

## ANY-STORE LOW CARB MEAL PLAN

AUGUST 23-29, 2006

This is **NOT** a weight loss program! This is a **BASIC** meal plan based on the **GENERALGUIDELINES** found in most LOW CARB eating plans!

<b>MEAL #:</b> <i>Side dishes are in ITALICS</i>	<b>INGREDIENTS:</b> <i>Side dish ingredients are in ITALICS</i>	<b>INSTRUCTIONS:</b> <i>Side dish instructions are in ITALICS</i>
<b>MEAL 1</b>  <b>SHRIMP CREOLE</b> <i>Brown Rice</i> <i>Salad</i>	1 green pepper, chopped ½ C finely chopped small onion (2 stalks celery, chopped fine) (1 T olive oil) ½ tsp crushed garlic 2 tsp hot sauce 1 tsp Creole seasonings) 28 oz crushed tomatoes 2 lb peeled large fresh shrimp, thawed** (Brown rice) <hr/> <i>Bag Salad, cucumber, black olives</i> <i>Balsamic vinaigrette dressing</i>	Sauté green pepper, onion and celery in hot oil in large nonstick skillet for 8 minutes. Add garlic and sauté 1 minute. Stir in tomatoes, hot sauce and Creole seasonings. Bring to a boil; reduce heat, simmer for 10 min. **Right before you serve dinner, toss in shrimp and cook 2 minutes. Serve <u>immediately</u> over small serving of hot rice.  <i>Toss salad and serve.</i>
<b>MEAL 2</b> <i>Simple</i> <i>Supper</i>  <b>ITALIAN SAUSAGE SOUP</b> <i>Pita Crisps</i>	1.5 lbs. sausage, browned 3 - 14 oz can diced Italian tomatoes, undrained 10 oz. frozen chopped spinach, thawed 12 oz. frozen okra, thawed (4 beef bouillon cubes dissolved in 4 cups of hot water) <hr/> <i>Pita bread</i> <i>(olive oil spray, garlic salt)</i>	Pour 2 cans of diced tomatoes in blender or food processor and blend. In large soup pot, brown and drain sausage. Add remaining ingredients and heat/simmer for 10 min. <i>Preheat oven to 400 degrees. Slice pitas into 6 wedges (like a pie). Spray with olive oil spray and sprinkle with garlic salt Bake on a cookie sheet for 10 minutes or until crispy.</i>
<b>MEAL 3</b> <i>Crock</i> <i>Pot</i>  <b>GREEK CHICKEN IN A POT</b> <i>Feta Salad</i>	1 onion, quartered (2 celery ribs, cut in 1" piece) 1 WHOLE chicken (2 tps Greek seasonings) (1 tsp dried basil) ½ c. chicken broth 1 bag frozen mixed vegetables <hr/> <i>Bag salad, cucumber</i> <i>½ carton grape tomatoes</i> <i>Feta cheese</i> <i>Balsamic vinaigrette</i>	Place chicken in bottom of slow cooker. Add onion, celery, seasonings and broth. Cover. Cook on low 6-8 hours. Add frozen veggies last hour on top of chicken. Baste veggies with broth, season. <i>Toss salad and serve.</i>
<b>MEAL 4</b>  <b>HOT TACO SALAD</b> <i>Sliced Cantaloupe</i>		

(STAPLES IN PARENTHESIS)

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<p><b>MEAL 5</b> <i>Crock Pot</i></p> <p><b>GREEK COUSCOUS CHICKEN</b> <i>Sautéed Zucchini</i></p>		
<p><b>MEAL 6</b></p> <p><b>EGG AND SAUSAGE WRAP</b> <i>Orange Wedges</i></p>		
<p><b>MEAL 7</b></p> <p><b>PARMESAN BAKED FISH</b> <i>Green Beans Strawberry Orange Salad</i></p>		

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**ANY-STORE LOW CARB Grocery List**

**AUGUST 23-29, 2006**

MEAL #	X	GROCERY ITEM	OTHER GROCERIES I NEED :
	X	<b>PRODUCE/ DELI</b>	
3,5		4 oz Athenos Feta Cheese	
2		1 pkg. Toufayan Pitas	
1		1 green pepper	
4		1 – 2 cantaloupes	
7		1 carton strawberries	
4		1-2 bags salad (get enough for Taco salad)	
1,3,7		3 bags salad	
5		3 zucchini	
3,4		Grape tomatoes	
1,3		2 cucumbers	
6		4-6 Navel oranges	
1,3		2 onions	
	X	<b>MEATS</b>	
1		2 lb. peeled frozen shrimp	
6		Already Cooked bacon	
5		1 pkg boneless chicken breasts	
7		1 bag frozen Tilapia filets	
2		1.3 lbs. turkey Italian sausage	
4		2 lbs ground chuck	<i>**Key to delicious Low Carb</i>
3		1 whole roaster chicken	<i>cooking is savory herbs and</i>
6		Pork sausage roll	<i>spices. Stock your kitchen!!</i>
	X	<b>DAIRY/REFRIG.</b>	<b>STAPLES W/MEAL #:</b>
6		1 dozen eggs	1 – brown rice
6		8 oz shredded cheddar cheese	1- crushed garlic
4		8 oz shredded Mexi-blend cheese	1- hot sauce
4		8 oz low fat sour cream	1- Creole seasoning
	X	<b>CANNED/BOTTLED/PACKAGED</b>	2- garlic salt
1		28 oz can crushed tomatoes	2- olive oil spray
2,5		5 – 14 oz cans Italian diced tomatoes	2- 4 beef bouillon cubes
4		1 can Ro-Tel diced tomatoes	1,3- 4 stalks celery
1,3,7		Kraft Balsamic Vinaigrette dressing	3- dried basil
4		1 can kidney beans	3- Greek seasonings
4		16 oz salsa (if you don't have)	4- pepper
5		2 pkgs Near East couscous	4- garlic salt
3		1 can chicken broth	4- cumin
5		Kalamata olives, if desired, green olives, optional	1,5,7- olive oil
1,4		2 cans small black olives	7-low fat mayo
7		Small can mandarin oranges	7- Parmesan cheese
	X	<b>FROZEN</b>	7- Minced onion
2		1 10 oz box chopped spinach	7-Worcestershire sauce
2		Cut okra (use half)	7- sea salt
7		Whole green beans	
3		Mixed vegetables	<b>Copyright 2006, E-mealz.com</b>