

POINT SYSTEM WALMART MEAL PLAN

AUG 4 – AUG 10, 2006

IMPORTANT: This Point System plan is NOT a weight loss program. This is a family friendly meal plan based on points system guidelines (ie. Weight Watchers). Serving portions must be adapted to meet your dietary program 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 Crock-Pot Taco Chicken 6 servings @ 5 pts each Green Salad 6 servings @ 1.5 pts each	1 lb boneless/skinless chicken breasts, chopped 14 oz can FF chicken broth 28 oz can diced tomatoes 1 c dry instant long-grain rice 15 oz can pinto beans, undrained 1 pkg taco seasoning mix <hr/> 1 bag salad greens, 1 chopped tomato (0 pt raw veggies, FF salad dressing)	Combine all ingredients in crock-pot. Cook on low for 8 hours. Serving = 1 ½ cup. Mix salad greens, tomato, 0 pt raw veggies and divide into 6 servings. Use 2 T FF salad dressing of your choice on each serving.
Meal 2 Chef Salad 6 servings @ 6 pts each Parmesan Bread Sticks 1 stick @ 2 pts each	12 oz deli style smoked turkey 4 oz 2% Swiss cheese slices 1 bag chopped Romaine lettuce 1 large tomato, chopped (2 hard boiled eggs) 15 slices ready to eat bacon, crumbled (FF salad dressing of your choice) <hr/> 1 box Pillsbury Parmesan bread sticks	Dice turkey and cheese. Combine all ingredients, except salad dressing and divide into 6 equal portions. Drizzle 2 T of salad dressing over each salad. Bake bread sticks as directed. 1 stick = 1 serving.
Meal 3 BBQ Chicken Leg Quarters 6 servings @ 5 pts each Vegetable Casserole 6 servings @ 3 pts each	6 chicken leg & thigh quarters, skinned BBQ sauce <hr/> 1 lb frozen carrots, broccoli & cauliflower mix, thawed 1 can FF cream of mushroom soup 1 ½ c Velveta Light, cubed (½ t salt, ¼ t pepper, ¼ t garlic powder)	Place chicken quarters in a large sprayed baking dish. Spread each leg quarter with 2 T sauce. Cover and bake 30 min @ 375 or until done. Combine all ingredients together and place in an 8 x 8 sprayed baking dish. Cover and bake 20 @ 375. Divide into 6 servings.
Meal 4 Beef Stroganoff 6 servings @ 7 pts each Waldorf Salad 6 servings @ 1 pt each		
Meal 5 Raisin Bread French Toast 6 servings @ 5 pts each EZ Crispy Bacon 3 pieces @ 2 pts		
Meal 6 Easy Meal Grilled Cheese 6 sandwiches @ 3 pts each Spicy Chicken n' Rice Soup 1 cup @ 2 pts each		
Meal 7 Crock pot Black Beans & Corn Soup 8 servings @ 4 pts each Jello FF Pudding 1 serving @ 2 pts each		

(Staples are in parenthesis)

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POINTS SYSTEM WALMART GROCERY LIST AUG 4 – AUG 10, 2006

*To eliminate a particular meal, cross out each grocery item with that corresponding meal number. Availability of fat-free or low-fat items may vary from store to store.

MEAL #	X	GROCERY ITEM		OTHER GROCERIES I NEED:
-----	X	DELI & BAKERY & BREAD		
5		1 loaf Cinnamon Raisin Bread, Pepperidge Farms	2.68	
6		1 loaf whole wheat bread	2.00	
-----	X	PRODUCE		
1		1 bag salad greens, Fresh Express	2.18	
1,2		2 tomatoes	1.00	
2		1 bag chopped Romaine, Fresh Express	2.18	
4		1 small bundle green onions	1.17	
4		8 oz fresh sliced mushrooms	1.68	
4		4 small apples	2.00	
4		1 bunch celery	1.44	
-----	X	MEATS		
1		1 lb boneless/skinless chicken breasts	5.08	
3		6 leg/thigh quarters	4.48	
4		1 lb lean ground beef	3.08	
-----	X	DAIRY/REFRIG		
2		12 oz deli style smoked turkey, Jenny O	3.52	
2		8 oz 2% Swiss cheese slices, Kraft, use 4 oz	2.00	
2,5		2 boxes Ready to Eat bacon, Oscar Mayer	5.00	
2		1 box Pillsbury Parmesan bread sticks	1.74	
4		8 oz FF sour cream, GV	.94	
6		2% American cheese slices, 16 count, GV	1.96	
7		Jello Fat Free pudding, 6 count	2.44	
-----	X	FROZEN		
3		1 lb bag carrots, broccoli, cauliflower mix, Birds Eye	1.46	
4		8oz FF Cool Whip, GV	.77	
-----	X	CANNED/BOTTLED		POINTS SYSTEM DAILY STAPLES
1		14 oz can FF chicken broth, GV	.47	
1		28 oz can diced tomatoes, Hunts	1.24	FF salad dressings Skim milk
1		15 oz can Pinto beans, GV	.43	FF sour cream 0 Pt raw veggies
3		Bull's Eye Bar BQ sauce	1.25	FF Cool Whip Olive oil spray
3		10 oz FF cream of mushroom soup, GV	.77	FF mayonnaise No stick spray butter
4		12 oz jar Heinz beef gravy	1.32	Light mayonnaise Butter buds
5		Sugar free syrup, Cary's	2.66	Reduced Calorie margarine
6		2 – 26 oz cans chicken and rice soup, GV	2.24	Balsamic Vinegar Honey
6		10 oz can Rotel	.78	Salsa Minced garlic
7		2 cans 15 oz black beans, GV	.88	Egg substitute
7		14 oz can stewed tomatoes-Mexican, Hunt's	.88	
7		14 oz can diced tomatoes, GV	.50	
7		11 oz can white corn, GV	.44	
-----	X	PACKAGED		
1		1 box instant rice, GV	1.17	
1		1 pkg taco seasoning, GV	.33	
3		1 box Velveta Light	3.97	
4		1 lb egg noodles, use 12 oz, GV	.87	
4		2 oz bag chopped walnuts, Fisher	.84	
TOTALS: approx			69.84	

STAPLES:

Meal 1
0 pt raw veggies
FF salad dressing

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

Meal 2
FF salad dressing
Hard boiled eggs

Meal 3
Salt & pepper
Garlic powder

Meal 4
Garlic salt
Pepper

Meal 5
Egg substitute
Skim milk
Vanilla
Cinnamon
Powdered sugar

Meal 6
No stick butter spray

Meal 7
Chili powder
Cumin
Minced garlic