



WEEKLY MEAL PLAN #91

SHOPPING LIST

PRODUCE

GARLIC
GREEN PEPPER
2 RED PEPPERS
YELLOW PEPPER
3 YELLOW ONIONS
BABY SPINACH

PANTRY/CONDIMENTS

FLATOUT FLATBREAD
GRATED PARMESAN CHEESE
HEALTHY REQUEST CREAM OF CHICKEN
RICE
14 1/2 OZ. DICED TOMATOES
ITALIAN BREADCRUMBS
WORCESTERSHIRE SAUCE
ALL PURPOSE FLOUR
EXTRA VIRGIN OLIVE OIL
OPTIONAL: SOFT SHELLS FOR THE FAJITAS

MEAT

3 LBS. BONELESS, SKINLESS CHICKEN BREASTS
1 LB. 95% LEAN GROUND BEEF
1 LB. PORK TENDERLOIN

DAIRY/REFRIGERATED

PART SKIM MOZZARELLA CHEESE, SHREDDED
REDUCED FAT MEXICAN CHEESE
LIGHT CREAM CHEESE
REDUCED FAT FETA CHEESE
FAT FREE SOUR CREAM
5 BISCUITS
EGGS
SKIM MILK

SEASONINGS

SALT & PEPPER	CAJUN
GARLIC POWDER	ONION POWDER
CHILI POWDER	OREGANO
CUMIN	

FROZEN FOOD

CARROTS, PEAS & CORN