



# WEEKLY MEAL PLAN #128

## SHOPPING LIST

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### PRODUCE

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GARLIC  
LEMON  
GREEN PEPPER  
RED PEPPER  
ONION  
EGGPLANT  
BABY SPINACH  
SHALLOT  
LIME  
CILANTRO OR PARSLEY

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### PANTRY/CONDIMENTS

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EXTRA VIRGIN OLIVE OIL  
ALL PURPOSE FLOUR  
ANGEL HAIR PASTA  
WHITE WINE  
1/2 CUP CHICKEN BROTH  
FAJITA SEASONING  
DICED TOMATOES WITH GREEN CHILIES  
PENNE PASTA  
30 OZ. TOMATO SAUCE  
BREADCRUMBS  
GRATED PARMESAN CHEESE  
SUGAR FREE BBQ SAUCE  
CORN  
JIFFY CORN MIX

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### MEAT

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3 LBS. BONELESS, SKINLESS CHICKEN BREAST  
1.25 LB. FLANK STEAK  
10 OZ. RAW SHRIMP

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### DAIRY/REFRIGERATED

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BUTTER  
FAT FREE HALF AND HALF  
PARMESAN CHEESE, SHREDDED  
PART SKIM MOZZARELLA CHEESE, SHREDDED  
EGGS  
SARGENTO ULTRA THIN PROVOLONE CHEESE,  
SLICES  
SKIM MILK

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### SEASONINGS

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