



WEEKLY MEAL PLAN #51

SHOPPING LIST

PRODUCE

CILANTRO
RED ONION
1 WHITE OR YELLOW ONION
10 OZ. CHERRY TOMATOES
GARLIC
BASIL

PANTRY/CONDIMENTS

OLE XTREME HIGH FIBER TORTILLAS
WORCESTERSHIRE SAUCE
(1 POINT PER SLICE) BREAD
SALSA
16 OZ. TOMATO SAUCE
GRATED PARMESAN CHEESE
ITALIAN BREADCRUMBS
SPAGHETTI (OPTIONAL)
ANGEL HAIR PASTA
EXTRA VIRGIN OLIVE OIL
FAT FREE CHICKEN BROTH
CORNSTARCH

MEAT

1 LB. BONELESS, SKINLESS CHICKEN
TENDERLOINS
2 LB. BONELESS, SKINLESS CHICKEN BREASTS
GROUND SIRLOIN

DAIRY/REFRIGERATED

REDUCED-FAT CHEDDAR CHEESE, SHREDDED
PART SKIM MOZZARELLA CHEESE, SHREDDED
SKIM MILK
EGGS
I CAN'T BELIEVE IT'S NOT BUTTER SPRAY
SARGENTO ULTRA THIN CHEDDAR SLICES
REFRIGERATED PIE CRUST
REDUCED FAT MEXICAN CHEESE, SHREDDED
PARMESAN CHEESE, SHREDDED

SEASONINGS

GARLIC POWDER
SALT & PEPPER
CUMIN
DRIED MINCED ONION
ITALIAN SEASONING
OREGANO
BASIL
CHILI POWDER
CAYENNE PEPPER
PARSLEY