



# WEEKLY MEAL PLAN #117

## SHOPPING LIST

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### PRODUCE

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GARLIC  
CILANTRO  
RED ONION  
CELERY  
1 YELLOW ONION  
GINGER  
GREEN ONIONS

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### PANTRY/CONDIMENTS

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16 OZ. TOMATO SAUCE  
GRATED PARMESAN CHEESE  
ITALIAN BREADCRUMBS  
SPAGHETTI (OPTIONAL)  
OLE XTREME HIGH FIBER TORTILLAS  
WHITE TUNA IN WATER  
LIGHT MAYONNAISE  
1 POINT BREAD  
CORNSTARCH

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### MEAT

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1 LB. PEELED & DEVEINED SHRIMP  
10 OZ. SMOKED TURKEY SAUSAGE  
5 CUPS SHREDDED COOKED CHICKEN BREAST  
1 LB. CHICKEN TENDERLOINS  
1 LB. BONELESS, SKINLESS CHICKEN BREAST

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### DAIRY/REFRIGERATED

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PART SKIM MOZZARELLA CHEESE, SHREDDED  
REDUCED FAT CHEDDAR CHEESE, SHREDDED  
SKIM MILK  
EGGS  
I CAN'T BELIEVE IT'S NOT BUTTER, SPRAY  
ULTRA THIN MILD CHEDDAR SLICES  
BUTTER  
FAT FREE HALF AND HALF

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### SEASONINGS

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SALT & PEPPER	CHILI POWDER
OLD BAY SEASONING	ONION POWDER
GARLIC POWDER	CAYENNE PEPPER
CURSHED RED PEPPER	PARSLEY
DRIED MINCED ONION	TOASTED TOMATO SEEDS
ITALIAN SEASONING	BASIL
OREGANO	