



WEEKLY MEAL PLAN #100

SHOPPING LIST

PRODUCE

GARLIC
LEMON
BROCCOLI
BASIL
BABY SPINACH
GINGER
GREEN ONIONS

PANTRY/CONDIMENTS

SPAGHETTI
LINGUINE PASTA
2 CANS 98% FAT FREE CREAM OF CHICKEN
1 CUP CHICKEN BROTH
ITALIAN BREADCRUMBS
BUFFALO WING SAUCE
EXTRA VIRGIN OLIVE OIL
CORNSTARCH
14 1/2 OZ. FIRE ROASTED TOMATOES
8 OZ. TOMATO SAUCE
FLATOUT FLATBREAD
GRATED PARMESAN CHEESE
REDUCED SODIUM SOY SAUCE
RICE VINEGAR
BROWN SUGAR

MEAT

3 1/2 LBS. BONELESS, SKINLESS CHICKEN BREASTS

DAIRY/REFRIGERATED

FAT FREE SOUR CREAM
PART SKIM MOZZARELLA CHEESE
EGGS
PARMESAN CHEESE, SHREDDED
REDUCED FAT CREAM CHEESE
REDUCED FAT FETA CHEESE

SEASONINGS

SALT & PEPPER
GARLIC POWDER
PARSLEY
ONION POWDER
TOASTED SESAME SEEDS