



WEEKLY MEAL PLAN #118

SHOPPING LIST

PRODUCE

GARLIC
8 OZ. WHITE MUSHROOMS
GREEN PEPPER
RED PEPPER
3 YELLOW ONIONS
LETTUCE
TOMATO
BROCCOLI

PANTRY/CONDIMENTS

10.5 OZ. HEALTHY REQUEST CREAM OF CHICKEN
LIPTON ONION SOUP MIX
FAJITA SEASONING
DICED TOMATOES WITH GREEN CHILIES
PENNE PASTA
WORCESTERSHIRE SAUCE
FAT FREE THOUSAND ISLAND DRESSING
PICKLES
SESAME OIL
CHICKEN BROTH
REDUCED SODIUM SOY SAUCE
CORNSTARCH
RICE (OPTIONAL)
15 OZ. TOMATO SAUCE
LASAGNA NOODLES
GRATED PARMESAN CHEESE

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREAST
95% LEAN GROUND BEEF
TURKEY DOGS

DAIRY/REFRIGERATED

4 OZ. REDUCED FAT CREAM CHEESE
HALF AND HALF
PILLSBURY THIN CRUST PIZZA
REDUCED FAT CHEDDAR CHEESE, SHREDDED
PILLSBURY REDUCED FAT CRESCENT ROLLS
EGGS
PART SKIM RICOTTA CHEESE
PART SKIM MOZZARELLA CHEESE, SHREDDED

SEASONINGS

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