

## LOW FAT MENU for TWO

May 11 - 17, 2010

Walmart

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>
<b>Meal 1</b>  <b>Steak Fajitas</b> <i>Black-Eye Pea Dip w/ Homemade Tortilla Chips Fresh Fruit</i>	(1-2 t salt, 2 pressed garlic cloves) Juice and finely grated zest of 1 lime 1/3 c finely chopped cilantro 1.25 lb stir-fry steak 6 small FF flour tortillas, wrapped in foil & warmed ½ avocado 1 c salsa (FF cooking spray) <hr/> (1 c vinegar, ½ c sugar, ¼ c oil, 3 T water, dash of hot sauce) 2 cans black-eye peas, drained and rinsed ¾ c onion, chopped 1 can whole kernel corn, drained 1 small jalapeno pepper, chopped ½ container fresh fruit	Combine salt, garlic, lime, & cilantro in Ziploc bag. Add steak and refrigerate for at least 15 min to 2 hrs. Allow meat to get to room temperature while heating pan to med-high heat. Cook 4-6 min on each side. Reserve ½ of cooked meat for Meal # 3. Serve with avocado and salsa in warmed tortillas. Cut remaining tortillas into triangles. Coat a baking pan w/ FF cooking spray and bake triangles at 400 for 5 min or until crisp. Use "chips" for black-eye pea dip. <i>Black eye pea dip: Heat vinegar, sugar, oil and water in a saucepan until sugar dissolves. Pour over vegetables and serve w/ homemade chips. Serve fruit on the side.</i>
<b>Meal 2</b>  <b>Pecan Encrusted Fish</b> <i>Steamed Green Beans Rice Pilaf</i>	2 white fish filets ½ c pecan halves, finely chopped ½ lemon (½ t salt, ¼ t garlic powder, ¼ t pepper, FF cooking spray) <hr/> 1 bag Valley Fresh green beans 1 pkg Near East Rice Pilaf (FF butter spray)	Sprinkle filets w/ seasonings. Finely chop pecans; dredge both sides of filets w/ nuts. Using FF cooking spray, sauté fish for 3-4 min on each side or until browned. Serve w/ lemon wedges. <i>Steam green beans and serve w/ FF butter spray. Prepare pilaf according to pkg directions.</i>
<b>Meal 3</b>  <b>Black and Blue Salad</b> <i>Bananas Foster</i>	Reserved steak from Menu # 1 ½ bag mixed greens 2 oz RF blue cheese crumbles ½ container of strawberries, sliced ¼ c pecans, chopped (FF balsamic vinegar dressing) <hr/> 1 large banana, sliced vertically in half 2-3 slices of Angel Food cake (FF butter spray, 1 T brown sugar)	Toss greens w/ desired amount of dressing. Toss in cheese, strawberries and nuts. Top w/ steak and serve. <i>Coat a saucepan over medium heat w/ FF butter spray. Add brown sugar and banana slices. Cook 4-5 min or until bananas are browned and sugar is melted. Serve mixture over cake slices.</i>
<b>Meal 4</b>  <b>Easy Grits and Ham Quiche</b> <i>Fresh Fruit</i>		
<b>Meal 5</b>  <b>Fish and Chips</b> <i>Black-Eye Pea Salad Strawberry Shortcake</i>		

(Staples are in parenthesis)



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MEAL #	X	GROCERY ITE	WM OR GV = Walmart or Great Value Items	PRICE:	OTHER GROCERIES I NEED:	X
---	X	<b>DELI / BAKERY</b>	<sup>®</sup> = Recommended Brands			
1		1 pkg FF tortillas, La Banderita 10 count		1.78		
3,5		1 Angel Food cake		2.50		
---	X	<b>PRODUCE</b>				
1		1 lime		0.50		
1		1 bunch cilantro		0.50		
1		1 onion		0.75		
1,4		1 container fresh mixed fruit		4.25		
1,5		1 avocado		0.78		
1,5		1 small jalapeno pepper		0.20		
2,5		1 lemon		0.38		
3		1 large banana		0.25		
3,5		1 pkg mixed green salad		2.98		
3,5		16 oz container strawberries		1.88		
5		1 med sweet potato		0.78		
---	X	<b>MEATS</b>				
1,3		1.25 lb stir fry meat		6.22		
2,5		1 lb pkg frozen tilapia filets		5.00		
4		1/4 lb deli ham		1.30		
---	X	<b>DAIRY/REFRIG</b>				
2,4		8 oz 2% shredded cheddar, GV		1.98		
3		5 oz pkg RF blue cheese crumbles, Treasure Cave		3.48		
---	X	<b>FROZEN</b>				
2		1 bag frozen green beans, Valley Fresh		1.50		
---	X	<b>CANNED / BOTTLED / PACKAGED</b>				
1		8 oz Taco Bell salsa		0.96		
1,5		2 cans 15 oz black eye peas, GV		0.74		
1,5		15 oz can kernel corn, GV		0.67		
2,3		4 oz pkg pecans, Diamond		2.22		
2		1 pkg Near East Rice pilaf		2.21		
4		1 lb box Jim Dandy Quick cooking grits		0.78		
4		12 oz can FF evaporated milk, GV		0.84		
		<b>TOTAL COST: (without tax)</b>		<b>45.43</b>		

**STAPLES NEEDED FOR EACH MEAL:**

**Meal 1**

FF cooking spray  
2 cloves garlic  
Salt  
Onion  
Vinegar  
Sugar  
Oil  
Hot sauce

**Meal 2**

Salt  
Garlic powder  
Pepper  
FF cooking spray  
FF butter spray

**Meal 3**

FF balsamic vinegar  
dressing  
FF butter spray  
Brown sugar

**Meal 4**

Dried parsley  
Dry mustard  
Hot sauce  
Egg/egg substitute  
FF cooking spray

**Meal 5**

FF cooking spray  
Bread crumbs  
Lemon pepper  
Garlic powder  
Paprika  
Salt  
All purpose flour  
Egg whites/egg substitute  
FF dressing  
Sugar  
FF whipped topping

**Low Fat Daily Staples:**

Sea or kosher salt/pepper  
Flour  
FF cooking spray  
Vinegar  
Vegetable and Olive oil  
Milk  
Sugar  
FF dressing  
Hot sauce  
Egg substitute

**FF = Fat free**  
**LF = Low fat**  
**RF = Reduced fat**