



WEEKLY MEAL PLAN #121

SHOPPING LIST

PRODUCE

CHIVES
GARLIC
GINGER
BROCCOLI
GREEN PEPPER
YELLOW ONION
ZUCCHINI
RED PEPPER
10 OZ. CHERRY TOMATOES
2 ORANGES
GREEN ONION

PANTRY/CONDIMENTS

WORCESTERSHIRE SAUCE
8 OZ. CRAB MEAT
DIJON MUSTARD
PANKO BREADCRUMBS
REDUCED SODIUM SOY SAUCE
BROWN SUGAR
CORNSTARCH
RAMEN NOODLES
1 CUP CHICKEN BROTH
PEPPERIDGE FARM TOP SLICED HOT DOG BUNS
MEDIUM SHELLS (PASTA)
PESTO
SESAME OIL
HONEY
TACO SEASONING
BISQUICK HEART SMART

MEAT

2 CUPS COOKED CHICKEN BREAST
2 LBS. BONELESS, SKINLESS CHICKEN BREAST
1 LB. 95% LEAN GROUND BEEF

DAIRY/REFRIGERATED

EGGS
FAT FREE GREEK YOGURT
SARGENTO ULTRA THIN PROVOLONE CHEESE SLICES
REDUCED FAT MEXICAN CHEESE, SHREDDED
SKIM MILK

SEASONINGS

SALT & PEPPER
GARLIC POWDER
OLD BAY SEASONING
ITALIAN SEASONING
ONION POWDER