



**LOW CARB MEAL PLAN  
ANY-STORE**


This is **NOT** a weight loss program! This is a **BASIC** meal plan based on the **GENERAL GUIDELINES** found in most low carb eating plans!

<b>MEAL #:</b> Side dishes are in <i>ITALICS</i>	<b>INGREDIENTS:</b> Side dish ingredients are in <i>ITALICS</i>	<b>INSTRUCTIONS:</b> Side dish instructions are in <i>ITALICS</i>
<p><b>Meal 1</b></p> <p><b>SOUTHERN CHILI</b> 1 serving- 18 net carbs</p> <p><b>Corn Tortilla Crisps</b> 1 serving- 11 net carbs</p>	<p>1.5-2.25 lbs lean ground beef 1 onion, chopped 1 green bell pepper, chopped 14.5 oz can diced tomatoes, undrained 8 oz tomato sauce 15 oz kidney beans, undrained (2 t chili powder) (1 t Cajun seasoning) 1 c shredded cheddar cheese 1 c sour cream 3 green onions, chopped</p> <hr/> <p>6 - 6" corn tortillas (2 T canola oil) (Coarse sea salt &amp; cumin to taste)</p>	<p>In large skillet, brown beef; drain well. Add onion &amp; bell pepper; sauté until tender. Add tomatoes, tomato sauce, kidney beans, chili powder &amp; Cajun seasoning; simmer <b>2 hours</b>. Garnish with cheddar cheese, sour cream &amp; chopped green onions.</p> <p><i>Cut tortillas into 1" strips. Heat oil in med nonstick skillet over med heat. Add tortilla strips; cook, turning once, until brown on both sides, 2-3 min per side. Drain on paper towels. Sprinkle with sea salt &amp; cumin.</i></p>
<p><b>Meal 2</b></p> <p><b>CHINESE CHICKEN</b> 1 serving- 9 net carbs</p> <p><b>Spaghetti Squash</b> 1 serving- 7 net carbs</p>	<p>Rotisserie chicken (2 T butter) 3 stalks celery, chopped 1 onion, chopped 14.5 oz can chicken broth (1 T molasses) (3 T soy sauce) 14 oz can Chinese vegetables, drained 14 oz can bean sprouts, drained 8 oz can sliced water chestnuts, drained (1 T cornstarch) (1 c water)</p> <hr/> <p>1 spaghetti squash, pierced with fork (1 T butter) (Salt &amp; pepper to taste)</p>	<p>Remove chicken from bone; shred. Melt butter in Dutch oven. Sauté celery &amp; onion until tender. Add chicken broth, molasses, soy sauce, vegetables, bean sprouts &amp; water chestnuts to pot. Simmer slowly until bubbly. Add cornstarch to 1 c water; whisk until paste forms. Slowly add paste to pot, stir until thickened. Serve over spaghetti squash.</p> <p><i>Preheat oven to 350°. Bake whole squash 1 hour or until tender. Cool 10 min. Half lengthwise; remove seeds. Pull out strands; mix with butter, salt &amp; pepper.</i></p>
<p><b>Meal 3</b></p> <p><b>PORK CHOPS WITH SAUERKRAUT</b> 1 serving- 5 net carbs</p> <p><b>Green Beans with Lemon</b> 1 serving- 4 net carbs</p>	<p>1+ lbs, 4-6 boneless pork chops (3 T olive oil) 2- 14 oz cans sauerkraut, rinsed &amp; drained (1 T molasses) (¼ c water) (1 t caraway seeds)</p> <hr/> <p>1 lb green beans (1 T olive oil) (2 T lemon juice) (Salt &amp; pepper to taste)</p>	<p>Preheat oven to 350°. Heat oil in large skillet over med-hi heat. Sauté pork chops until brown on both sides. In large bowl mix together sauerkraut, molasses, water &amp; caraway seeds. Place sauerkraut mixture in 9x13" baking dish. Top with pork chops. Cover; bake 1 hour.</p> <p><i>In large saucepan of boiling water, blanch beans 2-3 min or until just tender. Drain beans; toss with oil, lemon juice, salt &amp; pepper.</i></p>
<p><b>Meal 4</b></p> <p><b>PEASANT BEEF CASSEROLE</b> 1 serving-10 net carbs</p> <p><b>Steamed Broccoli</b> 1 serving- 8 net carbs</p>	<p><b>STAPLES</b></p>	

(Staples are in parenthesis.)

