

POINT SYSTEM PUBLIX MEAL PLAN

Jan 8 - 14, 2009

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>
<p>Meal 1</p> <p>Balsamic Pork Chops 6 servings @ 5 pts each</p> <p>Crock-pot Sweet Potatoes 6 servings @ 3 pts each</p> <p>Cauliflower 6 servings @ 0 pts each</p>	<p>1 ½ lb lean cut pork chops (2 T all purpose flour, 1 T olive oil, 1 T minced garlic, ½ c balsamic vinegar) ½ c FF chicken broth</p> <hr/> <p>6 large sweet potatoes (FF spray butter, Splenda, cinnamon) 12 oz bag chopped cauliflower</p>	<p>Dust chops with flour. Heat olive oil in a large skillet on med. Cook chops about 4 min each side or until lightly browned and done. Remove chops. Add garlic, vinegar, & broth & simmer until sauce thickens slightly. Spoon sauce over chops.</p> <p><i>Wrap potatoes w/ foil. Cook in crock-pot. On low 7 hrs. Top w/ spray butter, Splenda, & cinn. Steam cauliflower and divide into 6 servings.</i></p>
<p>Meal 2</p> <p>Crunchy Onion Tenders 6 servings @ 4 pts each</p> <p>Pasta Shells ½ cup @ 3 pt each</p> <p>Steamed Broccoli 6 servings @ 0 pts each</p>	<p>1 ½ lb boneless/skinless chicken breasts (½ c FF egg substitute) ¾ c French fried onions, crushed</p> <hr/> <p>1 pkg Pasta Roni Shells & White Cheddar 2 – 12 oz bags chopped broccoli 1 lemon, for juice</p>	<p>Cut chicken into strips & dip into egg sub., then into onion crumbs. Bake on a sprayed baking sheet 20 min @ 400.</p> <p><i>Prepare pasta as directed and divide into 6 servings @ ½ cup each.</i></p> <p><i>Steam broccoli as directed and serve with lemon juice drizzled over the top.</i></p>
<p>Meal 3</p> <p>Mexican Meatloaf 6 servings @ 7 pts each</p> <p>Green Bean Casserole 6 servings @ 2 pts each</p> <p>Red Grapes 1 c @ 1 pt each</p>	<p>2 lb lean ground turkey breasts 8 oz salsa 1 c breadcrumbs (¾ c FF egg sub)</p> <hr/> <p>2 – 14 oz can green beans, drained 1 c French fried onions, divided in ½ 1 can FF cream of mushroom soup (1/3 c FF milk, ½ t salt and ¼ t pepper) 6 c red grapes</p>	<p>Combine turkey, 2/3 c salsa, breadcrumbs, and egg sub. Shape into loaf and place into a 9 x 13 sprayed baking dish. Bake 1 ½ hour @ 350 uncovered. Drain off drippings and top with remaining salsa for last 5 min.</p> <p><i>Mix all together with ½ of the onions in 8 x 8 dish. Bake 30 min @350. Top with the rest of the onions & bake 5 min. Makes 6 serving.</i></p> <p><i>Serve 1 c grapes on the side.</i></p>
<p>Meal 4</p> <p>Chicken & Wild Rice Soup 6 servings @ 6 pts each</p> <p>Cantaloupe 1 cup @ 1 pt each</p> <p>Sugar Free Jell-O 1 cup @ 0 pts each</p>		
<p>Meal 5</p> <p>Baked Ziti 8 servings @ 6 pts each</p> <p>Italian Salad 6 servings @ 0 pts each</p> <p>Hot Breadsticks 2 breadstick @ 3 pts</p>		
<p>Meal 6</p> <p>EZ Breakfast Dish 6 servings @ 5 pts each</p> <p>Strawberries ½ cup @ .5 pts each</p> <p>Wild berry Muffins 1 muffin @ 2 pts each</p>		
<p>Meal 7</p> <p>Black Eyed Peas and Ham 1 cup @ 3 pts each</p> <p>Italian Salad 6 servings @ 0 pts each</p> <p>Combread 1 muffin @ 3 pts each</p>		

(Staples are in parenthesis)

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POINT SYSTEM PUBLIX GROCERY LIST

Jan 8 – 14, 2009

Prices are good and posted for these dates; HOWEVER, check your area to find out if these prices begin either on WED or THURS.

