

LOW FAT WALMART MEAL PLAN

Feb 28 – March 5, 2008

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

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 One-Pot Spaghetti <i>Salad</i> <i>Garlic Bread</i>	1 lb 96% lean ground beef 1 med onion, chopped (1 T bottled minced garlic, 1 ½ t salt, ¼ t allspice, ½ t dry mustard, ¼ t pepper) 6 oz uncooked spaghetti, broken 2 ½ c tomato juice (1 c water, RF parmesan cheese) <hr/> 1 bag salad greens 1 cucumber (<i>FF Italian salad dressing</i>) 1 whole loaf French bread (<i>FF butter flavored cooking spray, garlic salt</i>)	In large soup pot, brown beef, onion, and garlic. Add remaining spices. Place spaghetti pieces over beef. Combine tomato juice and water; pour over spaghetti. Bring to boil. Reduce heat, cover, and simmer 15 min until spaghetti is done. Stir occasionally. Serve w/ parmesan. <i>Toss salad w/ sliced cucumber and dressing. On cookie sheet, slice bread lengthwise. Spray inside halves w/ butter spray. Sprinkle w/ garlic salt. Slice and bake @400, 10 min.</i>
Meal 2 <i>Crock Pot</i> Creamy Crock Pot Chicken <i>Steamed White Rice</i> <i>Steamed Green Beans</i> <i>Rolls</i>	3-4 boneless chicken breasts, 1 can LF cr of chicken soup 8 oz RF cream cheese 1 pkt dry Italian seasoning (1 ¼ c dry white wine or cooking wine) (<i>White rice, 3 c cooked</i>) 1 lb green beans Bakery dinner rolls	Soften cream cheese in microwave. Mix cream cheese, cr of chicken soup, Italian seasoning and wine until smooth in crock pot. Cut chicken breasts in halves. Fold into crock pot ingredients. Cook on low 6 hrs. Serve chicken and creamy gravy over rice. Add small amount of water to thin gravy if needed. <i>Serve with steamed green beans & hot rolls.</i>
Meal 3 <i>Quick Meal</i> Taco Rice & Bean Salad	1 lb 96% lean ground beef 1 can dark kidney beans, drained 1 pkt taco seasoning 1 bag chopped iceberg lettuce 1 large tomato, chopped 1 c shredded 2% cheddar 8 oz FF sour cream Baked Tostitos Scoops (<i>White rice, 3 c cooked</i>)	Cook and drain ground beef. Add to meat: kidney beans, taco seasoning & water and cook as directed on taco packet. Each person assembles their own salad by topping lettuce with tomatoes, cheese, sour cream, rice, and hot meat mixture. Eat w/ chips or crush chops over top.
Meal 4 <i>Easy Meal</i> Easy Warehouse Soup <i>Cream-Corn Cornbread</i>		
Meal 5 <i>30 Min Meal</i> Lemon-Caper Fish <i>Sautéed Asparagus</i> <i>Seasoned Rice</i>		
Meal 6 <i>Easy Meal</i> Slow Bake B'que Chicken <i>Garlic Mashed Potatoes</i> <i>Corn</i>		
Meal 7 <i>Kid Favorite!</i> Bacon Cobb Pitas <i>Baked Chips</i>		



LOW FAT WALMART GROCERY LIST

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

MEAL #	X	GROCERY ITEM <small>WM / GV = Walmart / Great Value</small>	PRICE	OTHER GROCERIES I NEED:	X
	X	DELI / BAKERY			
1		1 whole loaf French bread, WM	1.33		
2		1 pkg dinner rolls	2.22		
7		1 pkg FF pita bread, Toufayan	1.17		
	X	PRODUCE			
1		1 med onion	.44		
1,3		1 bag salad greens and 1 bag chopped iceberg lettuce	3.86		
1,7		2 cucumbers	1.44		
2		1 lb green beans	2.08		
3		1 large tomato, 1.48 lb	1.48		
5		1 lemon	.58		
5		1 bunch asparagus	3.58		
		DAIRY/REFRIGERATED			
2		8 oz RF cream cheese, GV	1.18		
3,7		8 oz shredded 2% cheddar, Kraft	3.18		
3		16 oz FF sour cream, use half, GV	1.08		
7		9 oz pkg LF shaved ham or turkey meat, Osc Mayer	2.48		
		MEATS			
1,3		2 lbs 96% lean ground beef	8.47		
2		3-4 boneless chicken breasts	5.57		
4		1 lb LF smoked kielbasa sausage, B Ball	2.23		
5		2 lbs tilapia fillets, in 1lb frozen bags	8.76		
6		4 lb pre-cut fryer chicken	4.52		
7		12 oz pkg RF bacon, Gwaltney	2.56		
		FROZEN FOODS			
6		16 oz bag corn, GV	.78		
		CANNED / BOTTLED			
1		64 oz tomato juice – for 2 ½ cups, GV	1.68		
2		1 can FF cr of chicken soup, GV	.82		
3		1 can dark kidney beans, GV	.50		
4		1 can condensed cr of potato soup, Campbell's	1.12		
4		1 can condensed split pea w/ ham soup, Campbell's	1.12		
4		14 oz can diced tomatoes, GV	.54		
4		1 can creamed corn, GV	.50		
5		3 oz jar capers, Mario	1.50		
6		1 bottle B'que sauce, GV	.77		
		PACKAGED / BOXES		FAT-FREE STAPLES!	
1		8 oz spaghetti noodles, use 6 oz, GV	.58	FF Promise Margarine – butter breads	
2		1 pkt dry Italian seasoning, Good Seasons	1.00	Butter Buds – flavoring	
3		1 pkt taco seasoning, GV	.38	Egg Beaters / Sub – ¼ c = 1 egg	
3,7		1 pkg baked Tostitos Scoops	3.00	FF Cooking Spray – to Sauté	
4		2 boxes cornbread mix, GV	.66		
5		10 oz box Rice-a-Roni seasoned rice, family size	1.48	FF = Fat Free	
6		1 pkg Idahoan Original instant garlic potatoes	.96	RF = Reduced Fat	
		TOTAL COST: <i>approx</i>	75.60	LF = Low Fat	

Staples Needed:

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7
Bottled minced garlic	1 c white wine	3 c cooked white rice	½ c egg sub	FF butter flavored cooking spray	FF milk	FF Ranch dressing
Allspice	3 c cooked white rice				Butter Buds	4 eggs
Dry mustard						
RF parmesan cheese						
FF Italian						
FF butter flavored cooking spray						
Garlic salt						