



WEEKLY MEAL PLAN #138

SHOPPING LIST

PRODUCE

GARLIC
2 CUCUMBERS
SHREDDED CARROTS
2 RED ONIONS
2 LEMONS
1 YELLOW ONION
TOMATO
LIME
CILANTRO OR PARSLEY
BUTTERNUT SQUASH

PANTRY/CONDIMENTS

RIGATONI PASTA
EXTRA VIRGIN OLIVE OIL
ALL PURPOSE FLOUR
GRATED PARMESAN
BROWN RICE
LIGHT MAYONNAISE
TACO SEASONING
OLE XTREME HIGH FIBER TORTILLAS
SALSA
FETTUCCINE NOODLES

MEAT

1 LB. BONELESS, SKINLESS CHICKEN BREAST
1/2 LB. TURKEY SAUSAGE
1 LB. SALMON FILLETS
1/2 LB. 95% LEAN GROUND BEEF
10 OZ. RAW SHRIMP

DAIRY/REFRIGERATED

FAT FREE GREEK YOGURT
BUTTER
SKIM MILK
REDUCED FAT MEXICAN CHEESE, SHREDDED

SEASONINGS

SALT & PEPPER
GARLIC POWDER
DILL
GREEK SEASONING