



# WEEKLY MEAL PLAN #79

## SHOPPING LIST

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### PRODUCE

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GARLIC  
GREEN ONIONS  
2 GREEN PEPPERS  
2 RED PEPPERS  
YELLOW PEPPER  
3 YELLOW OR WHITE ONIONS

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### PANTRY/CONDIMENTS

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EXTRA VIRGIN OLIVE OIL  
3 1/2 CUPS FAT FREE CHICKEN BROTH  
7 CUPS BEEF BROTH  
LINGUINI  
CORNSTARCH  
PARMESAN CHEESE  
30 OZ. TOMATO SAUCE  
LASAGNA NOODLES  
SPAGHETTI  
2 CANS 98% FAT FREE CREAM OF CHICKEN  
WORCESTERSHIRE SAUCE  
INSTANT RICE  
TOMATO PASTE  
ELBOW MACARONI

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### MEAT

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

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### DAIRY/REFRIGERATED

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FAT FREE HALF AND HALF  
PART SKIM RICOTTA CHEESE  
PART SKIM MOZZARELLA CHEESE, SHREDDED  
2 CUPS FAT FREE SOUR CREAM  
SKIM MILK  
REDUCED FAT MEXICAN CHEESE, SHREDDED

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### SEASONINGS

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SALT & PEPPER	DRIED MINCED ONION
GARLIC POWDER	ITALIAN SEASONING
CAJUN	BASIL
CHILI POWDER	PAPRIKA
CUMIN	OREGANO
ONION POWDER	

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### FROZEN

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CHOPPED SPINACH