



# WEEKLY MEAL PLAN #103

## SHOPPING LIST

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### PRODUCE

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GARLIC  
LEMON  
ICEBERG LETTUCE  
CHERRY TOMATOES  
ENGLISH CUCUMBER  
2 RED ONIONS  
8 OZ. WHITE MUSHROOMS

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### PANTRY/CONDIMENTS

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EXTRA VIRGIN OLIVE OIL  
12 OZ. BOX JUMBO SHELLS  
TACO SEASONING  
FAT FREE SALSA  
SELF RISING FLOUR  
PEPPERONCINI'S  
HEALTHY REQUEST CREAM OF CHICKEN  
LIPTON ONION SOUP MIX  
HEALTHY REQUEST CREAM OF MUSHROOM  
HEALTHY REQUEST CREAM OF CELERY  
14.5 OZ. FAT FREE CHICKEN BROTH  
EGG NOODLES  
SOLID WHITE TUNA IN WATER  
15 OZ. TOMATO SAUCE  
TURKEY PEPPERONI

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### MEAT

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1 LB. BONELESS, SKINLESS CHICKEN BREASTS  
1 LB. 95% LEAN GROUND BEEF  
1/4 LB. BOAR'S HEAD BLACK FOREST HAM  
TURKEY SAUSAGE

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### DAIRY/REFRIGERATED

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PART SKIM MOZZARELLA CHEESE, SHREDDED  
FAT FREE HALF AND HALF  
FAT FREE GREEK YOGURT  
REDUCED FAT FETA CHEESE  
REDUCED FAT MEXICAN CHEESE, SHREDDED  
REDUCED FAT CREAM CHEESE  
6 OZ. PRE-MADE BISCUITS

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### SEASONINGS

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SALT & PEPPER	ONION POWDER
GARLIC POWDER	PARSLEY
DILL	OREGANO
ITALIAN SEASONING	BASIL
DRIED MINCED ONION	

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### FROZEN

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PEAS