



WEEKLY MEAL PLAN #98

SHOPPING LIST

PRODUCE

GARLIC
LEMON
BROCCOLI
RED PEPPER
CARROTS
ONION

PANTRY/CONDIMENTS

ALL PURPOSE FLOUR
ANGEL HAIR PASTA
ELBOW MACARONI
DRY WHITE WINE
1 CUP CHICKEN BROTH
14.5 OZ. PETITE DICED TOMATOES WITH CHILIES
OLE XTREME HIGH FIBER TORTILLAS
ARTICHOKE HEARTS
HOT DOG BUNS
30 OZ. TOMATO SAUCE
ITALIAN BREADCRUMBS
CORNSTARCH
EXTRA VIRGIN OLIVE OIL
BABY CORN
SOY SAUCE
OYSTER SAUCE
RICE VINEGAR
CHILI PASTE
HONEY
TOMATO PASTE
3 CUPS BEEF BROTH

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. 96% LEAN GROUND BEEF
1/2 LB. 95% LEAN GROUND BEEF

DAIRY/REFRIGERATED

PART SKIM MOZZARELLA CHEESE, SHREDDED
BUTTER
FAT FREE HALF AND HALF
PARMESAN CHEESE, SHREDDED
REDUCED FAT MEXICAN CHEESE, SHREDDED
REDUCED FAT CREAM CHEESE
FAT FREE SOUR CREAM
EGGS
SARGENTO MOZZARELLA CHEESE SLICES
SKIM MILK

SEASONINGS

SALT & PEPPER	DICED MINCED ONION
GARLIC POWDER	BASIL
ITALIAN SEASONING	PARSLEY
ONION POWDER	PAPRIKA
CUMIN	OREGANO

FROZEN FOOD

CHOPPED SPINACH