



WEEKLY MEAL PLAN #131

SHOPPING LIST

PRODUCE

GARLIC
CARROTS
CELERY
2 YELLOW ONIONS
CILANTRO
BASIL

PANTRY/CONDIMENTS

TACO SEASONING
KLUSKI NOODLES
ALL PURPOSE FLOUR
1 1/2 CUPS CHICKEN BROTH
BISQUICK HEART SMART
44 OZ. TOMATO SAUCE
TURKEY PEPPERONI
HEALTHY REQUEST CREAM OF CHICKEN
BLACK BEANS
CORN
SALSA
GRATED PARMESAN CHEESE
ITALIAN BREADCRUMBS
JUMBO PASTA SHELLS

MEAT

3 1/2 CUPS COOKED CHICKEN BREAST, SHREDDED
1 LB. 95% LEAN GROUND BEEF
TURKEY SAUSAGE
1 LB. BONELESS SKINLESS CHICKEN BREAST
1/2 LB. 90% LEAN GROUND BEEF

DAIRY/REFRIGERATED

BUTTER
SKIM MILK
REDUCED FAT MEXICAN CHEESE, SHREDDED
EGGS
6 OZ. BISCUITS
PART SKIM MOZZARELLA CHEESE, SHREDDED
EGG ROLL WRAPPERS

SEASONINGS

SALT & PEPPER
GARLIC POWDERD
DRIED MINCED ONION
ITALIAN SEASONING
OREGANO
BASIL
CUMIN

FROZEN

MIXED VEGETABLES