

## Low Fat Meal Plan for 2 Walmart

October 2006

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

<b>MEAL #:</b> Side dishes are in <i>ITALICS</i>	<b>INGREDIENTS:</b> Side dish ingredients are in <i>ITALICS</i>	<b>INSTRUCTIONS:</b> Side dish instructions are in <i>ITALICS</i>
<b>Meal 1</b>  <b>Chicken Dijon</b> <i>Baked Sweet Potatoes</i> <i>Apple Salad</i>	2 boneless chicken breasts, or ¾ lb (FF cooking spray) ¼ c finely chopped onion 1 c chicken broth (2 T Dijon mustard, 1 T flour) <hr/> 2 <i>small sweet potatoes</i> ( <i>Promise, cinnamon/sugar</i> ) ½ <i>bag salad greens</i> 1 <i>granny smith apple, chopped</i> ¼ <i>c red onion, chopped</i> ( <i>FF Catalina dressing</i> )	Pound chicken breasts to ½" thickness. In large no-stick skillet using FF spray, sauté onions & chicken. Brown chicken 2 min on each side or until golden brown. Whisk together remaining ingredients, and pour over chicken. Cover, reduce heat to low. Simmer 10 min. <i>Microwave washed sweet potatoes for 8-10 minutes or until done. Cut potatoes in half. Serve with Promise and cinnamon/sugar. Toss salad, apples, &amp; onion with dressing.</i>
<b>Meal 2</b> <i>30 Min Meal</i>  <b>Beef Stroganoff</b> <i>Egg Noodles</i> <i>Peas</i> <i>Bakery Dinner Rolls</i>	¾ lb 98% lean ground round 4 oz FF sour cream 1 can RF cream of mushroom soup (1 t salt, ½ t onion powder, 1 t beef bouillon granules) <hr/> <i>Egg noodles</i> 1 <i>can peas</i> ½ <i>pkg dinner rolls (Promise)</i>	In large skillet, brown beef; drain and rinse w/ hot water. Return meat to skillet and add all other ingredients, except noodles. Blend together well and heat thoroughly on med-low. <i>Boil noodles while preparing meat mixture. Serve stroganoff over cooked noodles. Serve with hot peas and dinner rolls.</i>
<b>Meal 3</b> <i>30 Min Meal</i>  <b>Lemon-Caper Fish</b> <i>Garden Salad</i> <i>Seasoned Rice</i>	½ lb tilapia filets, or 2 filets 1 lemon Capers (FF butter flavored cooking spray) <hr/> ½ <i>bag salad greens</i> 1 <i>Roma tomato</i> ½ <i>c corn</i> ( <i>FF Ranch dressing</i> ) 1 <i>box seasoned rice</i>	Heat non-stick skillet on med-high. Salt and pepper filets. Using FF spray, sauté filets until brown on each side (about 5 min. each side). Squeeze lemon juice over fish and add capers. <i>Toss salad w/ chopped tomato, corn &amp; dressing. Prepare rice according to pkg directions.</i>
<b>Meal 4</b>  <b>Mexican Chicken Skillet</b> <i>Sautéed Zucchini</i> <i>Bakery Dinner Rolls</i>		
<b>Meal 5</b> <i>30 Min Meal</i>  <b>Warm Chicken Pasta over Salad</b> <i>FF Crispy Garlic Pita Wedges</i>		

(Staples are in parenthesis)

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# Low Fat Meal Plan for 2

## Walmart

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

MEAL #	X	GROCERY ITEM	WM / GV = Walmart / Great Value	PRICE	OTHER GROCERIES I NEED:	X
	X	<b>DELI / BAKERY</b>				
2,4		1 pkg dinner rolls, WM		1.78		
5		1 pkg Toufayan pita bread		1.00		
	X	<b>PRODUCE</b>				
1		1 onion		.50		
1		2 small sweet potatoes		1.44		
1,3		1 bag salad greens		2.08		
1		1 granny smith apple		.65		
1		1 small red onion		.66		
3		1 lemon		.44		
3		1 Roma tomato		.50		
4		1 zucchini		.63		
5		1 bag Romaine salad mix		2.08		
	X	<b>DAIRY</b>				
2		8 oz FF sour cream, GV		.50		
	X	<b>MEATS</b>				
1,4		1.25 lbs boneless, skinless chicken breasts		4.98		
2		3/4 lb 98% lean ground round		3.08		
3		1 lb tilapia fillets, frozen		3.37		
5		6 oz pkg Oscar Mayer chicken strips		2.67		
	X	<b>FROZEN FOODS</b>				
	X	<b>PACKAGED / BOXED</b>				
2		1 pkg egg noodles, GV		.77		
4		1 box seasoned rice, Rice a Roni		.88		
5		1 box Italian or Caesar Pasta Salad mix		1.42		
	X	<b>CANNED / BOTTLED</b>			<b>FAT-FREE STAPLES!</b>	
1		1 can chicken broth, GV		.47	Promise Margarine – butter breads	
2		1 can peas, GV		.44	Butter Buds – flavoring	
2		1 can RF cr of mushroom soup, GV		.77	Egg Beaters/Sub – ¼ c = 1 egg	
3		1 small jar capers, near olives		1.47	FF Cooking Spray – to Sauté	
4		1 can black beans, GV		.57		
4		1 can corn, GV		.44		
4		1 small jar salsa, Taco Bell		1.44	FF = Fat Free, LF = Low Fat	
		<b>TOTAL COST: approx</b>		<b>36.45</b>	RF = Reduced Fat	

**STAPLES:**

**Meal 1**

FF cooking spray  
Dijon mustard  
Flour  
Cinnamon/sugar  
FF Catalina dressing

**Meal 2**

Onion powder  
Beef bouillon granules  
Promise

**Meal 3**

FF butter flav cooking spray  
FF Ranch dressing

**Meal 4**

Chili powder  
FF cooking spray  
Promise

**Meal 5**

FF olive oil cooking spray  
Garlic salt