



# WEEKLY MEAL PLAN #140

## SHOPPING LIST

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### PRODUCE

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GARLIC  
GREEN ONIONS  
2 ORANGES  
GINGER  
3 ONIONS  
2 LIMES  
CILANTRO

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### PANTRY/CONDIMENTS

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WORCESTERSHIRE SAUCE  
LOW POINT BREAD  
3 CUPS CHICKEN BROTH  
3 CUPS BEEF BROTH  
RAGU PIZZA SAUCE  
ALL PURPOSE FLOUR  
SESAME OIL  
REDUCED SODIUM SOY SAUCE  
HONEY  
CORNSTARCH  
TOMATO PASTE  
ELBOW MACARONI

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### MEAT

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3 LBS. BONELESS, SKINLESS CHICKEN BREAST  
1/2 LB. 95% LEAN GROUND BEEF  
3 OZ. GROUND SIRLOIN  
2 CUPS COOKED TURKEY BREAST

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### DAIRY/REFRIGERATED

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PRE-MADE PIZZA DOUGH, THIN CRUST  
BUTTER  
PILLSBURY GRANDS JR. GOLDEN HOMESTYLE  
BUTTERMILK BISCUITS  
SARGENTO ULTRA THIN CHEDDAR SLICES  
I CAN'T BELIEVE IT'S NOT BUTTER SPRAY  
SHREDDED PARMESAN CHEESE  
PART-SKIM MOZZARELLA CHEESE, SHREDDED  
SKIM MILK  
REDUCED FAT MEXICAN CHEESE

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### SEASONINGS

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SALT & PEPPER      ONION POWDER  
GARLIC POWDER      CUMIN  
PARSLEY              CHILI POWDER  
PAPRIKA

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### FROZEN FOOD

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PEAS & CARROTS