



# WEEKLY MEAL PLAN #92

## SHOPPING LIST

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### PRODUCE

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GARLIC  
3 YELLOW ONIONS  
CILANTRO  
GREEN PEPPER  
CARROTS  
CELERY  
1/2 LB. POTATOES

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### PANTRY/CONDIMENTS

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HAMBURGER BUNS  
2 CANS HEALTHY REQUEST CREAM OF CHICKEN  
6 CUPS CHICKEN BROTH  
BISQUICK HEART SMART  
SALSA  
14 1/2 OZ. TOMATO SAUCE  
BROWN SUGAR  
WORCESTERSHIRE SAUCE  
CORNSTARCH  
ALL PURPOSE FLOUR  
LIGHT MAYONNAISE  
REDUCED FAT RITZ

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### MEAT

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2 LBS. BONELESS, SKINLESS CHICKEN BREASTS  
1 LB. CHICKEN TENDERLOINS  
1 LB. 99% REDUCED FAT TURKEY  
8 OZ. DICED HAM

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### DAIRY/REFRIGERATED

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SKIM MILK  
REFRIGERATED PIE CRUST  
REDUCED FAT MEXICAN CHEESE, SHREDDED  
BUTTER  
FAT FREE HALF AND HALF  
EGGS

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### SEASONINGS

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SALT & PEPPER	CAYENNE PEPPER
GARLIC POWDER	PARSLEY
POULTRY SEASONING	SEASONING SALT
CUMIN	CHILI POWDER
ONION POWDER	

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### FROZEN FOOD

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CAULIFLOWER RICE  
CHOPPED BROCCOLI