



WEEKLY MEAL PLAN #36

SHOPPING LIST

PRODUCE

GARLIC
GREEN PEPPER
2 YELLOW OR WHITE ONIONS
RED ONION
CUCUMBER
LEMON
2 TOMATOES
NAPA CABBAGE
SHREDDED CARROTS
CILANTRO
GREEN ONIONS
LETTUCE

PANTRY/CONDIMENTS

STREET SIZE TACO SHELLS
DISTILLED WHITE VINEGAR
GRANULATED SLENDA
LIGHT MAYONNAISE
SRIRACHA
SESAME OIL
REDUCED-SODIUM SOY SAUCE
RICE
CORNSTARCH
TACO SEASONING
OLE XTREME HIGH FIBER TORTILLAS
TOSTADA SHELLS
QUESO CHEESE DIP
MINI BAGELS

MEAT

2 LBS. BONELESS, SKINLESS CHICKEN BREAST
1 LB. FAT FREE GROUND TURKEY BREAST
1 LB. CHICKEN TENDERLOIN

DAIRY/REFRIGERATED

FAT FREE SOUR CREAM
PART-SKIM MOZZARELLA CHEESE, SHREDDED
REDUCED-FAT MEXICAN CHEESE, SHREDDED
FAT FREE PLAIN GREEK YOGURT
BUTTER
FAT FREE 1/2 AND 1/2

SEASONINGS

| | |
|-----------------|----------------|
| GARLIC POWDER | CAYENNE PEPPER |
| SALT & PEPPER | PARSLEY |
| DILL | |
| GREEK SEASONING | |
| CHILI POWDER | |
| ONION POWDER | |

FROZEN FOOD

FISH STICKS