



WEEKLY MEAL PLAN #62

SHOPPING LIST

PRODUCE

AVOCADO
CUCUMBER
GARLIC
LEMON
BROCCOLI
LETTUCE
GREEN ONION
GINGER
GREEN ONIONS

PANTRY/CONDIMENTS

LONG GRAIN WHITE RICE
RICE VINEGAR
SUGAR
ALL PURPOSE FLOUR
PANKO BREADCRUMBS
MAYONNAISE
SRIRACHA
ROTINI
TACO SEASONING
SALSA
LINGUINE
EXTRA VIRGIN OLIVE OIL
FAT FREE CHICKEN BROTH
CORNSTARCH
TOSTADA SHELLS
RANCH DIP SEASONING PACKET
ITALIAN BREADCRUMBS
BUFFALO WING SAUCE
LOW SODIUM SOY SAUCE
SUGAR FREE MAPLE SYRUP

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. 95% LEAN STEAK
BACON
8 SHRIMP

DAIRY/REFRIGERATED

EGGS
REDUCED-FAT MEXICAN CHEESE, SHREDDED
PARMESAN CHEESE, SHREDDED
REDUCED-FAT CHEDDAR CHEESE, SHREDDED
PART-SKIM MOZZARELLA CHEESE, SHREDDED
FAT-FREE SOUR CREAM

SEASONINGS

GARLIC POWDER
SALT & PEPPER