



WEEKLY MEAL PLAN #18

SHOPPING LIST

PRODUCE

GARLIC
GINGER
LETTUCE
2 ORANGES
3 LIMES
CILANTRO
CHERRY TOMATOES
CORN
RED ONION
ORANGE PEPPER
GREEN PEPPER
ONION
BASIL

PANTRY/CONDIMENTS

REDUCED SODIUM SOY SAUCE
RICE VINEGAR
BROWN SUGAR
CORNSTARCH
OLE XTREME HIGH FIBER TORTILLAS
TACO SEASONING
FAT FREE REFRIED BEANS
TACO SAUCE
FLATOUT LIGHT FLATBREAD
VLASSIC STACKERS
MUSTARD
RANCH SEASONING
ANGEL HAIR PASTA
EXTRA VIRGIN OLIVE OIL
FAT FREE CHICKEN BROTH
MINI BAGELS

MEAT

2 LBS. BONELESS, SKINLESS CHICKEN BREASTS
95% LEAN GROUND BEEF
1 LB. PORK TENDERLOIN
BOAR'S HEAD HONEY GLAZED HAM
BOAR'S HEAD ROAST BEEF

DAIRY/REFRIGERATED

FAT-FREE SOUR CREAM
REDUCED-FAT MEXICAN CHEESE
REDUCED-FAT SWISS CHEESE
FAT-FREE PLAIN GREEK YOGURT
PART-SKIM MOZZARELLA CHEESE, SHREDDED
PARMESAN CHEESE, SHREDDED

SEASONINGS

GARLIC POWDER
SALT & PEPPER
TOASTED SESAME SEEDS
CUMIN
OREGANO