



WEEKLY MEAL PLAN #124

SHOPPING LIST

PRODUCE

GARLIC
LIME
RED CABBAGE
CILANTRO
LEMON
BROCCOLI
YELLOW SQUASH
ZUCCHINI
RED ONION
GREEN ONIONS
1 YELLOW ONION

PANTRY/CONDIMENTS

CORNSTARCH
EXTRA VIRGIN OLIVE OIL
1 1/2 CUPS CHICKEN BROTH
REDUCED SODIUM SOY SAUCE
BROWN SUGAR
SESAME OIL
RICE VINEGAR
CASHEWS
DICED CHIPOLTE PEPPERS IN ADOBO
SMALL CORN TORTILLAS
LINGUINE PASTA
ALL PURPOSE FLOUR
RANCH SEASONING
1 LB. SPAGHETTI
56 OZ. CRUSHED TOMATOES

MEAT

3 LBS. BONELESS SKINLESS CHICKEN BREAST
1 LB. WHITE FISH
10 OZ. TURKEY SAUSAGE

DAIRY/REFRIGERATED

FAT FREE SOUR CREAM
PARMESAN CHEESE, SHREDDED
PILLSBURY THIN CRUST PIZZA DOUGH
FAT FREE HALF AND HALF
PART SKIM MOZZARELLA CHEESE, SHREDDED
14 OZ. REDUCED FAT CREAM CHEESE
REDUCED FAT MEXICAN CHEESE, SHREDDED

SEASONINGS

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