



WEEKLY MEAL PLAN #96

SHOPPING LIST

PRODUCE

LETTUCE
GARLIC
2 ORANGES
GINGER
GREEN ONIONS
1LB. 10 OZ. YUKON GOLD POTATOES
CARROTS
2 YELLOW ONIONS

PANTRY/CONDIMENTS

PLIGHT RANCH DRESSING
BISQUICK HEART SMART
OLE XTREME HIGH FIBER TORTILLAS
TACO SEASONING
FAT FREE REFRIED BEANS
TACO SAUCE
SESAME OIL
REDUCED SODIUM SOY SAUCE
HONEY
CORNSTARCH
EXTRA VIRGIN OLIVE OIL
WORCESTERSHIRE SAUCE
PENNE PASTA
LIGHT ALFREDO SAUCE

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. 95% LEAN GROUND BEEF
TURKEY BACON
6 OZ. FLAT IRON STEAK
4 CHICKEN SAUSAGE LINKS

DAIRY/REFRIGERATED

EGGS
SKIM MILK
REDUCED FAT MEXICAN CHEESE, SHREDDED
FAT FREE SOUR CREAM
8 PILLSBURY GRANDS HOMESTYLE BISCUITS
PART SKIM MOZZARELLA CHEESE, SHREDDED

SEASONINGS

SALT & PEPPER
GARLIC POWDER
ONION POWDER
ITALIAN SEASONING
PARSLEY