



# WEEKLY MEAL PLAN #56

## SHOPPING LIST

### PRODUCE

CILANTRO  
2 YELLOW OR WHITE ONIONS  
GARLIC  
RED PEPPER  
GREEN PEPPER  
YELLOW PEPPER  
BASIL

### PANTRY/CONDIMENTS

BUFFALO WING SAUCE  
OLE XTREME HIGH FIBER TORTILLAS  
SALSA VERDE  
14.5 OZ. DICED TOMATOES  
47.5 OZ. TOMATO SAUCE  
TACO SEASONING  
38.5 OZ. FAT FREE CHICKEN BROTH  
BLACK BEANS  
HEALTHY REQUEST CREAM OF MUSHROOM  
HEALTHY REQUEST CREAM OF CELERY  
EGG NOODLES  
SOLID WHITE TUNA IN WATER  
GRATED PARMESAN CHEESE  
BOW TIE PASTA

### MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREAST  
1 LB. 90% LEAN GROUND BEEF

### DAIRY/REFRIGERATED

REDUCED FAT CREAM CHEESE  
PART-SKIM MOZZARELLA CHEESE, SHREDDED  
FAT-FREE SOUR CREAM  
REDUCED FAT MEXICAN CHEESE, SHREDDED  
FAT FREE HALF AND HALF

### SEASONINGS

GARLIC POWDER	DRIED MINCED ONION
SALT & PEPPER	OREGANO
ONION POWDER	BASIL
PARSLEY	CHILI POWDER
ITALIAN SEASONING	CUMIN

### FROZEN FOOD

CORN  
PEAS