

## POINT SYSTEM FOR TWO

Apr 28 – May 4, 2010

### WALMART MEAL PLAN

**IMPORTANT:** This Point System plan is NOT a weight loss program. This is a family friendly meal plan based on point system guidelines (ie. Weight Watcher's). Serving portions must be adapted to meet your individual dietary program needs.

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>
<b>Meal 1</b>  <b>Chicken Orzo Skillet</b> 6 servings @ 6 pts each  <b>Green Salad</b> 1 serving @ 0 pts each <b>Alexia Focaccia Rolls</b> 1 roll @ 2 pts	1 c uncooked orzo pasta 1 lb chicken breasts, cubed (3 t olive oil, 2 t minced garlic, 1 ½ t Italian seasoning, ½ t salt) 2 – 14 oz cans stewed tomatoes, cut up 15 oz can white beans, rinsed & drained 14 oz bag frozen broccoli florets, thawed  <i>Chopped salad greens</i> <i>Diced cucumber</i> <i>Grape tomatoes</i> <i>(FF Italian dressing)</i> <i>2 focaccia rolls</i>	Cook orzo as directed, drain & set aside. In a large sprayed skillet, brown chicken in 2 t oil; remove & keep warm. In the same skillet, sauté garlic in 1 t oil. Stir in tomatoes, beans, Italian seasonings & salt. Bring to a boil. Stir in broccoli & chicken; heat through. Add orzo & combine. <i>Toss salad items together for as many salads as needed. Top each with 2 T dressing.</i> <i>Heat rolls as directed. Serving = 1 roll</i>
<b>Meal 2</b>  <b>Orange Baked Catfish</b> 2 servings @ 4 pts each <b>Corn on the Cob</b> 1 ear @ 1 pt <b>Steamed Cauliflower</b> 2 servings @ 0 pts each	¼ c orange marmalade 1 ½ T orange juice 1/8 t ground ginger ¼ c chopped green onions ½ lb catfish fillets  <i>2 ears of corn</i> <i>½ bag frozen cauliflower florets</i>	Combine marmalade, juice, & ginger and heat on low until all is dissolved, then add green onions and set aside. Place fillets into a large baking dish and cover with marmalade mixture. Bake for 10 – 12 min @ 400, or until fish flakes. <i>Boil corn until tender, about 6 min.</i> <i>Steam cauliflower until tender. Salt &amp; pepper.</i>
<b>Meal 3</b>  <b>Grilled Chicken Salad</b> 2 servings @ 6 pts each <b>Alexia Focaccia Rolls</b> 1 roll @ 2 pts <b>Red Grapes</b> 1 cup @ 1 pt		
<b>Meal 4</b>  <b>Honey Pecan Chicken</b> 2 servings @ 6 pts each <b>Carrot Puree</b> 3 servings @ 2 pts each		
<b>Meal 5</b>  <b>Teriyaki Burgers</b> 2 servings @ 7 pts each <b>Sweet Potato Fries</b> 2 servings @ 2 pts each		

(Staples are in parenthesis)

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## POINT SYSTEM FOR TWO 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	PRICE	OTHER GROCERIES I NEED:	X
----	X	<b>DELI / BAKERY</b>			
5		1 pkg Pepperidge Farm Deli flats, 7 Grain	1.68		
----	X	<b>PRODUCE</b>			
1,3		1 bag salad greens	2.00		
1		1 cucumber	.50		
1,3		1 pint grapes tomatoes	2.48		
2		1 small piece ginger	1.00		
2		1 bunch green onions	1.16		
2		2 ears of corn	1.00		
3		½ lb red grapes	.65		
4		1 lb carrots	.74		
5		1 onion	.50		
----	X	<b>MEATS</b>			
1,4		1 ½ lbs boneless skinless chicken breast	5.00		
2		1 lb bag catfish fillets, use ½ lb	3.75		
5		1 lb lean ground beef, use ½ lb	3.64		
----	X	<b>DAIRY/REFRIG</b>			
2		12 oz Tropicana orange juice	.88		
3		6 oz bag Tyson diced chicken	2.50		
5		1 pkg Sargento 2% Swiss cheese slices	2.38		
	X	<b>FROZEN</b>			
1		14 oz bag broccoli florets, GV	1.34		
1,3		1 bag Alexia focaccia rolls	2.64		
2		14 oz bag frozen cauliflower florets, GV	1.34	<b>POINTS SYSTEM DAILY STAPLES</b>	
5		1 bag Alexia sweet potato fries	2.98	FF salad dressings	FF milk
----	X	<b>CANNED/BOTTLED</b>		FF sour cream	0 Pt raw veggies
1		2 - 14 oz cans stewed tomatoes, GV	1.50	FF Cool Whip	Olive oil spray
1		15 oz can white beans, GV	.82	Salsa	Minced garlic
2		1 jar orange marmalade, GV	1.67	FF mayonnaise	No stick spray butter
----	X	<b>PACKAGED</b>		Light mayonnaise	Butter Buds
1		16 oz orzo pasta, GV	.84	Balsamic vinegar	Honey
4		2 oz bag chopped pecans, Fisher	1.16	Egg substitute	Whole wheat bread
4		1 box cornflakes, GV	1.50	Sugar Free syrup	Brown Rice
		<b>TOTAL: approx</b>	<b>45.65</b>		

### STAPLES NEEDED FOR EACH MEAL:

(FF= Fat Free, LF=Low Fat, RF=Reduced Fat)

**Meal 1**  
Olive oil  
Minced garlic  
Italian seasonings  
FF Italian dressing

**Meal 2**  
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**Meal 3**  
Bacon bits  
1 boiled egg  
0 pt veggies  
FF Catalina dressing

**Meal 4**  
Honey  
Soy sauce  
Sugar  
Light butter  
FF milk

**Meal 5**  
Lite teriyaki sauce