Weekly sale and Advantage Buy prices are printed in **RED** and *italicized*.

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

MEAL #	X	GROCERY ITEM	PRIDE	OTHER GROCERIES I NEED:	X
----	X	DELI / BAKERY		PX = Publix Name Brand items	
----	X	PRODUCE			
1		6 large sweet potatoes	2.97		
1		12 oz bag Eat Smart® cauliflower	<i>1.66</i>		
2		2 – 12 oz bags Eat Smart® chopped broccoli	<i>3.32</i>		
2		1 lemon	.50		
3		1 lb red grapes	<i>1.99</i>		
4		1 cantaloupe	<i>2.00</i>		
6		16 oz strawberries	<i>2.99</i>		
7		1 onion	.50		
5,7		2 bags chopped classic salad, PX	<i>1.98</i>		
5,7		2 large tomatoes	<i>1.50</i>		
5,7		2 cucumber	1.78		
----	X	MEATS			
1		1 ½ lb lean cut pork chops	<i>5.00</i>		
2		1 ½ lb boneless/skinless chicken breasts	<i>3.00</i>		
3		2 lb lean ground turkey breast, Jennie-O®	<i>5.98</i>		
6,7		2 - 8 oz lean chopped ham, Cumberland Gap®	5.98		
----	X	DAIRY/REFRIG			
4		1 box Sugar Free Jell-O®, 6 count, any flavor	<i>1.66</i>		
5		16 oz part skim ricotta cheese, PX	2.00		
5		4 oz part skim shredded mozzarella cheese, PX	1.89		
5		1 can Pillsbury® breadsticks	2.59		
6		1 bag Simply Potatoes® hash browns	2.49		
6		7 oz Kraft® Deli Fresh 2 % Swiss cheese slices	3.69		
	X	FROZEN			
4		16 oz bag cut green beans, PX	1.49		
----	X	CANNED/BOTTLED			
1,4		3 – 14 oz cans FF chicken broth, PX	2.49		
2,3		6 oz can French's® fried onions	2.59		
3,7		16 oz bottle salsa, PX	1.99		
3		8 oz plain breadcrumbs, Vigo®	1.09		
3		2 – 14 oz cans green beans, PX	1.78		
3		1 can FF cream of mushroom soup, Campbell's®	1.66		
4		2 -10 oz cans Valley Fresh® white chicken, BOGO	<i>3.67</i>	POINTS SYSTEM DAILY STAPLES	
4		1 can FF cream of celery, Campbell's®	1.66	FF salad dressings	FF milk
5		48 oz Prego® traditional sauce, use 13 oz, BOGO	<i>1.80</i>	FF sour cream	0 Pt raw veggies
----	X	PACKAGED		FF Cool Whip	Olive oil spray
2		1 pkg Pasta Roni® Shells & White cheddar, BOGO	<i>.67</i>	FF mayonnaise	No stick spray butter
4		6 oz box long grain & wild rice mix, Uncle Ben's®	1.99	Light mayonnaise	Butter buds
5		1 lb box ziti pasta, PX	1.19	Reduced calorie margarine	
6		1 bag Martha White® muffin mix, Wildberry	1.19	Balsamic vinegar	Honey
7		1 lb bag dried black eyed peas, PX	.99	Salsa	Minced garlic
7		1 bag Betty Crocker® cornbread mix	.45	Egg substitute	Whole wheat bread
		TOTAL: approx	82.17	Sugar Free syrup	

STAPLES NEEDED FOR EACH MEAL:

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

Meal 1

All purpose flour
Olive oil
Minced garlic
Balsamic vinegar
Spray butter
Splenda
Cinnamon

Meal 2

½ c egg sub.

Meal 3

¾ c egg sub
1/3 c FF milk

Meal 4

Meal 5

FF Italian dressing

Meal 6

1 c egg sub
2 eggs
FF milk

Meal 7

Garlic salt
FF Italian dressing