



# WEEKLY MEAL PLAN #187

## SHOPPING LIST

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### PRODUCE

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GARLIC  
2 YELLOW ONIONS  
RED ONION  
8 OZ. WHITE MUSHROOMS  
CILANTRO  
2 ORANGES  
GINGER  
GREEN ONIONS  
4 RED PEPPERS (ANY COLOR)  
CUCUMBER  
SHREDDED CARROTS  
LEMON

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### PANTRY/CONDIMENTS

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BROWN SUGAR  
CORNSTARCH  
LIGHT BEER  
10.5 OZ. HEALTHY REQUEST CREAM OF CHICKEN  
LIPTON ONION SOUP MIX  
SALSA  
REFRIED BEANS  
OLE XTREME HIGH FIBER TORTILLAS  
SESAME OIL  
REDUCED SODIUM SOY SAUCE  
HONEY  
BROWN RICE  
TOMATO SAUCE  
WORCESTERSHIRE SAUCE  
LIGHT MAYONNAISE

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### MEAT

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1 1/4 LB. LEAN BEEF CHUCK  
CENTER CUT BACON  
3 LBS. BONELESS, SKINLESS CHICKEN BREAST  
1 LB. 96% LEAN GROUND BEEF  
1 LB. SALMON FILLETS

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### DAIRY/REFRIGERATED

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REDUCED FAT CREAM CHEESE  
REDUCED FAT MEXICAN CHEESE, SHREDDED  
PART SKIM MOZZARELLA CHEESE  
FAT FREE GREEK YOGURT

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### SEASONINGS

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SALT AND PEPPER  
GARLIC POWDER  
DILL  
CUMIN  
ITALIAN SEASONING