

POINT SYSTEM for TWO
Any Store

OCTOBER 2006

IMPORTANT: This Point System plan is NOT a weight loss program. This is a maintenance meal plan based on point system guidelines (ie. Weight Watcher's). Serving portions must be adapted to meet your individual dietary program needs. This is a generous meal plan for 2, with some recipes allowing for leftovers or one extra serving.

MEAL #: Side dishes are in <i>ITALICS</i>	INGREDIENTS: Side dish ingredients are in <i>ITALICS</i>	INSTRUCTIONS: Side dish instructions are in <i>ITALICS</i>
<p>Meal 1</p> <p>Lemon-Basil Pork Chops 2 servings @ 6 pts each</p> <p>Baked Sweet Potatoes 3 pts each</p>	<p>(1 egg, lightly beaten) 1 t lemon juice ¼ c Italian bread crumbs 1 t grated lemon zest (½ t dried basil) 2 butter-fly cut pork chops</p> <hr/> <p>2 med sweet potatoes (Cinnamon, Splenda, spray butter))</p>	<p>In a shallow dish, combine eggs and lemon juice. In another shallow dish, combine bread crumbs, lemon zest, & basil. Dip chops in egg mixture then dredge in breadcrumbs. Place in a sprayed 9 x 13 baking dish. Bake 30 min @ 375.</p> <p><i>Pierce & bake potatoes 1 hr @ 375. Use spray butter and sprinkle with cinnamon & Splenda.</i></p>
<p>Meal 2</p> <p>California Quiche 6 servings @ 6 pts each</p> <p>Mandarin Orange & Yogurt Parfaits 2 servings @ 2.5 pts each</p>	<p>¼ c chopped onions (1 t butter, 1 t minced garlic 4 egg whites - divided, 2 eggs) 8 oz LF small curd cottage cheese 1 c shredded 2% Colby/Monterey Jack cheese 4 oz can chopped green chilies (2 T - AP flour, ¼ t salt, ½ t baking powder) 1 deep dish pie shell</p> <hr/> <p>10 oz Mandarin orange segments, drained 6 oz FF vanilla yogurt 2 T chopped walnuts</p>	<p>Sauté onions, butter, & garlic until tender. In a large bowl, combine 3 egg whites, eggs, cottage cheese, Mexican cheese, chilies, flour, salt, baking powder, and onion mixture. In another large bowl, beat remaining egg white until stiff peaks form; fold in cheese mixture and pour into pie shell. Bake 10 min @ 400, reduce to 350 and bake 30 min. Divide into 6 servings.</p> <p><i>Combine orange segments and yogurt; divide into 2 servings. Top each w/ 1 T walnuts.</i></p>
<p>Meal 3</p> <p>Honey Pecan Chicken 3 servings @ 7 pts each</p> <p>Glazed Carrots 3 servings @ 1 pt each</p>	<p>2 T pecan chips 2 T cornflake crumbs (1 T honey, 1 t soy sauce) 3 boneless/skinless chicken breasts</p> <hr/> <p>8 oz baby peeled carrots 2 t lemon juice (2 t honey, 1 T reduced cal margarine, pinch of cinnamon, pinch of salt)</p>	<p>Combine pecans & cornflakes in a shallow bowl. Combine honey & soy sauce in a shallow bowl. Dip chicken into honey mixture, then into pecan mixture. Bake on a sprayed baking pan for 6 min on each side @ 425 or until done.</p> <p><i>Steam carrots until tender. Combine and heat all other ingredients. Toss w/ carrots. Divide into 3 servings.</i></p>
<p>Meal 4</p> <p>EZ Vegetable Soup 6 servings @ 3 pt each</p> <p>Garlic Bread 1 piece @ 3 pts each</p> <p>Red Grapes 1 cup @ 1 pt each</p>		
<p>Meal 5 Outdoor Grill</p> <p>Shrimp Caesar Salad 2 servings @ 6 pts each</p> <p>Garlic Bread 1 piece @ 3 pts each</p>		

(Staples are in parenthesis)

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Any Store Grocery List

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**To eliminate a particular meal, cross out each grocery item with that corresponding meal #. Prices & availability of grocery items may vary from store to store.*

MEAL #	X	GROCERY ITEM	OTHER GROCERIES I NEED:	X
-----	X	PRODUCE		
1,3		1 lemon, for juice & zest		
1		2 med sweet potatoes		
2		1 onion		
3		16 oz bag peeled baby carrots, use ½ bag		
4		½ lb red grapes		
5		1 bag Caesar Lite salad kit		
-----	X	MEATS		
1		2 butterfly cut pork chops		
3		3 boneless/skinless chicken breasts		
5		½ lb fresh shrimp		
-----	X	DAIRY/REFRIG		
2		16 oz LF small curd cottage cheese, use 8 oz		
2		8 oz shredded 2% Colby/Monterey Jack cheese		
2		6 oz Weight Watchers FF vanilla yogurt		
-----	X	FROZEN		
2		2 deep dish pie crust, use 1		
4		16 oz bag chopped okra, use ½		
5		1 loaf Pepperidge Farms Garlic Bread		
-----	X	CANNED/BOTTLED		
2		4 oz can chopped green chilies		
2		10 oz can Mandarin orange segments, own juice		
4		2 – 14 oz FF beef broth		
4		1 jar Chicken Bouillon cubes, herbs & spices		
4		14 oz mixed vegetables	<i>FF salad dressings</i> <i>Skim milk</i>	
4		14 oz whole kernel yellow corn	<i>FF sour cream</i> <i>0 Pt raw veggies</i>	
4		14 oz diced tomatoes w/ onions & garlic	<i>FF Cool Whip</i> <i>Olive oil spray</i>	
4		10 oz Rotel	<i>FF mayonnaise</i> <i>No stick spray butter</i>	
4		14 oz green beans & potatoes	<i>Light mayonnaise</i> <i>Butter buds</i>	
-----	X	PACKAGED	<i>Balsamic vinegar</i> <i>Honey</i>	
1		1 pkg Italian breadcrumbs	<i>Salsa</i> <i>Minced garlic</i>	
2		2 oz bag chopped walnuts	<i>Egg substitute</i>	
3		2 oz bag chopped pecans	<i>Reduced calorie margarine</i>	
3		1 small box corn flakes		

- STAPLES:** (FF= Fat Free, LF=Low Fat, RF=Reduced Fat)
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|---------------|---------------------|------------------------|---------------|---------------------|
| Meal 1 | Meal 2 | Meal 3 | Meal 4 | Meal 5 |
| 1 egg | Butter | Honey | | FF Italian dressing |
| Dried basil | Minced garlic | Soy sauce | | |
| Cinnamon | 4 egg whites | Reduced cal. margarine | | |
| Splenda | 2 eggs | Cinnamon | | |
| Spray butter | All purpose flour | Salt | | |
| | Salt, Baking powder | | | |