



WEEKLY MEAL PLAN #47

SHOPPING LIST

PRODUCE

GARLIC
GINGER
ONION
RED PEPPER
SUGAR SNAP PEAS
LIME
RED CABBAGE
CILANTRO
GREEN ONIONS
LETTUCE

PANTRY/CONDIMENTS

EXTRA VIRGIN OLIVE OIL
FAT FREE CHICKEN BROTH
LIGHT COCONUT MILK
CORNSTARCH
BROWN RICE
DICED CHIPOLTE PEPPERS IN ADOBO
SMALL CORN TORTILLAS
LOW SODIUM SOY SAUCE
SUGAR FREE MAPLE SYRUP
SALSA
TACO SEASONING
OLE XTREME TORTILLAS
BITE SIZE TOSTITOS
ALL PURPOSE FLOUR
SALSA VERDE

MEAT

3 1/2 LBS. BONELESS, SKINLESS CHICKEN
BREASTS
1 LB. WHITE FISH
1 LB. LEAN STEAK
1 LB. PORK TENDERLOIN

DAIRY/REFRIGERATED

FAT-FREE SOUR CREAM
REDUCED-FAT MEXICAN CHEESE, SHREDDED

SEASONINGS

GARLIC POWDER	OREGANO
SALT & PEPPER	CAYENNE PEPPER
ONION POWDER	PAPRIKA
CURRY POWDER	