



WEEKLY MEAL PLAN #21

SHOPPING LIST

PRODUCE

LIME
RED CABBAGE
CILANTRO
LETTUCE
TOMATO
GREEN ONIONS
CORN
RED PEPPER
SHREDDED CARROTS
RED ONION
PARSLEY
RED PEPPER
YELLOW PEPPER
GREEN PEPPER
WHITE OR YELLOW ONION

PANTRY/CONDIMENTS

EXTRA VIRGIN OLIVE OIL
DICED CHIPOTLE PEPPERS IN ADOBO
CORN TORTILLAS
TACO SEASONING
BISQUICK HEART SMART
TOSTADA SHELLS
RANCH DIP SEASONING
GOOD SEASONS ITALIAN DRESSING
DISTILLED WHITE VINEGAR
XTRELE OLE HIGH FIBER TORTILLA
LITE BALSAMIC VINEGAR DRESSING
CORNSTARCH

MEAT

1 LB. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. CHICKEN TENDERLOINS
1 LB. 95% LEAN GROUND BEEF
1 LB. COD (OR OTHER WHITE FISH)
CENTER CUT BACON

DAIRY/REFRIGERATED

EGGS
SKIM MILK
PART-SKIM MOZZARELLA CHEESE, SHREDDED
IBUTTER
REDUCED-FAT CHEDDAR CHEESE, SHREDDED
FAT-FREE SOUR CREAM
REDUCED-FAT MEXICAN CHEESE, SHREDDED
FAT-FREE 1/2 AND 1/2

SEASONINGS

GARLIC POWDER
ONION POWDER
SALT & PEPPER
OREGANO
PAPRIKA
CAYENNE PEPPER
CHILI POWDER