



# WEEKLY MEAL PLAN #135

## SHOPPING LIST

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### PRODUCE

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GARLIC  
10 OZ. YUKON GOLD POTATOES  
3 YELLOW ONIONS  
CARROTS  
CHIVES  
LEMON  
LETTUCE

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### PANTRY/CONDIMENTS

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98% FAT FREE CREAM OF CHICKEN  
NACHO CHEESE DORITOS  
EXTRA VIRGIN OLIVE OIL  
WORCESTERSHIRE SAUCE  
8 OZ. LUMP CRAB MEAT  
DIJON MUSTARD  
PANKO BREADCRUMBS  
ALL PURPOSE FLOUR  
OLIVE OIL COOKING SPRAY  
DRY WHITE WINE  
CAPERS  
LIGHT MAYONNAISE  
DILL RELISH  
KETCHUP  
MUSTARD  
WHITE VINEGAR  
PICKLE SLICES  
LONG GRAIN RICE  
14.5 OZ. PETITE DICED TOMATOES  
BLACK BEANS

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### MEAT

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3 LBS. BONELESS, SKINLESS CHICKEN BREAST  
6 OZ. FLAT IRON STEAK  
1 LB. 96% LEAN GROUND BEEF

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### DAIRY/REFRIGERATED

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FAT FREE SOUR CREAM  
REDUCED FAT MEXICAN CHEESE, SHREDDED  
EGGS  
PILLSBURY GRANDS HOMESTYLE BISCUITS  
FAT FREE GREEK YOGURT  
FAT FREE HALF AND HALF  
REDUCED FAT CHEDDAR CHEESE, SHREDDED

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### SEASONINGS

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SALT & PEPPER  
GARLIC POWDER  
OLD BAY SEASONING  
ONION POWDER  
CUMIN  
CHILI POWDER

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### FROZEN

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MIXED VEGETABLES