



WEEKLY MEAL PLAN #125

SHOPPING LIST

PRODUCE

GARLIC	ASPARAGUS
3 LEMONS	BROCCOLI
3 YELLOW ONIONS	RED PEPPER
CUCUMBER	YELLOW SQUASH
RED ONION	ZUCCHINI
TOMATOES	LETTUCE
2 LIMES	CHERRY TOMATOES
CILANTRO	

PANTRY/CONDIMENTS

ALL PURPOSE FLOUR
OLIVE OIL COOKING SPRAY
DRY WHITE WINE
CAPERS
SALSA
EXTRA VIRGIN OLIVE OIL
CHICKEN BROTH
PENNE PASTA
LIGHT MAYONNAISE
DILL RESLISH
KETCHUP
MUSTARD
WHITE VINEGAR
PICKLE SLICES

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREAST
1 LB. 96% LEAN GROUND BEEF
1/2 LB. 95% LEAN GROUND BEEF

DAIRY/REFRIGERATED

FAT FREE HALF AND HALF
PILLSBURY PIE CRUST
REDUCED FAT MEXICAN CHEESE, SHREDDED
EGGS
FAT FREE GREEK YOGURT
PARMESAN CHEESE, SHREDDED
REDUCED FAT CHEDDAR CHEESE, SHREDDED

SEASONINGS

SALT & PEPPER
GARLIC POWDER
ONION POWDER
CUMIN
CHILI POWDER
DILL
GREEK SEASONING
ITALIAN SEASONING