



# WEEKLY MEAL PLAN #104

## SHOPPING LIST

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### PRODUCE

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GARLIC  
LETTUCE  
4 YELLOW ONIONS  
TOMATO  
2 GREEN PEPPERS  
2 RED PEPPERS  
YELLOW PEPPER  
LEMON  
GINGER

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### PANTRY/CONDIMENTS

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WORCESTERSHIRE SAUCE  
FAT FREE THOUSAND ISLAND DRESSING  
PICKLES  
SALSA  
LINGUINE  
CHICKEN BROTH  
BEEF BROTH  
REDUCED SODIUM SOY SAUCE  
CORNSTARCH

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### MEAT

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2 LBS. BONELESS, SKINLESS CHICKEN BREASTS  
1 LB.. 95% LEAN GROUND BEEF  
TURKEY HOT DOGS  
1 LB. UNCOOKED SHRIMP

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### DAIRY/REFRIGERATED

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PILLSBURY THIN CRUST PIZZA  
REDUCED FAT CHEDDAR CHEESE, SHREDDED  
1 PRE-MADE PIE DOUGH  
REDUCED FAT MEXICAN CHEESE, SHREDDED  
EGGS  
PILLSBURY REDUCED FAT CRESCENT ROLLS  
BUTTER  
PARMESAN CHEESE, SHREDDED

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### SEASONINGS

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SALT & PEPPER	OREGANO
GARLIC POWDER	ITALIAN SEASONING
ONION POWDER	DRIED MINCED ONIONS
CHILI POWDER	PARSLEY
CUMIN	