



WEEKLY MEAL PLAN #93

SHOPPING LIST

PRODUCE

GARLIC
GINGER
GREEN ONIONS
16 OZ. COLESLAW
BROCCOLI
YELLOW ONION
CABBAGE
LIME
CILANTRO
RED ONION

PANTRY/CONDIMENTS

LINGUINE NOODLES
REDUCED-FAT PEANUT BUTTER
REDUCED-SODIUM SOY SAUCE
RICE WINE VINEGAR
GRANULATED SPLENDA
SESAME OIL
LIGHT MAYONNAISE
APPLE CIDER VINEGAR
1 CUP CHICKEN BROTH
SUGAR FREE BBQ SAUCE
WHOLE GRAIN ROTINI PASTA
CHICKEN BROTH
ITALIAN BREADCRUMBS
29 OZ. CRUSHED TOMATOES
29 OZ. TOMATO SAUCE
WORCESTERSHIRE SAUCE
SRIRACHA
STREET TACO CORN TORTILLAS

MEAT

2 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. 95% LEAN GROUND BEEF

DAIRY/REFRIGERATED

SKIM MILK
FAT FREE GREEK YOGURT
REDUCED FAT SHARP CHEDDAR
FAT FREE SOUR CREAM

SEASONINGS

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|--------------------|-------------------|
| SALT & PEPPER | CUMIN |
| GARLIC POWDER | OREGANO |
| CELERY SEEDS | PAPRIKA |
| ONION POWDER | CAYENNE PEPPER |
| CHILI POWDER | JERK SEASONING |
| DRIED MINCED ONION | ITALIAN SEASONING |
| BASIL | |

FROZEN FOOD

CORN