



WEEKLY MEAL PLAN #61

SHOPPING LIST

PRODUCE

GARLIC
GINGER
CABBAGE MIX WITH CARROTS
CILANTRO
LIME
2 RED PEPPERS
GREEN PEPPER
YELLOW PEPPER
3 YELLOW OR WHITE ONIONS
HEAD OF CABBAGE
CELERY
SHREDDED CARROTS
RED ONION
PARSLEY

PANTRY/CONDIMENTS

REDUCED SODIUM SOY SAUCE
SESAME OIL
BROWN RICE
PB2 POWDER
RICE VINEGAR
SPLENDA
OLE XTREME HIGH FIBER TORTILLAS
LITE BALSAMIC VINEGAR DRESSING
5 OZ. WHITE TUNA IN WATER
LIGHT MAYONNAISE
1 POINT BREAD (I USE SARA LEE 45 CALORIE BREAD)
GOOD SEASONS ITALIAN DRESSING MIX
EXTRA VIRGIN OLIVE OIL
TACO SEASONING
BISQUICK HEART SMART

MEAT

2 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. 95% LEAN GROUND BEEF
MILLER CHEDDAR CHICKEN SAUSAGE

DAIRY/REFRIGERATED

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

SEASONINGS

GARLIC POWDER
SALT & PEPPER

FROZEN

CORN
ORE IDA DICED HASH BROWNS