



# WEEKLY MEAL PLAN #106

## SHOPPING LIST

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### PRODUCE

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GARLIC  
1 YELLOW ONION  
GREEN ONIONS  
3 CUPS BABY SPINACH  
CILANTRO  
RED ONION  
CUCUMBER  
SHREDDED CARROTS  
GINGER  
BROCCOLI  
RED PEPPER  
BUTTERHEAD OR GREEN LEAF LETTUCE

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### PANTRY/CONDIMENTS

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EXTRA VIRGIN OLIVE OIL  
3 1/2 CUPS CHICKEN BROTH  
LINGUINI  
CORNSTARCH  
PARMESAN CHEESE  
RIGATONI  
30 OZ. TOMATO SAUCE  
OLE XTREME TORTILLAS  
BROWN RICE  
LIGHT MAYONNAISE  
SRIRACHA  
WHITE TUNA IN WATER  
REDUCED SODIUM SOY SAUCE  
RICE VINEGAR  
BROWN SUGAR  
CORNSTARCH  
WATER CHESTNUTS  
BISQUICK HEART SMART

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### MEAT

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3 LBS. BONELESS, SKINLESS CHICKEN BREASTS  
1 LB. 95% LEAN GROUND BEEF

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### DAIRY/REFRIGERATED

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FAT FREE HALF AND HALF  
REDUCED FAT CREAM CHEESE  
REDUCED FAT CHEDDAR CHEESE, SHREDDED  
PART SKIM MOZZARELLA CHEESE  
SKIM MILK  
EGGS

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### SEASONINGS

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SALT & PEPPER  
GARLIC POWDER  
CAJUN  
MINCED ONION  
ITALIAN SEASONING  
SESAME SEEDS