



WEEKLY MEAL PLAN #134

SHOPPING LIST

PRODUCE

GARLIC
2 YELLOW ONIONS
GINGER
2 RED PEPPERS
2 GREEN PEPPERS

PANTRY/CONDIMENTS

FAJITA SEASONING
DICED TOMATOES WITH GREEN CHILIES
PENNE PASTA
32 1/2 OZ. TOMATO SAUCE
GRATED PARMESAN CHEESE
BOW TIE PASTA
ITALIAN BREADCRUMBS
LOW FAT SPAGHETTI SAUCE
RANCH SEASONING
BROWN SUGAR
SOY SAUCE
WORCESTERSHIRE SAUCE
CORNSTARCH

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREASTS
TURKEY BACON
1 LB. PEELED & DEVEINED SHRIMP
SMOKED TURKEY SAUSAGE
1 LB. 90% LEAN GROUND BEEF
1 LB. TOP SIRLOIN STEAK

DAIRY/REFRIGERATED

HALF AND HALF
PART SKIM MOZZARELLA CHEESE, SHREDDED
EGGS
SKIM MILK
THIN CRUST PIZZA DOUGH
REDUCED FAT CREAM CHEESE
FAT FREE GREEK YOGURT

SEASONINGS

SALT & PEPPER
GARLIC POWDER
OLD BAY SEASONING
CRUSHED RED PEPPER
DRIED MINCED ONION
ITALIAN SEASONING
OREGANO
BASIL