

Shopping List

FRUITS & VEGETABLES

- 5 avocados
- Refrigerated pineapple chunks
- 1 medium red apple
- Orange juice concentrate
- 4 cups chopped romaine lettuce
- 2 ½ cups frozen mangoes
- Fresh strawberries
- Fresh Cilantro
- 1 jalapeño pepper
- 2 garlic cloves

MEAT & POULTRY

- 4 (6-ounce) snapper fillets
- 4 boneless, skinless chicken breast halves

DAIRY

- 1 (8-ounce) carton light sour cream
- 1 (6-ounce) cup fat-free plain yogurt

PACKAGED GOODS & OTHERS

- 8 ounces bowtie pasta/farfalle
- 1 can (11.5-ounce) mango nectar, Kern's®
- 1 (16-ounce) jar chunky salsa
- 1 (12-ounce) jar pickled jalapeño slices
- Ground cumin
- Curry powder, McCormick®
- Lime juice
- Extra-virgin olive oil
- Blue and red tortilla chips