



# WEEKLY MEAL PLAN #139

## SHOPPING LIST

---

### PRODUCE

---

GARLIC  
1 LB. POTATOES  
YELLOW ONION  
GINGER  
BROCCOLI  
RED PEPPER  
SHREDDED CARROTS  
BUTTERHEAD OR GREEN LEAF LETTUCE  
GREEN ONIONS

---

### PANTRY/CONDIMENTS

---

HEALTHY REQUEST CREAM OF CHICKEN SOUP  
TACO SEASONING  
OLE XTREME HIGH FIBER TORTILLAS  
PICO DE GALLO  
CORNSTARCH  
EXTRA VIRGIN OLIVE OIL  
1/2 CUP CHICKEN BROTH  
REDUCED SODIUM SOY SAUCE  
BROWN SUGAR  
SESAME OIL  
RICE VINEGAR  
CASHEWS  
WORCESTERSHIRE SAUCE  
TOMATO PASTE  
ALL PURPOSE FLOUR  
1/2 CUP BEEF BROTH  
BROWN SUGAR  
WATER CHESTNUTS  
ROTINI PASTA  
PREGO LOWER CALORIE TRADITIONAL SAUCE

---

### MEAT

---

3 LBS. BONELESS, SKINLESS CHICKEN BREAST  
1 LB. 10 OUNCES 95% LEAN GROUND BEEF

---

### DAIRY/REFRIGERATED

---

PRE-MADE PIE CRUST  
SKIM MILK  
REDUCED FAT MEXICAN CHEESE, SHREDDED  
PART SKIM MOZZARELLA CHEESE, SHREDDED

---

### SEASONINGS

---

SALT & PEPPER  
GARLIC POWDER  
OREGANO

---

### FROZEN FOOD

---

(2) MIXED VEGETABLES  
TURKEY MEATBALLS