



WEEKLY MEAL PLAN #101

SHOPPING LIST

PRODUCE

GARLIC
LEMON
CILANTRO
RED ONION
3 YELLOW ONIONS
CELERY
CARROTS

PANTRY/CONDIMENTS

FETTUCCHINE NOODLES
TOSTADA SHELLS
SUGAR FREE BBQ SAUCE
14.5 OZ. TOMATO SAUCE
TACO SEASONING
22 OZ. CHICKEN BROTH
CORNSTARCH
ALL PURPOSE FLOUR
GRATED PARMESAN CHEESE
WHITE TUNA IN WATER
LIGHT MAYONNAISE
BREAD (LOW IN POINTS SUCH AS SARA LEE 45 CALORIE)
PEPPERIDGE FARM CUBED STUFFING

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. 99% FAT FREE GROUND TURKEY

DAIRY/REFRIGERATED

PART SKIM MOZZARELLA CHEESE, SHREDDED
5 PRE MADE BISCUITS
REDUCED FAT MEXICAN CHEESE, SHREDDED
BUTTER
SKIM MILK
I CAN'T BELIEVE IT'S NOT BUTTER, SPRAY
ULTRA THIN MILD CHEDDAR SLICES
REDUCED FAT CHEDDAR CHEESE, SHREDDED

SEASONINGS

SALT & PEPPER
GARLIC POWDER
PAPRIKA