



WEEKLY MEAL PLAN #137

SHOPPING LIST

PRODUCE

GARLIC
2 YELLOW ONIONS
GREEN PEPPER
CILANTRO
RED ONION

PANTRY/CONDIMENTS

LIGHT MAYONNAISE
DIJON
PANKO BREAD CRUMBS
ITALIAN BREAD CRUMBS
WORCESTERSHIRE SAUCE
LIGHT ALFREDO SAUCE
OLE XTREME HIGH FIBER TORTILLAS
CORNSTARCH
SALSA VERDE

MEAT

4 LBS. BONELESS, SKINLESS CHICKEN BREAST
1 LB. 95% LEAN GROUND BEEF
6 OZ. BOAR'S HEAD ROAST BEEF

DAIRY/REFRIGERATED

EGGS
PART SKIM MOZZARELLA CHEESE, SHREDDED
SKIM MILK
READY TO BAKE PIZZA CRUST
REDUCED FAT CHEDDAR CHEESE
BUTTER
FAT FREE HALF AND HALF
FAT FREE SOUR CREAM
REDUCED FAT MEXICAN CHEESE, SHREDDED

SEASONINGS

SALT & PEPPER
GARLIC POWDER
CHILI POWDER
ONION POWDER
CAYENNE PEPPER
PARSLEY