



# WEEKLY MEAL PLAN #132

## SHOPPING LIST

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### PRODUCE

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GARLIC  
4 YELLOW ONIONS  
LETTUCE  
TOMATO  
ZUCCHINI  
GREEN PEPPER

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### PANTRY/CONDIMENTS

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CORNSTARCH  
EXTRA VIRGIN OLIVE OIL  
3 1/2 CUPS CHICKEN BROTH  
REDUCED SODIUM SOY SAUCE  
BROWN SUGAR  
SESAME OIL  
RICE VINEGAR  
CASHEWS  
SPAGHETTI  
56 OZ. CRUSHED TOMATOES  
WORCESTERSHIRE SAUCE  
FAT FREE THOUSAND ISLAND DRESSING  
PICKLES  
LIGHT SPAGHETTI SAUCE  
PEPPERIDGE FARM TOP SLICED HOT DOG BUNS  
2 CANS HEALTHY REQUEST CREAM OF CHICKEN SOUP  
BISQUICK HEART SMART

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### MEAT

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3 LBS. BONELESS, SKINLESS CHICKEN BREASTS  
10 OZ. TURKEY SAUSAGE  
95% LEAN GROUND BEEF

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### DAIRY/REFRIGERATED

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REDUCED FAT CREAM CHEESE  
PART SKIM MOZZARELLA CHEESE, SHREDDED  
PILLSBURY THIN CRUST PIZZA DOUGH  
REDUCED FAT CHEDDAR CHEESE, SHREDDED  
LOW FAT RICOTTA  
SARGENTO ULTRA THIN PROVOLONE CHEESE SLICES  
SKIM MILK

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### SEASONINGS

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