



WEEKLY MEAL PLAN #70

SHOPPING LIST

PRODUCE

GARLIC
2 YELLOW OR WHITE ONIONS
CABBAGE
LIME
RED CABBAGE
CILANTRO
ROMAINE LETTUCE

PANTRY/CONDIMENTS

DICED CHIPOLTE PEPPERS IN ADOBO
SMALL CORN TORTILLAS
BISQUICK HEART SMART
1 CUP FAT FREE CHICKEN BROTH
LITE CREAMY CAESAR
OLE XTREME HIGH FIBER TORTILLAS
SPAGHETTI
2 CANS 98% FAT FREE CREAM OF CHICKEN

MEAT

2 LBS. BONELESS, SKINLESS CHICKEN BREASTS
MILLER CHEDDAR CHICKEN SAUSAGE
1 LB. WHITE FISH
95% LEAN GROUND BEEF
TURKEY HOT DOGS

DAIRY/REFRIGERATED

FAT-FREE SOUR CREAM
REDUCED-FAT CHEDDAR CHEESE, SHREDDED
PART-SKIM MOZZARELLA CHEESE, SHREDDED
EGGS
SKIM MILK
PILLSBURY REDUCED-FAT CRESCENT ROLLS

SEASONINGS

GARLIC POWDER
SALT & PEPPER
DRIED MINCED ONION
ITALIAN SEASONING
PARSLEY

FROZEN FOOD

ORE IDA DICED HASH BROWNS