



WEEKLY MEAL PLAN #126

SHOPPING LIST

PRODUCE

GARLIC
4 YELLOW ONIONS
10 OZ. CHERRY
TOMATOES
BASIL
GREEN PEPPER

PANTRY/CONDIMENTS

ITALIAN BREADCRUMBS
WORCESTERSHIRE SAUCE
BISQUICK HEART SMART
LIGHT BEER
BROWN SUGAR
CORNSTARCH
ANGEL HAIR PASTA
EXTRA VIRGIN OLIVE OIL
CHICKEN BROTH
14.5 OZ. TOMATO SAUCE
BROWN SUGAR
ROTINI
TACO SEASONING
SALSA

MEAT

2 LBS. 95% LEAN GROUND BEEF
1 1/4 LBS. LEAN BEEF CHUCK
CENTER CUT BACON
1 LB. 99% FAT FREE GROUND TURKEY
2 CUPS COOKED CHICKEN BREAST

DAIRY/REFRIGERATED

EGGS
SKIM MILK
REDUCED FAT CHEDDAR CHEESE, SHREDDED
PARMESAN CHEESE, SHREDDED
REDUCED FAT MEXICAN CHEESE, SHREDDED

SEASONINGS

SALT & PEPPER