



# WEEKLY MEAL PLAN #113

## SHOPPING LIST

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### PRODUCE

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GARLIC  
1 YELLOW ONION  
1 LB. POTATOES  
LETTUCE

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### PANTRY/CONDIMENTS

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CORNSTARCH  
EXTRA VIRGIN OLIVE OIL  
1/2 CUP CHICKEN BROTH  
REDUCED SODIUM SOY SAUCE  
BROWN SUGAR  
SESAME OIL  
RICE VINEGAR  
CASHEWS  
FETTUCCINE NOODLES  
ALL PURPOSE FLOUR  
PARMESAN CHEESE  
HOT DOG BUNS  
30 OZ. TOMATO SAUCE  
ITALIAN BREADCRUMBS  
WORCESTERSHIRE SAUCE  
TOMATO PASTE  
BEEF BROTH  
2 PACKETS OF TACO SEASONING  
OLE XTREME HIGH FIBER TORTILLAS  
PICO DE GALLO  
SALSA  
TOSTITOS

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### MEAT

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2 LBS. CHICKEN TENDERLOINS  
3 LBS. 96% LEAN GROUND BEEF

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### DAIRY/REFRIGERATED

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BUTTER  
SKIM MILK  
EGGS  
SARGENTO MOZZARELLA CHEESE SLICES  
REDUCED FAT MEXICAN CHEESE, SHREDDED  
FAT FREE SOUR CREAM

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### SEASONINGS

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SALT & PEPPER      PARSLEY  
OREGANO              BASIL  
DRIED MINCED ONION    ITALIAN SEASONING  
GARLIC POWDER

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### FROZEN FOOD

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MIXED VEGETABLES