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<b>Meal 5</b>  <b>ITALIAN BAKED CHICKEN</b> 1 serving- 1 net carbs  <i>Pesto -Tossed Cauliflower</i> 1 serving- 3 net carbs	
<b>Meal 6</b>  <b>STIR- FRIED SHRIMP &amp; ASPARAGUS</b> 1 serving- 7 net carbs  <i>Baked Spinach</i> 1 serving- 7 net carbs	
<b>Meal 7</b>  <b>CHEESY CRUSTLESS QUICHE</b> 1 serving- 4 net carbs  <i>Basic Tossed Salad</i> 1 serving- 1.5 net carbs	

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**SAMPLE PLAN**

MEAL #	X	GROCERY ITEM	OTHER GROCERIES I NEED:	X
-----	X	<b>PRODUCE</b> ® = Suggested Brands		
1		1 green bell pepper		
1,2,4		4 onions		
1,6		1 bunch green onions		
2		1 bunch celery		
2		1 spaghetti squash		
3		1 lb green beans		
4		3 tomatoes		
4		12 oz bag broccoli florets		
4		1 lb carrots		
4,5		1 bunch parsley		
5,6,7		1 head garlic		
6		1 lb asparagus		
6		1 bunch cilantro		
7		12 oz bag chopped lettuce		
7		10 oz bag spinach		
-----	X	<b>FROZEN</b>		
4		16 oz bag frozen peas		
5		16 oz frozen cauliflower florets		
6		2 - 10 oz frozen chopped spinach		
-----	X	<b>MEATS</b>		
1		1.5-2.25 lbs lean ground beef		
2		1 rotisserie chicken		
3		1+ lbs, 4-6 boneless pork chops		
4		1.5-2.25 lbs cubed beef stew meat		
5		1.5-2.25 lbs boneless, skinless chicken breasts, Tyson®		
6		1 lb frozen raw, peeled & deveined shrimp, American Harvest®		
7		½ lb cooked ham, Kentucky Legend®		
-----	X	<b>CANNED / BOTTLED / PACKAGED</b>		
1		14.5 oz can diced tomatoes, Hunt's®		
1		8 oz can tomato sauce		
1		16 oz pkg 6" corn tortillas, Mission®		
1		15 oz can kidney beans		
2		14 oz can Chinese vegetables, La Choy®	<b>Everyday staples:</b>	
2		14 oz can bean sprouts, La Choy®	Vinegars, all varieties	
2		8 oz can water chestnuts	Butter	
2,6		2 - 14.5 oz cans chicken broth, Swanson Natural Goodness®	Sea salt/ground pepper	
3		2 - 14 oz cans sauerkraut	Cooking spray	
5		8 oz jar pesto, Classico®	Canola & olive oil	
6		1 pkg onion soup mix, Lipton®	Worcestershire sauce	
-----	X	<b>DAIRY/REFRIG</b>	Lemon juice	
1		8 oz sour cream	Soy sauce	
1,7		8 oz bag shredded cheddar cheese	Mayo/mustard/ Dijon mustard	
6,7		2 - 8 oz cream cheese	Low carb salad dressings	
7		8 oz bag shredded Monterey Jack cheese	Milk	
7		16 oz cottage cheese	Natural sweetener, Stevia® (liquid or powder)	
7		½ dozen eggs	Grated Parmesan cheese	

**Staples needed for each Meal #:**

*The key to delicious low carb cooking is savory herbs and spices. Stock your kitchen!*

<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Meal 7</b>
Chili powder	Molasses	3 T olive oil	-----	½ c Parmesan chs	Oregano	½ c butter
Cajun sng	3 T soy sauce	Molasses		Italian sng	½ c butter	2 T flour
Cumin	Comstarch	Caraway seeds		Crushed red pepper		1 c milk
				3 T butter		Baking powder

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