



WEEKLY MEAL PLAN #111

SHOPPING LIST

PRODUCE

GARLIC
2 YELLOW ONIONS
GREEN PEPPER
LETTUCE
RED ONION
LEMON

PANTRY/CONDIMENTS

OLE XTREME HIGH FIBER TORTILLAS
TOMATO PASTE
3 CUPS BEEF BROTH
ELBOW MACARONI
14.5 OZ. PETITE DICED TOMATOES WITH CHILIES
ALL PURPOSE FLOUR
PANKO BREADCRUMBS
LIGHT ALFREDO SAUCE
1 1/2 CUPS CHICKEN BROTH
SUGAR FREE BBQ SAUCE
ANGEL HAIR PASTA
WHITE WINE

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1/2 LB. 95% LEAN GROUND BEEF
10 OZ. SHRIMP (PEELED, DEVEINED & TAILS OFF)
6 OZ. BOAR'S HEAD ROAST BEEF

DAIRY/REFRIGERATED

SKIM MILK
REDUCED FAT MEXICAN CHEESE, SHREDDED
EGGS
READY TO BAKE PIZZA CRUST
PART SKIM MOZZARELLA CHEESE, SHREDDED
BUTTER
FAT FREE HALF AND HALF
PARMESAN CHEESE, SHREDDED

SEASONINGS

SALT & PEPPER	CUMIN
GARLIC POWDER	OREGANO
PARSLEY	OLD BAY SEASONING
PAPRIKA	ITALIAN SEASONING
ONION POWDER	