



WEEKLY MEAL PLAN #112

SHOPPING LIST

PRODUCE

GARLIC
3 YELLOW ONIONS
LEMON
CABBAGE
ZUCCHINI

PANTRY/CONDIMENTS

OLE XTREME HIGH FIBER TORTILLAS
EXTRA VIRGIN OLIVE OIL
15 OZ. TOMATO SAUCE
PRETZEL STICKS
ALL PURPOSE FLOUR
LIGHT SPAGHETTI SAUCE
PENNE PASTA
LIGHT ALFREDO SAUCE
CHICKEN BROTH
CORNSTARCH

MEAT

2 LBS. CHICKEN TENDERLOINS
4 CUPS COOKED BONELESS, SKINLESS CHICKEN
BREAST
MILLER CHEDDAR CHICKEN SAUSAGE

DAIRY/REFRIGERATED

REDUCED FAT MEXICAN CHEESE, SHREDDED
EGGS
LOW FAT RICOTTA CHEESE
PART SKIM MOZZARELLA CHEESE, SHREDDED
BUTTER

SEASONINGS

SALT & PEPPER	ONION POWDER
GARLIC POWDER	PARSLEY
CHILI POWDER	PAPRIKA
CORIANDER	CUMIN

FROZEN FOOD

ORE IDA DICED HASH BROWNS