

Take it Easy Meal Plan

Shopping List

Serves 4

4 sweet peppers
Fresh fruit
3 head lettuce or 3 bags salad mix
5 lemons
2 onions
1 zucchini or yellow squash
8 ounces mushrooms
1 avocado
2 portabella mushrooms
Broccoli
1 bulb garlic
3 - 4 pounds boneless skinless chicken breast
1 pound white fish
1 loaf bread
Eggs
Jarlsberg, Swiss, or provolone cheese ($\frac{1}{4}$ pound)
8 ounce cheese - cheddar or monterey jack
El Diablo Jalapeno spicy mustard or favorite spicy brown mustard
1 can black beans
1 jar salsa
Rice
Flour tortillas
Salt
Pepper
Chili Powder
lemon juice (or 1 more lemon)
Olive Oil