



WALMART LOW CARB MEAL PLAN

April 14 - 20, 2010

This is NOT a weight loss program! This is a BASIC meal plan based on the GENERAL GUIDELINES found in most low carb eating plans!

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 ROMAINE WRAPPED HAMBURGERS <i>Cucumber Salad</i>	2 lbs ground beef (Seasonings) Sliced tomato Sliced onion Romaine lettuce Shredded cheese, if desired (Mustard, pickles, if desired) <hr/> 2 cucumbers ¼ c chopped onion (Ranch dressing)	Make patties to desired thickness. Sprinkle with seasonings. Broil to desired doneness. Lay out romaine lettuce leaf. Place cheese on bottom, top with burger and desired toppings. Wrap up sides of lettuce around the burger and secure with a toothpick. <i>Peel and slice cucumbers. Slice or chop onion thin or fine. Combine with cucumbers. Toss w/2 T ranch dressing. Serve.</i>
MEAL 2 BAKED GREEK TILAPIA <i>Tomato and Mozzarella Salad</i> <i>Crispy Zucchini</i>	1- 1.5 lbs fresh tilapia fillets (Greek seasoning) (Olive oil cooking spray) <hr/> 16 oz fresh zucchini (Olive oil, garlic salt, pepper) 4 Roma tomatoes Mozzarella, cut up (¼ c olive oil) (2 T balsamic vinegar) (1 t Italian seasonings) 1 t parmesan cheese	In sprayed 9x13 baking dish, place fish. Spray fillets with olive oil and sprinkle generously with Greek seasoning. Bake uncovered @375 for 25 min. <i>Cut tomatoes and mozzarella into small chunks. Mix together olive oil, vinegar, Italian seasonings and parmesan cheese. Toss with tomatoes and mozzarella. Chill and serve,</i> <i>Slice zucchini. Toss in 2 T olive oil; sprinkle generously with garlic salt and pepper. Roast under broiler 5-7 min. Serve hot.</i>
MEAL 3 CHICKEN FRANCESE <i>Sautéed Green Beans</i>	1-1.5 lbs boneless chicken breasts (¼ c flour) (2 eggs, beaten) (Salt, pepper) 1 ¼ c shredded parmesan cheese 8 oz half & half 1 bunch green onions, chopped <hr/> <i>Whole green beans, thawed</i> (Olive oil, garlic salt)	<i>Lightly flour chicken; then dip in egg; then in 1 c parmesan cheese to coat; save ¼ c cheese for topping later. In small skillet, sauté chicken; salt and pepper. When chicken is half done, stir in half & half and green onions. Bring this to boil; cook chicken until done. Remove from heat; sprinkle with ¼ c parmesan cheese and serve.</i> <i>Sauté beans in a little olive oil. Sprinkle with garlic salt and serve.</i>
MEAL 4 ASIAN STEAK AND VEGGIE SOUP		
MEAL 5 KNOCKOUT CHICKEN STRIPS <i>Stir-Fry Veggies</i>		
MEAL 6 HONEY-MUSTARD EGGS BENEDICT <i>Tropical Fruit Salad</i>		
MEAL 7 MUSHROOM TOPPED STEAK <i>Lemon Pepper Broccoli</i>		

WALMART LOW CARB Grocery List
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*To eliminate a particular meal, cross out each grocery item with that corresponding meal number.

MEAL #		GROCERY ITEM	PRICE	OTHER GROCERIES:
	X	PRODUCE		® = Suggested Brands
				GV/WM=Great Value/Walmart
4		1 bag angel hair slaw, Fresh Express [®]	1.68	
1		2 cucumbers	1.48	
1		1 bunch romaine lettuce	1.58	
7		8 oz sliced mushrooms, Monterey [®]	1.98	
2		16 oz zucchini	2.48	
3		Green onions	1.14	
1,4,5		1 sweet onion	1.78	
2		4 Roma tomatoes	1.48	
1		1 tomato	2.16	
	X	MEATS		
1		2 lbs ground beef GV	3.56	
2		4-6 tilapia fillets	3.98	
3		1.5+ lb pkg boneless chicken breasts, Tyson [®]	5.48	
4		2 lbs chuck eye steak	4.28	
7		2-3 lbs round steak	8.56	
5		1.25 lb pkg chicken tenderloins, Tyson [®]	4.50	
6		15 ct pkg Canadian bacon slices (circles), Land O' Lakes [®]	1.98	
	X	DAIRY/REFRIG		Everyday staples:
1		7 oz shredded cheddar cheese GV	1.96	Vinegar
6		8 oz light sour cream GV	.68	Butter
2		16 oz block whole milk mozzarella cheese GV	3.22	Ground pepper
6		1 dozen eggs, Sunny Meadow [®]	1.56	Milk
3		16 oz half and half (need 8 oz) GV	.97	Favorite dressings
	X	CANNED/BOTTLED/PACKAGED		Sea or kosher salt
7		14.5 oz can beef broth GV	1.46	Garlic salt
2,3		7 oz shredded parmesan cheese, Kraft [®]	3.55	Cooking spray
7		10.5 oz can low fat cream of mushroom soup GV	1.08	Low fat mayo
4		2 bags chicken ramen noodles, Marachan [®]	.30	Olive oil
6		2 - 15 oz cans tropical mixed fruit GV	2.28	
6		6 ct pkg whole wheat English muffins, Healthy Life [®]	1.50	
	X	FROZEN		
7		16 oz broccoli florets GV	.96	<i>**Key to delicious low carb</i>
3		14 oz whole green beans, Pictsweet [®]	1.78	<i>cooking is savory herbs and</i>
4,5		2 - stir-fry vegetables w/sugar snap peas & another variety GV	3.36	<i>spices. Stock your kitchen!!</i>
		APPROXIMATE COST:	72.76	

Staples needed for each Meal #:
Meal 1

 Ranch drsng
 Seasonings
 Mustard, if desired
 Pickles, if desired

Meal 2

 Greek seasngs
 Olive oil cooking spray
 Balsamic vinegar
 Italian seasngs
 ½ c olive oil

Meal 3

 2 eggs
 ¼ c flour

Meal 4

 Soy sauce
 ½ c chopped onion

Meal 5

 Worcestershire sauce
 Mustard
 Minced garlic

Meal 6

 Honey
 Dijon mustard

Meal 7

Lemon pepper