



# WEEKLY MEAL PLAN #133

## SHOPPING LIST

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### PRODUCE

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GARLIC  
2 YELLOW ONIONS  
CILANTRO  
GINGER  
GREEN ONIONS  
2 RED PEPPERS  
1 GREEN PEPPER  
SPINACH

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### PANTRY/CONDIMENTS

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SALSA  
REFRIED BEANS  
OLE XTREME HIGH FIBER TORTILLAS  
LOW SODIUM SOY SAUCE  
SUGAR FREE MAPLE SYRUP  
CORNSTARCH  
LIGHT RANCH DRESSING  
BISQUICK HEART SMART  
2 CUPS BEEF BROTH  
15 OZ. PETITE DICED TOMATOES  
8 OZ. TOMATO SAUCE  
WORCESTERSHIRE SAUCE  
LONG GRAIN WHITE RICE  
EXTRA VIRGIN OLIVE OIL  
CHICKEN BROTH  
PRETZEL STICKS  
ALL PURPOSE FLOUR

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### MEAT

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2 LBS. BONELESS, SKINLESS CHICKEN BREASTS  
CHICKEN CHEDDAR LINKS  
1 LB. CHICKEN TENDERLOIN  
1 LB. LEAN STEAK  
TURKEY BACON  
1 LB. 95% LEAN GROUND BEEF

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### DAIRY/REFRIGERATED

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REDUCED FAT MEXICAN CHEESE, SHREDDED  
SKIM MILK  
EGGS

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### SEASONINGS

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SALT & PEPPER  
GARLIC POWDER  
CUMIN  
ITALIAN SEASONING  
PAPRIKA  
ONION POWDER

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### FROZEN

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CUBED HASH BROWNS