



WEEKLY MEAL PLAN #33

SHOPPING LIST

PRODUCE

GARLIC
2 RED PEPPERS
YELLOW PEPPER
1 SMALL POTATO
GREEN BEANS
3 LIMES
CILANTRO
RED ONION
2 ORANGES
GREEN ONIONS
GINGER

PANTRY/CONDIMENTS

TACO SEASONING
8 OZ. TOMATO SAUCE
8 OZ. CRAB MEAT
2 CUPS BEEF BROTH
MEDIUM SHELLS
BLACK BEANS
FLATOUT FLATBREAD
MUSTARD
WORCESTERSHIRE SAUCE
DIJON MUSTARD
PANKO BREADCRUMBS
LOW SODIUM SOY SAUCE
SUGAR FREE MAPLE SYRUP
CORNSTARCH

MEAT

1 LB. FAT FREE GROUND TURKEY BREAST
CHEDDAR CHICKEN SAUSAGE LINKS
2 BONELESS, SKINLESS CHICKEN BREASTS
1 LB. PORK TENDERLOIN
BOAR'S HEAD HONEY GLAZED HAM
1 LB. LEAN STEAK

DAIRY/REFRIGERATED

EGGS
REDUCED FAT MEXICAN CHEESE, SHREDDED
REDUCED FAT SWISS CHEESE
FAT FREE PLAIN GREEK YOGURT

SEASONINGS

GARLIC POWDER
SALT & PEPPER
CUMIN
OREGANO
OLD BAY SEASONING

FROZEN FOOD

RICED CAULIFLOWER