



WEEKLY MEAL PLAN #87

SHOPPING LIST

PRODUCE

GARLIC
2 LIMES
CILANTRO
2 YELLOW ONIONS
CABBAGE

PANTRY/CONDIMENTS

2 CANS HEALTHY REQUEST CREAM OF CHICKEN
CHICKEN BROTH
WORCESTERSHIRE SAUCE
1 POINT PER SLICE BREAD (I USE SARA LEE 45
CALORIE BREAD)
ITALIAN BREADCRUMBS
GRATED PARMESAN CHEESE
LOW FAT SPAGHETTI SAUCE
REDUCED FAT RITZ CRACKERS

MEAT

4 LBS. BONELESS, SKINLESS CHICKEN BREASTS
GROUND SIRLOIN
CHEDDAR CHICKEN SAUSAGE

DAIRY/REFRIGERATED

PREMADE PIE CRUST
SKIM MILK
SARGENTO ULTRA THIN CHEDDAR
EGGS
PART-SKIM MOZZARELLA CHEESE, SHREDDED
FAT FREE SOUR CREAM
REDUCED FAT MEXICAN CHEESE, SHREDDED
I CAN'T BELIEVE IT'S NOT BUTTER SPRAY

SEASONINGS

SALT & PEPPER
GARLIC POWDER
CUMIN
CHILI POWDER
ONION POWDER
PARSLEY

FROZEN

ASSORTED VEGETABLES (CORN, CARROTS,
GREEN BEANS & PEAS)
FROZEN PEAS AND CARROTS
ORE IDA DICED HASH BROWNS