



# WEEKLY MEAL PLAN #120

## SHOPPING LIST

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### PRODUCE

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GARLIC  
BABY SPINACH  
1 YELLOW ONION  
GREEN ONIONS  
LEMON

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### PANTRY/CONDIMENTS

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ALL PURPOSE FLOUR  
ITALIAN BREADCRUMBS  
RANCH DIP MIX  
LA BANDERITA YELLOW CORN TORTILLAS  
CHICKEN BROTH  
BOWTIE PASTA  
GRATED PARMESAN CHEESE  
TOMATO PASTE  
3 CUPS BEEF BROTH  
ELBOW MACARONI  
LOW SODIUM SOY SAUCE  
SUGAR FREE MAPLE SYRUP  
CORNSTARCH  
15 OZ. TOMATO SAUCE  
TURKEY PEPPERONI  
LINGUINE

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### MEAT

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2 LBS. BONELESS, SKINLESS CHICKEN BREAST  
1/2 LB. 95% LEAN GROUND BEEF  
1 LB. LEAN STEAK  
TURKEY SAUSAGE  
1 LB. UNCOOKED SHRIMP

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### DAIRY/REFRIGERATED

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FAT FREE SOUR CREAM  
BUTTER  
HALF AND HALF  
SKIM MILK  
REDUCED FAT MEXICAN CHEESE  
6 OZ. BISCUITS  
PART SKIM MOZZARELLA CHEESE, SHREDDED  
PARMESAN CHEESE, SHREDDED

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### SEASONINGS

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