



POINT SYSTEM WALMART MEAL PLAN

May 14 – 20, 2010

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>
Meal 1 Lemon Herb Turkey Cutlets 6 servings @ 4 pts each Spaghetti Pasta <i>½ c serving @ 2 pts each</i> Green Peas <i>½ cup @ 0 pts each</i>	(½ t each: dried basil, dried tarragon, dried thyme, dried marjoram, ¼ t salt, ¼ t pepper) 1 ½ lbs turkey breast cutlets, ¼ inch thick (1 T olive oil, 1 ½ t minced garlic, 1 T flour) ½ c FF chicken broth 2 T fresh lemon juice <hr/> 3 c cooked spaghetti pasta 2 – 14 oz cans green peas	Combine first 6 ingredients & sprinkle on both sides of cutlets. In a large sprayed skillet; add oil & heat on med. Add garlic & add cutlets; cook until browned on each side. Remove cutlets & set aside. Add flour to skillet & stir. Slowly add broth & lemon juice; stir until heated & thickened. Return cutlets to pan & cover with sauce. Divide into 6 servings; serve each over ½ c pasta. <i>Heat peas. Serving = ½ cup.</i>
Meal 2 Hacienda Chicken 6 servings @ 4 pts each Spicy Rice <i>½ cup @ 2 pts each</i> Boiled Corn <i>1 ear @ 1 pt each</i>	1 ½ lbs boneless skinless chicken breasts (1 T cumin, 2 T vegetable oil, 1 t minced garlic, 1 T flour) 1 large onion, thinly sliced ¾ c picante sauce 6 oz FF plain yogurt <hr/> 3 c cooked yellow rice ½ c picante sauce 6 ears corn on the cob, boil & serve on the side.	Sprinkle chicken evenly with cumin. Brown chicken in a large pan in oil. Add garlic; arrange onion rings over all. Drizzle with picante sauce. Cover; cook on low heat until chicken is done, about 25 – 30 min. Remove chicken; set aside. Combine yogurt & flour; whisk into juices in pan. Heat, do not boil; pour over chicken. <i>Cook rice as directed on package. Combine 3 c warm rice with picante. Serving = ½ cup</i>
Meal 3 Italian Spaghetti Soup 8 servings @ 4 pts each Garlic Toast <i>1 piece @ 2 pts each</i> Cantaloupe <i>1 cup @ 1 pt each</i>	(3 t olive oil, 2 t minced garlic, 1 t dried basil, 1 t dried oregano, 8 c water, 2 vegetable bouillon cubes) 2 – 14 oz cans tomato sauce 2 T tomato paste 12 oz uncooked thin spaghetti <hr/> 6 pieces Cole's garlic toast 6 c diced cantaloupe	Heat oil in a large saucepan & sauté garlic for 1 min. Add tomato sauce, tomato paste, basil & oregano; bring to a boil. Add water & bouillon; bring to boil. Break spaghetti; add to soup & simmer until pasta is tender; about 15 min. <i>Bake toast as directed. Serving = 1 piece. Serve cantaloupe on the side.</i>
Meal 4 Fruity Chicken Salad 6 servings @ 6 pts each Parmesan Cauliflower 6 servings @ 1 pt each		
Meal 5 Grilled Catfish over Spinach Salad 6 servings @ 6 pts each Garlic Toast <i>1 piece @ 2 pts each</i>		
Meal 6 Banana French Toast 6 servings @ 7 pts each Canadian Bacon <i>2 slices @ 1 pt</i>		
Meal 7 Broccoli & Cauliflower Swiss Quiche 6 servings @ 3 pts each Spinach Salad 6 servings @ 2 pts each		

(Staples are in parenthesis)

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POINT SYSTEM 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	DELI / BAKERY			
4		1 rotisserie chicken, pull meat	4.50		
6		1 loaf Arnold's whole wheat bread	2.50		
----	X	PRODUCE			
1		1 lemon, for juice	.38		
2,7		1 large onion & 1 med onion	1.00		
2		6 ears corn on the cob	1.50		
3		1 large cantaloupe	2.00		
4		3 red apples	1.50		
4		1 lime	.50		
4		½ lb red seedless grapes, need 3 cups	.75		
4		1 bag Fresh Express chopped romaine	2.79		
4		2 – 12 oz bag cauliflower florets	4.78		
5,7		2 bags spinach, Marketside	3.96		
5		16 oz strawberries	1.67		
6		3 bananas	.59		
7		12 oz bag broccoli & cauliflower	2.38		
7		½ pint blueberries	3.00		
----	X	MEATS			
1		1 ½ lbs Jennie-O turkey breast cutlets	9.00		
2		1 ½ lbs boneless skinless chicken breasts	5.48		
5		1 lb catfish fillets	3.98		
----	X	DAIRY/REFRIG			
2		6 oz plain FF yogurt, GV	.38		
4		16 oz FF sour cream, GV	1.18		
4,7		8 oz bag shredded Parmesan cheese, GV	1.96		
6		1 box Oscar Mayer fully cooked Canadian bacon	2.97		
7		12 oz turkey bacon, GV	2.46		
7		8 oz bag Swiss cheese slices, GV	2.14		
	X	FROZEN			
3,5		Cole's garlic toast	1.88		
----	X	CANNED/BOTTLED		POINTS SYSTEM DAILY STAPLES	
1		14 oz can FF chicken broth, GV	.73	FF salad dressings	FF milk
1		2 – 14 oz cans green peas, GV	1.55	FF sour cream	0 Pt raw veggies
2		16 oz Pace picante sauce	1.88	FF Cool Whip	Olive oil spray
3		2 – 14 oz cans tomato sauce, GV	.88	Salsa	Minced garlic
3		6 oz can tomato paste, GV	.40	FF mayonnaise	No stick spray butter
----	X	PACKAGED		Light mayonnaise	Butter Buds
1,3		2 – 1 lb boxes thin spaghetti, GV	1.64	Balsamic vinegar	Honey
2		10 oz bag Mahatma yellow rice	1.26	Egg substitute	Whole wheat bread
4,5		2 – 2oz bags chopped walnuts, Fisher	2.16	Sugar Free syrup	Brown Rice
		TOTAL: approx	75.73		

STAPLES NEEDED FOR EACH MEAL:

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

Meal 1
Dried basil
Dried tarragon
Dried thyme
Dried marjoram
Olive oil
Minced garlic
Flour

Meal 2
Cumin
Vegetable oil
Minced garlic
Flour

Meal 3
Olive oil
Minced garlic
Dried basil
Dried oregano
Vegetable bouillon

Meal 4
Light Mayonnaise
Dijon mustard

Meal 5
Olive oil
Cajun seasoning
Light raspberry
vinaigrette

Meal 6
FF milk
FF egg substitute
Brown sugar
Ground cinnamon
Light margarine
Sugar free syrup

Meal 7
Olive oil
Minced garlic
2 eggs
2 egg whites
FF milk
Dijon mustard
Cayenne
Light raspberry
vinaigrette