



# WEEKLY MEAL PLAN #94

## SHOPPING LIST

---

### PRODUCE

---

GARLIC  
GINGER  
10 OZ. CHERRY TOMATOES  
BASIL  
1 LB. POTATOES  
2 YELLOW ONIONS

---

### PANTRY/CONDIMENTS

---

STOVE TOP STUFFING  
ANGEL HAIR PASTA  
EXTRA VIRGIN OLIVE OIL  
1/2 CUP CHICKEN BROTH  
WORCESTERSHIRE SAUCE  
(2) TOMATO PASTE  
ALL PURPOSE FLOUR  
1/2 CUP BEEF BROTH  
HEALTHY REQUEST CREAM OF CHICKEN  
TACO SEASONING  
BISQUICK HEART SMART  
14.5 OZ. PETITE DICED TOMATOES

---

### MEAT

---

2 LBS. BONELESS, SKINLESS CHICKEN BREASTS  
1 LB. PORK TENDERLOIN  
1 LB. PLUS 10 OZ. 95% LEAN GROUND BEEF

---

### DAIRY/REFRIGERATED

---

PARMESAN CHEESE, SHREDDED  
SKIM MILK  
REDUCED FAT MEXICAN CHEESE, SHREDDED  
PRE-MADE PIE CRUST  
EGGS  
FAT FREE GREEK YOGURT

---

### SEASONINGS

---

SALT & PEPPER	TUMERIC
GARLIC POWDER	CORIANDER
ONION POWDER	CUMIN
OREGANO	CAYENNE PEPPER
CURRY	

---

### FROZEN FOOD

---

(2) MIXED VEGETABLES