



# WEEKLY MEAL PLAN #110

## SHOPPING LIST

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### PRODUCE

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GARLIC  
CILANTRO  
RED ONION  
GINGER  
GREEN ONIONS  
ROMAINE LETTUCE  
BABY SPINACH  
RED PEPPER  
YELLOW ONION

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### PANTRY/CONDIMENTS

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OLE XTREME HIGH FIBER TORTILLAS  
ARTICHOKE HEARTS  
TOSTADAS  
SUGAR FREE BBQ SAUCE  
LINGUINE NOODLES  
REDUCED FAT PEANUT BUTTER  
REDUCED SODIUM SOY SAUCE  
RICE WINE VINEGAR  
GRANULATED SPLENDA  
SESAME OIL  
1 CUP FAT FREE CHICKEN BROTH  
LIGHT CREAMY CAESAR DRESSING  
SALSA  
REFRIED BEANS

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### MEAT

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3 LBS. BONELESS, SKINLESS CHICKEN BREASTS  
CHICKEN CHEDDAR SAUSAGE

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### DAIRY/REFRIGERATED

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REDUCED FAT CREAM CHEESE  
PART SKIM MOZZARELLA CHEESE  
FAT FREE SOUR CREAM  
PARMESAN CHEESE, SHREDDED  
REDUCED FAT MEXICAN CHEESE, SHREDDED

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### SEASONINGS

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SALT & PEPPER  
GARLIC POWDER  
CUMIN  
PAPRIKA

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### FROZEN FOOD

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COUNTRY STYLE HASH BROWNS  
CHOPPED SPINACH