



WEEKLY MEAL PLAN #80

SHOPPING LIST

PRODUCE

GARLIC
CILANTRO
RED ONION
3 YELLOW ONIONS
GREEN PEPPER
BASIL

PANTRY/CONDIMENTS

CORNSTARCH
OLE XTREME HIGH FIBER TORTILLAS
BISQUICK HEART SMART
1 CUP CHICKEN BROTH
PEPPERIDGE FARM TOP SLICED HOT DOG BUNS
14 1/2 OZ. CRUSHED TOMATOES
43 1/2 OZ. TOMATO SAUCE
WORCESTERSHIRE SAUCE
GRATED PARMESAN CHEESE
ITALIAN BREAD CRUMBS
JUMBO PASTA SHELLS

MEAT

1 LB. CHICKEN TENDERLOINS
2 LBS. BONELESS, SKINLESS CHICKEN BREAST
1 1/2 LBS. 95% LEAN GROUND BEEF
1/2 LB. 90% LEAN GROUND BEEF

DAIRY/REFRIGERATED

BUTTER
FAT FREE HALF AND HALF
REDUCED-FAT CHEDDAR CHEESE, SHREDDED
PART-SKIM MOZZARELLA CHEESE, SHREDDED
SKIM MILK
EGGS
SARGENTO ULTRA THIN PROVOLONE CHEESE (SLICES)

SEASONINGS

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