



WEEKLY MEAL PLAN #89

SHOPPING LIST

PRODUCE

GARLIC
GREEN ONIONS
LIME
RED CABBAGE
CILANTRO
BASIL
RED ONION
YELLOW ONION

PANTRY/CONDIMENTS

RANCH SEASONING
DICED CHIPOLTE PEPPERS IN ADOBO
SMALL CORN TORTILLAS
GRATED PARMESAN CHEESE
ITALIAN BREADCRUMBS
29 OZ. TOMATO SAUCE
JUMBO PASTA SHELLS
EXTRA VIRGIN OLIVE OIL
3 CUPS FAT FREE CHICKEN BROTH
LINGUINI
CORNSTARCH
OLE XTREME HIGH FIBER TORTILLAS
TOMATO PASTE
3 CUPS BEEF BROTH
ELBOW MACARONI

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1/2 LB. 90% LEAN GROUND BEEF
1/2 LB. 95% LEAN GROUND BEEF
1 LB. WHITE FISH
TURKEY BACON

DAIRY/REFRIGERATED

PART SKIM MOZZARELLA CHEESE, SHREDDED
PILLSBURY THIN CRUST PIZZA DOUGH
REDUCED-FAT CREAM CHEESE
FAT-FREE PLAIN GREEK YOGURT
FAT-FREE SOUR CREAM
EGGS
FAT FREE HALF AND HALF
REDUCED FAT CHEDDAR CHEESE, SHREDDED
SKIM MILK
REDUCED-FAT MEXICAN CHEESE, SHREDDED

SEASONINGS

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