



Quick & Healthy *Grocery List*

Fresh Vegetables

Fresh Fruit

Cereals/Canned/Packaged Foods

*21 ounces canned whole green chiles
salsa (optional)*

Staples/Spices

*ground black pepper, ground cumin, garlic powder
salt(optoinal), paprika*

Paper/Cleaning Products

Bread

5 whole wheat tortillas

Meat/Poultry/Seafood

Milk/Yogurt/Cheese/Eggs

*1 pound grated, reduced-fat cheese, 3/4 cup nonfat milk
3 cups egg substitute (equal to 12 eggs)*

Frozen Foods

Miscellaneous

above ingredients are for PUFFY CHILE RELLENO CASSEROLE



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