



WEEKLY MEAL PLAN #90

SHOPPING LIST

PRODUCE

GARLIC
2 PEPPERS (EITHER RED, YELLOW OR ORANGE)
BASIL
CUCUMBER
SHREDDED CARROTS
GREEN ONIONS
BABY SPINACH

PANTRY/CONDIMENTS

HOT DOG BUNS
86.5 OZ. TOMATO SAUCE
ITALIAN BREADCRUMBS
CAVATAPPI PASTA
MARINARA SAUCE
GRATED PARMESAN CHEESE
BOW TIE PASTA
BROWN RICE
LIGHT MAYONNAISE
SRIRACHA
WHITE TUNA IN WATER
TACO SEASONING
2 CUPS BEEF BROTH
MEDIUM SHELLS

MEAT

1.5 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. 96% LEAN GROUND BEEF
1 LB. 90% LEAN GROUND BEEF
1 LB. 99% FAT FREE GROUND TURKEY

DAIRY/REFRIGERATED

PART SKIM MOZZARELLA CHEESE, SHREDDED
REDUCED FAT MEXICAN CHEESE
PART SKIM RICOTTA CHEESE
SHREDDED PARMESAN CHEESE
EGGS
SARGENTO MOZZARELLA CHEESE SLICES

SEASONINGS

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

FROZEN FOOD

CHOPPED SPINACH