



WEEKLY MEAL PLAN #97

SHOPPING LIST

PRODUCE

GARLIC
GREEN ONIONS
YELLOW ONION
2 ZUCCHINI
RED PEPPER
RED ONION
10 OZ. CHERRY TOMATOES

PANTRY/CONDIMENTS

(2) RANCH SEASONING PACKETS
SALSA
MEDIUM SHELLS
PESTO
LIGHT SPAGHETTI SAUCE
1/2 CUP CHICKEN BROTH
SALSA VERDE

MEAT

TURKEY BACON
3 LBS. BONELESS, SKINLESS CHICKEN BREASTS
(OR 3 COOKED ROTISSERIE CHICKENS)
CENTER CUT BACON

DAIRY/REFRIGERATED

PART SKIM MOZZARELLA CHEESE, SHREDDED
PILLSBURY THIN CRUST PIZZA DOUGH
10 OZ. REDUCED FAT CREAM CHEESE
FAT FREE GREEK YOGURT
1 BOX PILLSBURY PIE CRUST
REDUCED FAT MEXICAN CHEESE, SHREDDED
EGGS
LOW FAT RICOTTA CHEESE
FAT FREE SOUR CREAM
6 OZ. PRE-MADE BISCUIT DOUGH

SEASONINGS

SALT & PEPPER
GARLIC POWDER
CUMIN
CHILI POWDER