



WEEKLY MEAL PLAN #114

SHOPPING LIST

PRODUCE

GARLIC
4 YELLOW ONIONS
2 LEMONS
CILANTRO
ICEBERG LETTUCE
CHERRY TOMATOES
ENGLISH CUCUMBER
RED ONION

PANTRY/CONDIMENTS

RANCH SEASONING
HAMBURGER BUNS
SALSA
ALL PURPOSE FLOUR
OLIVE OIL COOKING SPRAY
DRY WHITE WINE
CAPERS
BLACK BEANS
CORN
EXTRA VIRGIN OLIVE OIL
BISQUICK HEART SMART

MEAT

2 LBS. BONELESS, SKINLESS CHICKEN BREAST
1 1/2 LBS. 95% LEAN GROUND BEEF
1 LB GROUND CHICKEN BREAST

DAIRY/REFRIGERATED

SARGENTO ULTRA THIN CHEDDAR SLICES
PILLSBURY PIE CRUST
REDUCED FAT MEXICAN CHEESE, SHREDDED
EGGS
FAT FREE HALF AND HALF
EGG ROLL WRAPPERS
FAT FREE GREEK YOGURT
REDUCED FAT FETA CHEESE
REDUCED FAT CHEDDAR CHEESE, SHREDDED
SKIM MILK

SEASONINGS

SALT & PEPPER
CUMIN
CHILI POWDER
GARLIC POWDER
DILL