



WEEKLY MEAL PLAN #105

SHOPPING LIST

PRODUCE

GARLIC
3 YELLOW ONIONS
BROCCOLI
SUN DRIED TOMATOES
BABY SPINACH
CILANTRO

PANTRY/CONDIMENTS

SESAME OIL
1 CUP CHICKEN BROTH
REDUCED SODIUM SOY SAUCE
CORNSTARCH
RICE (OPTIONAL)
ROTINI PASTA
TACO SEASONING
SALSA
EXTRA VIRGIN OLIVE OIL
CAVATAPPI PASTA
LASAGNA NOODLES
BLACK BEANS
CORN
SALSA
15 OZ. TOMATO SAUCE
GRATED PARMESAN CHEESE
LIGHT BEER
BROWN SUGAR
CORNSTARCH

MEAT

3 1/2 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1 1/4 LB. LEAN BEEF CHUCK ROAST
CENTER CUT BACON

DAIRY/REFRIGERATED

REDUCED FAT MEXICAN CHEESE, SHREDDED
FAT FREE HALF AND HALF
PARMESAN CHEESE, SHREDDED
EGG ROLL WRAPPERS
PART SKIM RICOTTA CHEESE
PART SKIM MOZZARELLA CHEESE, SHREDDED

SEASONINGS

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

FROZEN

CHOPPED SPINACH