

WAL MART LOW CARB MEAL PLAN

August 16-22, 2006

This is **NOT** a weight loss program! This is a **BASIC** meal plan based on the **GENERALGUIDELINES** found in most LOW CARB eating plans!

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 Crock Pot MARIANN'S SAUSAGE RATTATOUILLE	2 onions, cut up (Crushed garlic) 2 zucchini, cut up 2 yellow squash, cut up 1 green and red pepper, sliced (2 T olive oil) 1.5 lbs Italian Turkey sausage, cut into chunks 2 15 oz. cans tomatoes, <i>drained</i> (Mix with 1 tsp salt & 2 tsp Italian seasonings)	In Crock-pot, layer ingredients in the order they are listed. Cook on low 6 hours. Serve with a slotted spoon.
MEAL 2 CHICKEN PESTO MUSHROOM BAKE <i>Drizzled Salad</i>	4-6 boneless chicken breasts, pounded 3 tsp Italian seasonings 1 tsp garlic salt (½ C LOW CARB bread crumbs – made with toasted LOW CARB bread) (3 tsp. Pesto) 1 carton sliced mushrooms 1 can diced tomatoes, <i>drained</i> <hr/> <i>Iceberg lettuce, cut into chunks</i> <i>LOW CARB Caesar dressing</i> <i>(Parmesan cheese)</i>	Heat oven to 350 degrees. In plastic bag, combine seasonings and bread crumbs. Shake one chicken breast at a time. Place each breast in oil-sprayed baking dish. Combine mushrooms, tomatoes and pesto. Spread over chicken. Sprinkle with remaining shake mix. Cover; bake for 45 min. <i>Drizzle dressing over lettuce chunks and sprinkle with parmesan cheese.</i>
MEAL 3 BACON COBB WRAPS <i>Pita Chips</i> <i>W/ Hummus</i>	Iceberg head lettuce leaves Already cooked bacon 6 hard boiled eggs, sliced 8 oz shredded cheddar cheese 1 lb. lean turkey, shredded 1 cucumber, <i>sliced</i> LOW CARB Caesar Dressing <hr/> <i>Pitas</i> <i>Hummus</i>	<i>Hard boil eggs: Cover eggs with water. Add 1 tsp salt (helps with peeling); bring to a boil; cover; remove from heat; and let sit for 20 min. Pour water off, let eggs cool. Peel and slice in half. OMIT yolks; chop whites to add to salad.</i> In a large lettuce leaf add a piece of bacon, sliced eggs, turkey, cucumbers, cheese and dressing. <i>Serve Pita wedges topped with hummus.</i>
MEAL 4 MANGO TILAPIA <i>Crispy Asparagus</i>		

(STAPLES IN PARENTHESIS)

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<p>MEAL 5</p> <p>TERRIYAKI PORK <i>Vegetable Medley</i> <i>Mandarin Orange Salad</i></p>		
<p>MEAL 6</p> <p>DELI COLD-CUT SALAD</p>		
<p>MEAL7</p> <p><i>Slow cooker</i> SANTE FE STEW <i>Crunchy Celery and Dip</i></p>		

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WAL MART LOW CARB Grocery List

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Note: Prices may vary slightly from store to store.

MEAL #	X	GROCERY ITEM	PRICE	OTHER GROCERIES I NEED :
	X	PRODUCE/ DELI		
6		½ lb. EACH lean salami and lean ham	4.20	
3		1 lb. lean turkey, shaved	4.98	
3		1 pkg. Toufayan pitas	1.12	
3		Athenos hummus	1.89	
2		8 oz. carton sliced mushrooms	1.68	
5,6		2 bags salad	3.00	
2,3		2 heads Iceberg lettuce	1.96	
6		3 Roma tomatoes	1.62	
4,7		1 red onion	.55	
1		2 onions	.92	
4		2 mangos	2.54	
4		1 bunch cilantro	.79	
1		2 zucchini squash	1.00	
1		2 yellow squash	1.00	
3		1 cucumber	.58	
1,4		2 red peppers	1.68	
1		1 small green pepper	.68	
4		2 limes	.48	
4		1 lb. fresh asparagus	2.50	
5		Green onions (if desired)	1.00	
7		Celery	1.14	
	X	MEATS		**Key to delicious Low Carb
4		4-6 Tilapia filets	3.37	<i>cooking is savory herbs and</i>
3		Already cooked bacon	2.50	<i>spices. Stock your kitchen!!</i>
1		1 - 1.5 lb. fresh turkey Italian sausage	3.34	
2		4-6 boneless chicken breasts	5.35	STAPLES W/MEAL #:
7		1.5 - 2 lbs stew meat	5.90	1- onion
5		1 pkg. boneless sirloin pork chops	4.22	1,5-crushed garlic
	X	DAIRY/REFRIG.		1,4-olive oil
6		8 oz. GV block mozzarella	3.14	2- Low Carb bread
3		1 dozen eggs	.89	2- garlic salt
3		8 oz GV shredded cheddar cheese	1.50	1,2-Italian seasonings
	X	CANNED/BOTTLED/PACKAGED		2- pesto
7		1 can GV petite diced tomatoes	.50	2- Parmesan cheese
2,3,7		Low Carb Caesar dressing	1.88	5- soy sauce
5,7		1 can GV chicken broth AND 1 can GV beef broth	.94	5- Splenda
5		1 lg. GV can Mandarin oranges	.66	5 - ginger
6		Can GV sliced black olives	.60	5,6- Italian dressing
6		Mt Olive banana peppers (if desired)	1.43	7- minced garlic
7		Sam's chunky salsa	1.64	7- ground cumin
1,2		3 cans GV diced tomatoes	1.50	7- flour
	X	FROZEN		
5		GV stir fry veggie mix (your choice)	1.34	
7		GV mixed vegetables	.88	
		APPROXIMATE COST:	76.89	Copyright 2006, E-mealz.com