



# WEEKLY MEAL PLAN #99

## SHOPPING LIST

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### PRODUCE

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GARLIC  
CHIVES  
2 YELLOW ONIONS  
2 GREEN PEPPERS  
GINGER  
GREEN ONIONS  
CILANTRO

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### PANTRY/CONDIMENTS

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WORCESTERSHIRE SAUCE  
8 OZ. CRAB MEAT  
DIJON MUSTARD  
PANKO BREADCRUMBS  
31 OZ. TOMATO SAUCE  
GRATED PARMESAN  
ITALIAN BREADCRUMBS  
SPAGHETTI NOODLES (OPTIONAL)  
14 1/2 OZ. DICED TOMATOES  
ELBOW MACARONI  
LOW SODIUM SOY SAUCE  
SUGAR FREE MAPLE SYRUP  
CORNSTARCH  
SALSA  
REFRIED BEANS  
OLE XTREME HIGH FIBER TORTILLAS  
LIGHT ALFREDO SAUCE

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### MEAT

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2 LBS. BONELESS, SKINLESS CHICKEN BREASTS  
1 LB. FAT FREE GROUND TURKEY  
1 LB. LEAN STEAK  
6 OZ. BOAR'S HEAD ROAST BEEF

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### DAIRY/REFRIGERATED

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PART SKIM MOZZARELLA CHEESE, SHREDDED  
EGGS  
FAT FREE GREEK YOGURT  
REDUCED FAT MEXICAN CHEESE, SHREDDED  
READY TO BAKE PIZZA CRUST

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### SEASONINGS

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SALT & PEPPER  
GARLIC POWDER  
IOLD BAY SEASONING  
DRIED MINCED ONION  
ITALIAN SEASONING  
OREGANO  
BASIL  
PAPRIKA  
CUMIN