



# WEEKLY MEAL PLAN #108

## SHOPPING LIST

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### PRODUCE

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GARLIC  
1 YELLOW ONION  
RED ONION  
BROCCOLI  
RED PEPPER  
CARROTS  
CILANTRO

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### PANTRY/CONDIMENTS

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ITALIAN BREADCRUMBS  
GRATED PARMESAN  
LOW FAT SPAGHETTI SAUCE  
WORCESTERSHIRE SAUCE  
LOW POINT BREAD (1 POINT PER SLICE)  
CORNSTARCH  
EXTRA VIRGIN OLIVE OIL  
BABY CORN  
CHICKEN BROTH  
SOY SAUCE  
OYSTER SAUCE  
RICE VINEGAR  
CHILI PASTE  
HONEY  
ALL PURPOSE FLOUR  
SALSA

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### MEAT

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2 LBS. BONELESS, SKINLESS CHICKEN BREASTS  
GROUND SIRLOIN  
1 LB. PORK TENDERLOIN  
1 LB CHICKEN TENDERLOINS

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### DAIRY/REFRIGERATED

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EGGS  
SKIM MILK  
PART SKIM MOZZARELLA CHEESE, SHREDDED  
I CANT BELIEVE IT'S NOT BUTTER  
SPRAYSARGENTO ULTRA THIN CHEDDAR  
BUTTER  
FAT FREE HALF AND HALF  
REFRIGERATED PIE CRUST  
REDUCED FAT MEXICAN CHEESE, SHREDDED

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### SEASONINGS

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SALT & PEPPER  
GARLIC POWDER  
CHILI POWDER  
ONION POWDER  
CAYENNE PEPPER  
PARSLEY  
CUMIN