



# WEEKLY MEAL PLAN #9

## SHOPPING LIST

---

### PRODUCE

---

RED ONION  
HEAD OF GARLIC  
LIME  
CILANTRO  
LETTUCE (2 HEADS)  
2 WHITE OR YELLOW ONIONS  
BROCCOLI  
RED PEPPER  
YELLOW PEPPER  
SMALL POTATO  
1/4 LB. GREEN BEANS

---

### PANTRY/CONDIMENTS

---

BLACK BEANS  
TACO SAUCE  
OLE XTREME HIGH FIBER TORTILLAS  
TACO SEASONING  
FAT FREE REFRIED BEANS  
LITE CAESAR DRESSING  
GRATED PARMESAN  
SELF-RISING FLOUR  
RICE  
CHICKEN BROTH  
REDUCED SODIUM SOU SAUCE  
CORNSTARCH  
SESAME OIL  
WORCESTERSHIRE SAUCE  
SARA LEE 45 CALORIE HONEY WHEAT BREAD

---

### MEAT

---

2 LBS. BONELESS, SKINLESS CHICKEN BREASTS  
95% LEAN GROUND BEEF  
GROUND SIRLOIN  
CHICKEN CHEDDAR SAUSAGE LINKS

---

### DAIRY/REFRIGERATED

---

PART-SKIM MOZZARELLA CHEESE, SHREDDED  
FAT-FREE PLAIN GREEK YOGURT  
FAT-FREE SOUR CREAM  
REDUCED-FAT MEXICAN CHEESE, SHREDDED  
I CAN'T BELIEVE IT'S NOT BUTTER, SPRAY  
SARGENTO ULTRA THIN MILD CHEDDAR

---

### SEASONINGS

---

GARLIC POWDER  
SALT & PEPPER  
CUMIN

---

### FROZEN FOOD

---

FROZEN CAULIFLOWER RICE