

LOW FAT PUBLIX MEAL PLAN

April 1 - 7, 2009

IMPORTANT: This low-fat plan is NOT a weight loss program! This is a BASIC *low-fat, family friendly* meal plan based on the GENERAL GUIDELINES found in most low-fat eating plans. Serving portions can be adapted to meet your dietary needs.

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>
Meal 1 Cheeseburger Soup <i>Corn Muffins</i>	½ to 1 lb ground sirloin ¾ c chopped onion ¾ c shredded carrots ¾ c diced celery (1 t dried basil, 1 t parsley, 3 T flour) 2 cans 10 oz chicken broth 32 oz bag frozen, cubed hash browns 8 oz Velveeta Light, cubed (2 + c FF milk) <hr/> 8 oz pkg corn muffins (FF milk, egg sub)	In large soup pot, brown beef along w/ onions, carrots, celery, basil, & parsley. Drain. Add broth & potatoes. Bring to boil; simmer 12 min. In small bowl, whisk flour and ½ c water until smooth. Add to soup; bring to a boil while stirring. Simmer & add cheese. Add milk, according to desired creaminess. Stir until melted. Add desired amount of salt to season. <i>Prepare corn muffins according to directions using FF milk and egg sub.</i>
Meal 2 Pepperoni Loaf <i>Garden Salad</i>	13.9 oz can refrigerated pizza dough 1 c low moisture shredded mozzarella 4 oz RF sliced turkey pepperoni (1 egg white, 1 t dry mustard, 1 t garlic salt, 1 t pepper, 4 t Italian seasoning) 26 oz pasta sauce <hr/> 1 bag salad 1 or 2 tomatoes on the vine (FF Italian dressing)	Spread dough into a large rectangle on sprayed cookie sheet. Brush w/ egg white. Sprinkle spices evenly, then cheese, then pepperoni. Roll loaf up, lengthwise. Pinch ends. Place seam side down. Brush egg white on top. Bake 30 min @350. Serve w/ warmed spaghetti sauce for dipping. <i>Toss salad w/ tomatoes and dressing.</i>
Meal 3 <i>Crock Pot</i> Chicken & Mushrooms Over Linguine <i>Spinach Salad</i>	2 lb pkg chicken breasts (FF cooking spray) 8 oz sliced fresh mushrooms (1 c dry white wine) 10 oz FF cream of chicken soup 16 oz box linguine <hr/> 1 bag spinach salad kit, Light Italian Sliced pineapple, reserve 1 c chopped for meal #7	A.M.: Place chicken in crock pot w/ a little water. Salt & pepper. Cook on low until tender. When cooked, shred chicken. In heated skillet, sauté mushrooms 8 min using FF spray and small amount of water. Add wine; bring to a boil, scraping of skillet. Remove from heat. Add soup & whisk until smooth. Fold in chicken. Serve over cooked linguine. <i>Toss spinach salad w/ dressing.</i>
Meal 4 <i>Overnight</i> Molasses Pork Tenderloin <i>Mashed Potatoes</i> <i>Steamed Asparagus</i>		
Meal 5 Baked Ziti <i>Steamed Zucchini</i> <i>Dinner Rolls</i>		
Meal 6 Soft Steak Tacos <i>Yellow Rice</i>		
Meal 7 <i>Easy Meal</i> Hawaiian Bacon Pizza <i>Chilled Grapes</i> <i>Celery-n-Dip</i>		

(Staples are in parenthesis)

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LOW FAT PUBLIX GROCERY LIST

April 1 - 7, 2009

*Prices are good for these dates; HOWEVER, check your area to find out if these prices begin on WED or THURS. To eliminate a particular meal, cross out each grocery item with that corresponding meal number. Prices & availability of grocery items may vary from store to store.

MEAL #	X	GROCERY ITEM <small>PX = Publix Name Brand Items</small>	PRICE	OTHER GROCERIES I NEED:	X
	X	DELI / BAKERY		<i>Weekly sale items and Advantage Buy items are printed in red!</i>	
5		12 count dinner rolls PX	1.99		
	X	PRODUCE			
1,6		2 sweet onions .99 lb	.99		
1		16 oz bag baby carrots	1.29		
1,7		1 bunch celery	1.29		
2		1 bag salad blend PX	2.00		
2,6		Tomatoes on the vine 1.99 lb	1.99		
3		8 oz pkg sliced mushrooms	2.50		
3		1 bag spinach salad kit Light Italian	1.25		
4		1 lb asparagus 2.49 lb	2.49		
5		1 lb zucchini 1.49 lb	1.49		
7		1 lb white grapes	1.49		
3,7		1 fresh pineapple	2.99		
	X	DAIRY / REFRIGERATED			
2,5		12 oz low moisture mozzarella PX	3.89		
2,7		2 cans 13 oz pizza crust Pillsbury	3.74		
4		24 oz pkg Simply Potatoes, Country Style	1.30		
5		16 oz part skim ricotta cheese PX	2.00		
6,7		2 pkgs - 8 oz 2% shredded cheddar Kraft	3.34		
6		16 oz FF sour cream Breakstone	.99		
	X	MEATS <small>*meat dept. will cut needed portions per request</small>			
1		½ to 1 lb ground sirloin 3.99 lb	3.99		
2		4 oz pkg RF sliced turkey pepperoni, Hormel	2.99		
3		2 lb bag chicken breasts Tyson	5.99		
4		1 or 2 lb whole pork tenderloin 4.99 lb PX	4.99		
6		1 or 2 - 10 oz pkg steak strips, Tyson enough to feed your family	3.99		
7		16 oz pkg Smithfield bacon BOGO	2.00		
	X	FROZEN FOODS			
1		32 oz bag cubed hash browns PX	3.59		
	X	PACKAGED / BOXED			
1		16 oz pkg Velveeta 2% Milk, need 8 ounces	4.09		
1		8 oz cornbread mix Jiffy	.49		
3		16 oz pkg linguine Ronzini BOGO	1.00		
5		16 oz pkg ziti pasta Ronzini BOGO	1.00		
6		1 pkt taco seasoning PX	.83		
6		8 count FF flour tortillas La Banderita	2.39		
6		10 oz yellow rice PX	.99	FAT-FREE STAPLES!	
	X	CANNED / BOTTLED		FF Promise margarine - butter breads	
1		2 cans 10 oz chicken broth PX	1.86	FF Cooking spray - to sauté	
2,5		2 jars 26 oz spaghetti sauce Ragu BOGO	3.29	FF Salad dressings	
3		10 oz FF cr of chicken soup Campbell's	1.00	FF spray butter or Butter Buds	
		TOTAL COST: approx	81.50	FF Egg substitute	

STAPLES NEEDED FOR EACH MEAL:

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

Meal 1

Dried basil
Parsley
Flour
2 c FF milk
Egg sub

Meal 2

1 egg white
Dry mustard
Garlic salt
Italian seasng
FF Italian drsng

Meal 3

FF spray
1 c dry white wine

Meal 4

½ c molasses
Coarse-grained
Dijon mustard
Vinegar
Salt
FF marg
Lemon

Meal 5

Garlic salt
RF parm cheese
FF spray
Foil
Cavendar's seasng

Meal 6

FF spray

Meal 7

BBQ sauce
FF Ranch