



WEEKLY MEAL PLAN #127

SHOPPING LIST

PRODUCE

GARLIC
ICEBERG LETTUCE
LEMON
CHERRY TOMATOES
ENGLISH CUCUMBER
RED ONION
10 OZ. YUKON GOLD
POTATOES
2 GREEN PEPPERS
RED PEPPER
YELLOW PEPPER
BROCCOLI
CARROTS
4 YELLOW ONIONS

MEAT

6 OZ. FLAT IRON STEAK
2 LBS. BONELESS, SKINLESS CHICKEN BREAST
2 CUPS COOKED CHICKEN BREAST, SHREDDED
6 OZ. BOAR'S HEAD ROAST BEEF

DAIRY/REFRIGERATED

EGGS
FAT FREE GREEK YOGURT
REDUCED FAT FETA CHEESE
8 PILLSBURY GRANDS HOMESTYLE BISCUITS
REDUCED FAT MEXICAN CHEESE, SHREDDED
READY TO BAKE PIZZA CRUST
PART SKIM MOZZARELLA CHEESE, SHREDDED
CHEESE TORTELLINI

PANTRY/CONDIMENTS

EXTRA VIRGIN OLIVE OIL
WORCESTERSHIRE SAUCE
LONG GRAIN RICE
14.5 OZ. PETITE DICED TOMATOES
BLACK BEANS
LONG GRAIN RICE
2 JARS OF LIGHT ALFREDO SAUCE

SEASONINGS

SALT & PEPPER
DILL
GARLIC POWDER
ONION POWDER
CHILI POWDER
CUMIN
OREGANO