



WEEKLY MEAL PLAN #40

SHOPPING LIST

PRODUCE

GARLIC
ROMAINE LETTUCE
CARROTS
CELERY
2 YELLOW OR WHITE ONIONS
GARLIC
1/2 LB. POTATOES
CILANTRO
HEAD OF LETTUCE

PANTRY/CONDIMENTS

5 CUPS FAT-FREE CHICKEN BROTH
LIGHT CREAMY CAESAR DRESSING
OLE EXTREME HIGH FIBER TORTILLAS
ALL PURPOSE FLOUR
TACO SEASONING
FAT FREE REFRIED BEANS
TACO SAUCE
WORCESTERSHIRE SAUCE
1 POINT BREAD
RANCH SEASONING

MEAT

3 1/2 LBS. BONELESS, SKINLESS CHICKEN
BREAST
8 OZ. DICED HAM
95% LEAN GROUND BEEF
GROUND SIRLOIN
CENTER CUT BACON

DAIRY/REFRIGERATED

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

SEASONINGS

GARLIC POWDER
SALT & PEPPER
PARSLEY