



WEEKLY MEAL PLAN #116

SHOPPING LIST

PRODUCE

GARLIC
CARROTS
BEAN SPROUTS
GREEN ONIONS
CILANTRO
BROCCOLI
RED PEPPER
LETTUCE
BASIL
1 YELLOW ONION

PANTRY/CONDIMENTS

SUGAR FREE BBQ SAUCE
CORN
JIFFY CORN MIX
PB2 POWDER
RICE VINEGAR
SOY SAUCE
PEANUTS
CORNSTARCH
EXTRA VIRGIN OLIVE OIL
BABY CORN
1/2 CUP CHICKEN BROTH
OYSTER SAUCE
CHILI PASTE
HONEY
TOSTADA SHELLS
RANCH DIP SEASONING PACKET
32 1/2 OZ. TOMATO SAUCE
GRATED PARMESAN CHEESE
BOW TIE PASTA
WORCESTERSHIRE SAUCE
1 POINT BREAD

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREAST
1 LB. 90% LEAN GROUND BEEF
CENTER CUT BACON
GROUND SIRLOIN

DAIRY/REFRIGERATED

EGGS
SKIM MILK
PRE MADE THIN CRUST PIZZA DOUGH
PART SKIM MOZZARELLA CHEESE, SHREDDED
REDUCED FAT CHEDDAR CHEESE
FAT FREE SOUR CREAM
I CAN'T BELIEVE IT'S NOT BUTTER SPRAY
SARGENTO ULTRA THIN CHEDDAR SLICES

SEASONINGS

SALT & PEPPER
DICED MINCED ONION
GARLIC POWDER
ITALIAN SEASONING
OREGANO
BASIL