



WEEKLY MEAL PLAN #68

SHOPPING LIST

PRODUCE

GARLIC
CILANTRO
2 RED ONIONS
LETTUCE
LIME
BABY SPINACH

PANTRY/CONDIMENTS

OLE XTREME HIGH FIBER TORTILLAS
TACO SEASONING
FAT-FREE REFRIED BEANS
TACO SAUCE
SPAGHETTI NOODLES
LOW POINT SPAGHETTI SAUCE
GRATED PARMESAN CHEESE
ARTICHOKE HEARTS
BLACK BEANS
GNOCCHI
FAT-FREE CHICKEN BROTH
CORNSTARCH

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREASTS
95% LEAN GROUND BEEF

DAIRY/REFRIGERATED

FAT-FREE SOUR CREAM
REDUCED-FAT CHEDDAR CHEESE
PART-SKIM MOZZARELLA CHEESE, SHREDDED
SKIM MILK
EGGS
REDUCED-FAT MEXICAN CHEESE, SHREDDED
REDUCED-FAT CREAM CHEESE
PARMESAN CHEESE, SHREDDED
FAT-FREE HALF AND HALF

SEASONINGS

GARLIC POWDER
SALT & PEPPER
CUMIN
DRIED MINCED ONION
RED PEPPER FLAKES

FROZEN FOOD

CHOPPED SPINACH