



# WEEKLY MEAL PLAN #123

## SHOPPING LIST

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### PRODUCE

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GARLIC  
CABBAGE  
LIME  
CILANTRO  
RED ONION

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### PANTRY/CONDIMENTS

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HEALTHY REQUEST CREAM OF CHICKEN  
REDUCED FAT RITZ CRACKERS  
SRIRACHA  
STREET TACO CORN TORTILLAS  
HOT DOG BUNS  
30 OZ. TOMATO SAUCE  
ITALIAN BREADCRUMBS  
FETTUCCINE NOODLES  
ALL PURPOSE FLOUR  
GRATED PARMESAN CHEESE  
PRETZEL STICKS  
RANCH SEASONING MIX  
EXTRA VIRGIN OLIVE OIL

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### MEAT

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3 CUPS COOKED CHICKEN BREAST  
1 LB. BONELESS SKINLESS CHICKEN BREAST  
1 LB. CHICKEN TENDERLOINS  
1 LB. 96% LEAN GROUND BEEF  
1 LB. PORK CHOPS

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### DAIRY/REFRIGERATED

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FAT FREE SOUR CREAM  
SKIM MILK  
REDUCED FAT MEXICAN CHEESE, SHREDDED  
EGGS  
SARGENTO MOZZARELLA CHEESE SLICES  
BUTTER  
SKIM MILK

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### SEASONINGS

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SALT & PEPPER	ITALIAN SEASONING
GARLIC POWDER	OREGANO
ONION POWDER	BASIL
PARSLEY	DRIED MINCED ONION
JERK SEASONING	

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### FROZEN FOOD

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PEAS & CARROTS