



WEEKLY MEAL PLAN #115

SHOPPING LIST

PRODUCE

| | |
|-----------------|------------------------|
| GARLIC | BROCCOLI |
| 2 YELLOW ONIONS | YELLOW SQUASH |
| 2 LEMONS | ZUCCHINI |
| CILANTRO | 10 OZ. CHERRY TOMATOES |
| RED ONION | CUCUMBER |
| 2 LIMES | RED ONION |
| CILANTRO | TOMATO |
| GREEN PEPPER | ASPARAGUS |
| RED PEPPER | |

PANTRY/CONDIMENTS

BISQUICK HEART SMART
CHICKEN BROTH
PENNE PASTA
EXTRA VIRGIN OLIVE OIL
14.5 OZ. TOMATO SAUCE
BROWN SUGAR
WORCESTERSHIRE SAUCE
WHOLE GRAIN ROTINI PASTA
ITALIAN BREADCRUMBS
HEALTHY REQUEST CREAM OF CHICKEN SOUP

FROZEN FOOD

MIXED VEGETABLES

MEAT

2 LBS. BONELESS, SKINLESS CHICKEN BREAST
1 1/2 CUPS COOKED CHICKEN BREAST
1 LB. 99% FAT FREE GROUND TURKEY BREAST

DAIRY/REFRIGERATED

SHREDDED PARMESAN CHEESE
FAT FREE GREEK YOGURT
SKIM MILK
REDUCED FAT SHARP CHEDDAR CHEESE,
SHREDDED
EGGS

SEASONINGS

SALT & PEPPER
CUMIN
CHILI POWDER
ITALIAN SEASONING
GARLIC POWDER
DILL
GREEK SEASONING
ONION POWDER