



WEEKLY MEAL PLAN #122

SHOPPING LIST

PRODUCE

GARLIC
BABY SPINACH
LEMON
GREEN ONIONS
ZUCCHINI
1 LB. YUKON GOLD POTATOES
1 YELLOW ONION

PANTRY/CONDIMENTS

ANGEL HAIR PASTA
EXTRA VIRGIN OLIVE OIL
1/4 CUP CHICKEN BROTH
RANCH SEASONING
LIGHT SPAGHETTI SAUCE
SALSA VERDE
ALL PURPOSE FLOUR
PANKO BREADCRUMBS

MEAT

4 CUPS COOKED CHICKEN BREAST
TURKEY BACON
CHICKEN SAUSAGE LINKS
1 LB. BONELESS SKINLESS CHICKEN BREAST
10 OZ. SHRIMP (PEELED, DEVEINED & TAILS OFF)

DAIRY/REFRIGERATED

PARMESAN CHEESE, SHREDDED
PART-SKIM MOZZARELLA CHEESE, SHREDDED
PILLSBURY THIN CRUST PIZZA DOUGH
REDUCED FAT CREAM CHEESE
FAT FREE GREEK YOGURT
PART SKIM RICOTTA CHEESE
FAT FREE SOUR CREAM
REDUCED FAT MEXICAN CHEESE, SHREDDED
6 OZ. PRE-MADE BISCUIT DOUGH
EGGS

SEASONINGS

SALT & PEPPER
GARLIC POWDER
ITALIAN SEASONING
OLD BAY SEASONING