



WEEKLY MEAL PLAN #88

SHOPPING LIST

PRODUCE

GARLIC
CILANTRO
RED ONION
ARUGULA

PANTRY/CONDIMENTS

TOSTADAS
SUGAR FREE BBQ SAUCE
12 OZ. BOX JUMBO SHELLS
TACO SEASONING
FAT FREE SALSA
1 POINT PER SLICE BREAD (I USE SARA LEE 45 CALORIE BREAD)
CRANBERRY SAUCE
ITALIAN BREADCRUMBS
BUFFALO WING SAUCE
SPAGHETTI
2 CANS 98% FAT FREE CREAM OF CHICKEN
1/2 CUP CHICKEN BROTH
15 OZ. TOMATO SAUCE
LASAGNA NOODLES
GRATED PARMESAN CHEESE

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. 95% LEAN GROUND BEEF
COOKED TURKEY BREAST

DAIRY/REFRIGERATED

PART SKIM MOZZARELLA CHEESE, SHREDDED
REDUCED FAT MEXICAN CHEESE, SHREDDED
SARGENTO ULTRA THIN SWISS CHEESE
EGGS
FAT FREE SOUR CREAM
PART SKIM RICOTTA CHEESE
I CAN'T BELIEVE IT'S NOT BUTTER SPRAY

SEASONINGS

SALT & PEPPER
GARLIC POWDER
PARSLEY
DRIED MINCED ONION
ITALIAN SEASONING
OREGANO
BASIL

FROZEN

CHOPPED SPINACH