



# WEEKLY MEAL PLAN #107

## SHOPPING LIST

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### PRODUCE

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GARLIC  
2 YELLOW ONIONS  
RED ONION  
RED PEPPER  
LIME  
CILANTRO  
GREEN PEPPER  
BASIL

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### PANTRY/CONDIMENTS

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RICE  
14 1/2 OZ. DICED TOMATOES  
BLACK BEANS  
22 1/2 OZ. TOMATO SAUCE  
BROWN SUGAR  
WORCESTERSHIRE SAUCE  
ITALIAN BREADCRUMBS  
BUFFALO WING SAUCE  
8 OZ. TOMATO SAUCE  
14 1/2 OZ. FIRE ROASTED TOMATOES  
LASAGNA NOODLES  
LIGHT ALFREDO SAUCE  
HAMBURGER BUNS

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### MEAT

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3 LBS. BONELESS, SKINLESS CHICKEN BREASTS  
2 CUPS SHREDDED, COOKED CHICKEN  
1 LB. 99% FAT FREE GROUND TURKEY

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### DAIRY/REFRIGERATED

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REDUCED FAT MEXICAN CHEESE, SHREDDED  
EGGS  
REDUCED FAT CREAM CHEESE  
PART SKIM MOZZARELLA CHEESE, SHREDDED  
PARMESAN CHEESE, SHREDDED

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### SEASONINGS

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SALT & PEPPER  
GARLIC POWDER  
CAJUN  
CUMIN  
ONION POWDER  
OREGANO

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### FROZEN

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RICED CAULIFLOWER