



WEEKLY MEAL PLAN #57

SHOPPING LIST

PRODUCE

RED PEPPER
YELLOW PEPPER
1 POTATO
1/4 LB. GREEN BEANS
LIME
RED CABBAGE
CILANTRO
1 YELLOW OR WHITE ONION
GARLIC
LETTUCE
RED ONION

PANTRY/CONDIMENTS

DICED CHIPOTLE PEPPERS IN ADOBO SAUCE
SMALL CORN TORTILLAS
14 1/2 OZ. CRUSHED TOMATOES
14 1/2 OZ. TOMATO SAUCE
WORCESTERSHIRE SAUCE
LINGUINE
1 1/3 CUP CHICKEN BROTH
SUGAR-FREE BBQ SAUCE
OLE XTREME TORTILLAS
PENNE PASTA
LIGHT ALFREDO SAUCE

MEAT

2 LBS. BONELESS, SKINLESS CHICKEN BREAST
1/2 LB. 95% LEAN GROUND BEEF
CHEDDAR CHICKEN SAUSAGE LINKS
1 LB. WHITE FISH
1 LB. UNCOOKED SHRIMP

DAIRY/REFRIGERATED

FAT-FREE SOUR CREAM
BUTTER
PARMESAN CHEESE, SHREDDED
REDUCED-FAT MEXICAN CHEESE, SHREDDED
PART-SKIM MOZZARELLA CHEESE, SHREDDED

SEASONINGS

GARLIC POWDER	CHILI POWDER
SALT & PEPPER	CUMIN
ONION POWDER	PAPRIKA
CAYENNE PEPPER	PARSLEY
OREGANO	