



WEEKLY MEAL PLAN #14

SHOPPING LIST

PRODUCE

LETTUCE
CELERY
3 YELLOW OR WHITE ONIONS
RED PEPPER
GREEN PEPPER
YELLOW PEPPER
CARROTS
GARLIC

PANTRY/CONDIMENTS

SALSA
TACO SEASONING
OLE XTREME HIGH FIBER TORTILLAS
TOSTITOS
5 OZ. SOLID WHITE TUNA IN WATER
LIGHT MAYONNAISE
SARA LEE 45 CALORIE WHEAT WITH HONEY BREAD
LIGHT BALSAMIC VINAIGRETTE DRESSING
GRATED PARMESAN CHEESE
10 CUPS FAT FREE CHICKEN BROTH
PENNE PASTA
LIGHT ALFREDO SAUCE

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. PORK TENDERLOIN

DAIRY/REFRIGERATED

FAT-FREE SOUR CREAM
REDUCED-FAT MEXICAN CHEESE, SHREDDED
ULTRA THIN CHEDDAR CHEESE, SLICES
I CAN'T BELIEVE IT'S NOT BUTTER, SPRAY
PART-SKIM MOZZARELLA CHEESE, SHREDDED
1 CAN OF LIGHT BEER (OR MORE FAT FREE
CHICKEN BROTH)

SEASONINGS

GARLIC POWDER
SALT & PEPPER
ONION POWDER
ITALIAN SEASONING
PAPRIKA
ONION POWDER
DRY MUSTARD
PARSLEY