



WEEKLY MEAL PLAN #95

SHOPPING LIST

PRODUCE

GARLIC
2 GREEN PEPPERS
RED PEPPER
3 YELLOW ONIONS
8 OZ. WHITE MUSHROOMS
PARSLEY

PANTRY/CONDIMENTS

PRETZEL STICKS
ALL PURPOSE FLOUR
1 CUP CHICKEN BROTH
PEPERIDGE FARM TOP SLICED HOT DOG BUNS
5 CUPS BEEF BROTH
15 OZ. PETITE DICED TOMATOES
8 OZ. TOMATO SAUCE
WORCESTERSHIRE SAUCE
LONG GRAIN WHITE RICE
TACO SEASONING
OLE XTREME HIGH FIBER TORTILLAS
PICO DE GALLO
EGG NOODLES
MUSTARD
ITALIAN BREADCRUMBS
GRATED PARMESAN CHEESE
LOW FAT SPAGHETTI SAUCE

MEAT

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

DAIRY/REFRIGERATED

EGGS
SARGENTO ULTRA THIN PROVOLONE CHEESE SLICES
REDUCED FAT MEXICAN CHEESE
FAT FREE SOUR CREAM
SKIM MILK
PART SKIM MOZZARELLA CHEESE, SHREDDED

SEASONINGS

SALT & PEPPER
GARLIC POWDER
ONION POWDER
ITALIAN SEASONING

FROZEN FOOD

(2) MIXED VEGETABLES