



# WEEKLY MEAL PLAN #163

## SHOPPING LIST

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### PRODUCE

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GARLIC  
LEMON  
BABY SPINACH  
3 YELLOW ONIONS  
GARLIC  
CABBAGE  
CUCUMBER  
SHREDDED CARROTS  
GREEN ONIONS

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### PANTRY/CONDIMENTS

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16 OZ. GNOCCHI  
CHICKEN BROTH  
CORNSTARCH  
ORZO  
GRATED PARMESAN  
ROTINI PASTA  
TACO SEASONING  
SALSA  
BROWN RICE  
LIGHT MAYONNAISE  
SRIRACHA  
TUNA FISH IN WATER

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### MEAT

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1 LB. CHICKEN TENDERLOINS  
3 LBS. BONELESS, SKINLESS CHICKEN BREASTS  
MILLER CHEDDAR CHICKEN SAUSAGE

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### DAIRY/REFRIGERATED

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FAT FREE HALF AND HALF  
LIGHT BUTTER  
SKIM MILK  
REDUCED FAT MEXICAN CHEESE, SHREDDED

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### SEASONINGS

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SALT & PEPPER  
GARLIC POWDER  
RED PEPPER FLAKES  
DRIED MINCED ONION  
PAPRIKA  
SESAME SEEDS

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### FROZEN

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ORE IDA DICED HASH BROWNS