

POINT SYSTEM ANY STORE MEAL PLAN
March 19 – 25, 2010

IMPORTANT: This Point System plan is NOT a weight loss program. This is a family friendly meal plan based on point system guidelines (ie. Weight Watcher's). Serving portions must be adapted to meet your individual dietary program needs.

MEAL #: <i>Side dishes are in ITALICS</i>	INGREDIENTS: <i>Side dish ingredients are in ITALICS</i>	INSTRUCTIONS: <i>Side dish instructions are in ITALICS</i>
Meal 1 Sticky Chicken & Couscous 6 servings @ 7 pts each Apple Slaw 6 servings @ 1 pt each	2 lbs boneless chicken breasts, cubed (¾ c ketchup, ¼ c br. sugar, 3 T cider vinegar, 3 T Lite teriyaki sauce, 1 ½ t dry mustard) 3 c cooked couscous, original flavor <hr/> (1/3 c FF mayo, 1 T cider vinegar, 2 T sugar) 6 c shredded slaw mix 1 Gala apple, finely diced	Place chicken in a sprayed baking dish. Mix remaining ingredients and pour over chicken. Bake uncovered 40 min @ 350. Divide into 6 servings and serve ½ c couscous with each. <i>Blend dressing items together and toss with slaw mix and apple. Divide into 6 servings.</i>
Meal 2 Mesquite BBQ Pork Tenderloin 6 servings @ 3 pts each Mashed Potatoes 6 servings @ 2 pts each Green Salad 6 servings @ 1 pt each	1.7 lbs Hormel mesquite BBQ pork tenderloin <hr/> 24 oz pkg home-style mashed potatoes 1 bag salad ½ pint cherry tomatoes 4 oz sliced mushrooms (Lite Ranch dressing)	Prepare and bake tenderloin as directed. Let rest 10 – 15 min. Slice into 6 portions. <i>Microwave potatoes as directed. Serving = ½ cup.</i> <i>Toss salad & divide into 6 servings. Top each with 2 T dressing.</i>
Meal 3 Vegetable Plate 6 servings @ 5 pts each Cornbread Muffins 1 muffins @ 3 pts Sliced Strawberries ½ cup @ 0.5 pt	2 lb bag field peas w/ snap beans (½ t salt, ½ t pepper, dash hot sauce) 2 – 14 oz cans tomato, okra, & corn 16 oz bag sliced yellow squash (2 T light margarine, salt & pepper) 6 servings Oven Reds roasted potatoes <hr/> 1 bag Cotton Country cornbread 3 c sliced strawberries	Cook peas as directed until tender & add salt, pepper, & hot sauce. Divide into 6 servings. Heat tomato, okra, & corn. Serving = ½ cup. Microwave squash until tender, add margarine, salt & pepper. Serving = ½ cup. Bake potatoes as directed. Serving = ¾ cup. <i>Bake cornbread as directed. Makes 6 muffins. Slice strawberries. Serving = ½ cup</i>
Meal 4 Tortellini Soup 8 servings @ 5 pts each Grilled Cheese 1 sandwich @ 3 pts Applesauce 6 servings @ 1 pt each		
Meal 5 Southwestern Quiche 6 servings @ 5 pts each Fiesta Corn ½ cup @ 1 pt Cantaloupe 1 cup @ 1 pt		
Meal 6 EZ meal Garlic Chicken 6 servings @ 5 pts each Sweet Peas 2/3 cup @ 1 pt		
Meal 7 Roast Chicken Salad 6 servings @ 5 pts each Garlic Toast 1 piece @ 3 pts		

(Staples are in parenthesis)



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MEALTIME MAKEOVER.COM

POINT SYSTEM ANY STORE GROCERY LIST

March 19 – 25, 2010

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

MEAL #	X	GROCERY ITEM	OTHER GROCERIES I NEED:	>
----	X	DELI / BAKERY		
4		1 loaf whole wheat bread		
----	X	PRODUCE		
1		1 bag shredded slaw mix		
1		1 Gala or green apple		
2,7		2 bags chopped romaine, Marketside		
2,7		1 pint grape tomatoes		
2,7		8 oz sliced mushrooms		
3		16 oz strawberries		
5		1 large cantaloupe		
5		1 lime		
----	X	MEATS		
1		2 lbs boneless skinless chicken breast		
2		1.7 Hormel mesquite BBQ pork tenderloin		
7		22 oz bag Tyson diced chicken		
----	X	DAIRY/REFRIG		
2		24 oz Country Crock home-style mashed potatoes		
4		16 count pkg 2 % cheese slices singles		
4		9 oz pkg three cheese tortellini, Buitoni		
5		16 oz Southwestern egg substitute		
5		8 oz bag shredded 2 % sharp cheddar cheese, Kraft		
7		1 box Oscar Mayer ready to serve bacon		
	X	FROZEN		
3		2 – 1 lb bags field peas w/ snap beans, Pictsweet		
3		16 oz bag sliced yellow squash, Pictsweet		
3		1 bag Alexia's Oven Reds, roasted potatoes		
5		1 pkg deep dish pie crusts, use 1 crust, Ritz		
6		2 bag 22 oz Voila garlic chicken		
6		2 – 12 oz bags Steamfresh sweet peas		
7		1 loaf Cole's garlic toast		
			POINTS SYSTEM DAILY STAPLES	
----	X	CANNED/BOTTLED	FF salad dressings	FF milk
3		2 – 14 oz cans tomato, okra, & corn, Margaret Holmes	FF sour cream	0 Pt raw veggies
4		4 – 10 oz cans tomato soup	FF Cool Whip	Olive oil spray
5		12 oz can FF evaporated milk	Salsa	Minced garlic
5		2 – 14 oz cans fiesta corn, Del Monte	FF mayonnaise	No stick spray butter
----	X	PACKAGED	Light mayonnaise	Butter Buds
1		1 box Original couscous, Near East	Balsamic vinegar	Honey
3		1 bag Cotton Country cornbread	Egg substitute	Whole wheat bread
4		6 count pkg strawberry applesauce	Sugar Free syrup	Brown Rice

STAPLES NEEDED FOR EACH MEAL:

(FF= Fat Free, LF=Low Fat, RF=Reduced Fat)

Meal 1
Ketchup
Brown sugar
Cider vinegar
Lite Teriyaki
Dry mustard
FF mayonnaise
Cider vinegar
Sugar

Meal 2
Lite Ranch dressing

Meal 3
Hot sauce
Light margarine

Meal 4
Dried basil
Dried oregano
Dried parsley
Spray butter

Meal 5
Honey

Meal 6

Meal 7
FF Ranch dressing