



WEEKLY MEAL PLAN #32

SHOPPING LIST

PRODUCE

GARLIC
GREEN PEPPER
RED PEPPER
YELLOW PEPPER
4 YELLOW OR WHITE ONIONS
LIME
RED CABBAGE
CILANTRO
CELERY
CARROT

PANTRY/CONDIMENTS

HEALTHY REQUEST CREAM OF CHICKEN SOUP
WORCESTERSHIRE SAUCE
1 POINT BREAD
CORN TORTILLAS
CHIPOLTE PEPPERS IN ADOBO
PLAIN BREADCRUMBS
BEEF BROTH
CORNSTARCH
MUSTARD
PEPPERIDGE FARM CUBED STUFFING
ALL PURPOSE FLOUR
FAT FREE CHICKEN BROTH

MEAT

2 COOKED ROTISSERIE CHICKENS
1 LB. BONELESS, SKINLESS CHICKEN BREAST
GROUND SIRLOIN
1 LB. COD (OR OTHER WHITE FISH)
1 LB. 90% LEAN GROUND BEEF

DAIRY/REFRIGERATED

EGGS
BUTTER
SKIM MILK
PIE CRUST
I CAN'T BELIEVE IT'S NOT BUTTER SPRAY
SARGENTO ULTRA THIN CHEDDAR SLICES
FAT FREE SOUR CREAM
LOW FAT CHEDDAR CHEESE, SHREDDED

SEASONINGS

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

FROZEN FOOD

ASSORTED FROZEN VEGETABLES