



WEEKLY MEAL PLAN #28

SHOPPING LIST

PRODUCE

GARLIC
3 YELLOW OR WHITE ONIONS
RED PEPPER
GREEN PEPPER
YELLOW PEPPER
LIME
LETTUCE

PANTRY/CONDIMENTS

EXTRA VIRGIN OLIVE OIL
32 OZ. CHICKEN BROTH
15 OZ. WHITE BEANS
4 OZ. DICED GREEN CHILIES
CORNSTARCH
OLE XTREME HIGH FIBER TORTILLAS
LITE BALSAMIC VINEGAR
ALL PURPOSE FLOUR
WORCESTERSHIRE SAUCE
1 POINT BREAD (SUCH AS SARA LEE 45 CALORIE BREAD)
TACO SEASONING
FAT-FREE REFRIED BEANS
TACO SAUCE

MEAT

12 LBS. BONELESS, SKINLESS CHICKEN BREAST
1 LBS 95% LEAN GROUND BEEF
1 LB. GROUND SIRLOIN
1 LB. PORK TENDERLOIN

DAIRY/REFRIGERATED

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

SEASONINGS

GARLIC POWDER
SALT & PEPPER
ONION POWDER
CUMIN
OREGANO
CHILI POWDER