



WEEKLY MEAL PLAN #13

SHOPPING LIST

PRODUCE

LIME
RED CABBAGE
CILANTRO
GARLIC
BROCCOLI
1 YELLOW OR WHITE ONION
GREEN ONIONS
RED ONION
CORN
PARSLEY
RED PEPPER
GINGER
SHREDDED CARROTS

PANTRY/CONDIMENTS

CHIPOTLE PEPPER IN ADOBO SAUCE
SESAME OIL
FAT FREE CHICKEN BROTH (REDUCED SODIUM)
REDUCED SODIUM SOY SAUCE
RICE
CORNSTARCH
SUGAR-FREE MAPLE SYRUP
GOOD SEASONS ITALIAN DRESSING
EXTRA VIRGIN OLIVE OIL
VINEGAR
SPAGHETTI NOODLES
FRENCH'S DRIED ONIONS

MEAT

2 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. 90% LEAN STEAK
CENTER CUT BACON
1 LB. PORK TENDERLOIN
1 LB. COD (OR OTHER WHITE FISH)

DAIRY/REFRIGERATED

FAT-FREE SOUR CREAM
REDUCED-FAT SOUR CREAM
BUTTER
EGGS
MONTEREY JACK CHEESE

SEASONINGS

GARLIC POWDER
SALT & PEPPER
ONION POWDER
PAPRIKA
CAYENNE PEPPER
OREGANO
BASIL
SEASONING SALT

FROZEN FOOD

CHOPPED SPINACH