



WEEKLY MEAL PLAN #129

SHOPPING LIST

PRODUCE

GARLIC
8 OZ. WHITE MUSHROOMS
YELLOW ONION
GREEN PEPPER
CUCUMBER
SHREDDED CARROTS
RED ONION
LEMON
BROCCOLI
RED PEPPER
CARROTS
BABY SPINACH

PANTRY/CONDIMENTS

10.5 OZ. HEALTHY REQUEST CREAM OF CHICKEN
LIPTON ONION SOUP MIX
12 OZ. BOX JUMBO SHELLS
TACO SEASONING
FAT FREE SALSA
14.5 OZ. DICED TOMATOES
15 OZ. TOMATO SAUCE
WORCESTERSHIRE SAUCE
ELBOW MACARONI
BROWN RICE
LIGHT MAYONNAISE
CORNSTARCH
EXTRA VIRGIN OLIVE OIL
BABY CORN
1 1/2 CUPS CHICKEN BROTH
SOY SAUCE
OYSTER SAUCE
RICE VINEGAR
CHILI PASTE
HONEY
BOWTIE PASTA
GRATED PARMESAN CHEESE

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREAST
1 LB. 99% FAT FREE GROUND TURKEY
1 LB. SALMON FILLETS

DAIRY/REFRIGERATED

4 OZ. REDUCED FAT CREAM CHEESE
REDUCED FAT MEXICAN CHEESE, SHREDDED
FAT FREE GREEK YOGURT
BUTTER
HALF AND HALF

SEASONINGS

SALT & PEPPER
PAPRIKA
ITALIAN SEASONING
DILL