



WEEKLY MEAL PLAN #109

SHOPPING LIST

PRODUCE

GARLIC
10 OZ. CHERRY TOMATOES
TOMATO
BASIL
2 LIMES
CILANTRO
16 OZ. COLESLAW
CUCUMBER
LEMON
RED ONION

PANTRY/CONDIMENTS

ANGEL HAIR PASTA
EXTRA VIRGIN OLIVE OIL
20 OZ. CHICKEN BROTH
LIGHT MAYONNAISE
APPLE CIDER VINEGAR
GRANULATED SLENDA
SUGAR FREE BBQ SAUCE
GRATED PARMESAN CHEESE
ITALIAN BREADCRUMBS
29 OZ. TOMATO SAUCE
JUMBO PASTA SHELLS

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. PEELED & DEVEINED SHRIMP
10 OZ. SMOKED TURKEY SAUSAGE
1/2 LB. 90% LEAN GROUND BEEF

DAIRY/REFRIGERATED

PARMESAN CHEESE, SHREDDED
FAT FREE GREEK YOGURT
EGGS
PART SKIM MOZZARELLA CHEESE, SHREDDED

SEASONINGS

SALT & PEPPER	GREEK SEASONING
CUMIN	DILL
CHILI POWDER	DRIED MINCED ONION
CELERY SEEDS	ITALIAN SEASONING
GARLIC POWDER	OREGANO
OLD BAY SEASONING	BASIL
CRUSHED RED PEPPER	

FROZEN FOOD

CORN