



WEEKLY MEAL PLAN #130

SHOPPING LIST

PRODUCE

GARLIC
1 LB. YUKON GOLD POTATOES
3 YELLOW ONIONS
1 RED ONION
GREEN ONIONS
ZUCCHINI
RED PEPPER
10 OZ. CHERRY TOMATOES
2 ORANGES
GINGER

PANTRY/CONDIMENTS

TACO SEASONING
OLE XTREME HIGH FIBER TORTILLAS
SALSA
MEDIUM SHELLS
PESTO
HOT DOG BUNS
30 OZ. TOMATO SAUCE
ITALIAN BREADCRUMBS
SESAME OIL
REDUCED SODIUM SOY SAUCE
HONEY
CORNSTARCH
TOMATO PASTE
3 CUPS BEEF BROTH
ELBOW MACARONI

MEAT

1 LB. BONELESS, SKINLESS CHICKEN BREAST
CHICKEN SAUSAGE LINKS
1 LB. 95% LEAN GROUND BEEF
1 LB. 96% LEAN GROUND BEEF

DAIRY/REFRIGERATED

3 CUPS REDUCED FAT MEXICAN CHEESE,
SHREDDED
EGGS
SARGENTO MOZZARELLA CHEESE SLICES
SKIM MILK

SEASONINGS

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