



WEEKLY MEAL PLAN #119

SHOPPING LIST

PRODUCE

GARLIC
2 YELLOW ONIONS
LIME
CILANTRO OR PARSLEY
2 PEPPERS (RED, YELLOW OR ORANGE)
GREEN PEPPER
2 CUPS BABY SPINACH

PANTRY/CONDIMENTS

TACO SEASONING
OLE XTREME HIGH FIBER TORTILLAS
SALSA
ITALIAN BREADCRUMBS
BUFFALO WING SAUCE
MARINARA SAUCE
14.5 OZ. DICED TOMATOES
15 OZ. TOMATO SAUCE
WORCESTERSHIRE SAUCE
ELBOW MACARONI
GRATED PARMESAN CHEESE
LOW FAT SPAGHETTI SAUCE

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MEAT

2 1/2 LBS. BONELESS, SKINLESS CHICKEN BREAST
1/2 LB. 95% LEAN GROUND BEEF
10 OZ. RAW SHRIMP (PEELED & DEVEINED)
1 LB. FAT FREE GROUND TURKEY BREAST

DAIRY/REFRIGERATED

2 CUPS REDUCED FAT MEXICAN CHEESE,
SHREDDED
BUTTER
EGGS
PART SKIM RICOTTA CHEESE
SHREDDED PARMESAN CHEESE
SKIM MILK
PART SKIM MOZZARELLA CHEESE

SEASONINGS

SALT & PEPPER
GARLIC POWDER
PAPRIKA
ITALIAN SEASONING