEASONINGS

SALT & PEPPER
GARLIC POWDER
PARSLEY