



**Low Fat Meal Plan for Two**

**ANY STORE**

<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>
<b>Meal 1</b> <i>Crock Pot</i>  <b>Sliced BBQ Pork Roast</b> <i>Sweet Potatoes</i> <i>Steamed Veggies</i>	2 lb pork roast, trim fat off (Salt and pepper) BBQ sauce <b>*Save 1 lb pork for meal #4</b> <hr/> <i>2 sweet potatoes</i> <i>(RF margarine, cinnamon)</i> <i>1 bag vegetable steamers</i>	Generously season the entire pork roast with salt and pepper. Place in a crock-pot. Cook on low 6-8 hrs. Remove, cut in ½. Refrigerate ½ for meal #5. Slice remaining pork. Serve w/ warmed BBQ sauce. <i>Fork potatoes and microwave ~8 min or until soft. Serve w/ RF margarine and cinnamon. Microwave vegetables according to pkg directions.</i>
<b>Meal 2</b>  <b>Veggie Pizza</b> <i>Salad</i> <i>Fresh Fruit</i>	3 whole wheat pitas 8 oz can no salt added tomato sauce (1 small onion sliced) 1 c fresh sliced mushrooms 1 - 2 bell peppers, cut into strips 1¼ c part skim mozzarella cheese <hr/> <i>½ bag mixed green salad (FF dressing)</i> <i>1 grapefruit, halved</i>	Preheat oven to 450 F. Spread sauce over pitas. Top w/ vegetables and cheese. Bake for 15-20 min or until crust is browned and cheese is melted. <i>Toss salad w/ dressing and serve fruit on the side.</i>
<b>Meal 3</b>  <b>Warm Chicken Pasta over Salad</b> <i>Cheesy Pull-Apart Bread</i>	2 chicken breast tenderloins, pounded* 1 box Caesar or Italian pasta salad mix ½ bag romaine salad mix (FF dressing) <hr/> <i>1 round loaf rustic French bread, unsliced</i> <i>¾ c part skim shredded mozzarella cheese</i> <i>(FF butter spray, garlic powder)</i> <b>Note: Pasta can be served warm or made ahead and served cold over romaine.</b>	Prepare pasta mix as directed using FF dressing, not oil. Sauté chicken in skillet until done. Slice chicken in thin, 2" thin strips and add to prepared pasta mix. Serve warm pasta over romaine. <i>Slice bread almost all the way through in a crosshatch pattern, w/1 inch between the slices. Toss cheese w/ butter spray and garlic. Place bread on foil on a baking pan and fill the cracks w/ cheese mixture. Wrap w/ foil and bake @350, 15 min, or until cheese is melted down into the slices. * Save ½ (if you can!) for Meal 5.</i>
<b>Meal 4</b> <i>Quick Meal</i>  <b>Smokey BBQ Nachos</b> <i>Red Grapes</i>	<div data-bbox="711 1276 1219 1587" style="text-align: center; background-color: #92d050; padding: 20px; border: 2px solid black;"> <p><b>CLICK HERE ►</b>  <b>TO ORDER</b>  <b>THIS PLAN</b></p> </div>	
<b>Meal 5</b>  <b>Fisherman's Chowder</b> <i>Jalapeno Cheese Bread</i>		
<b>Meal 6</b>  <b>Chicken Quesadillas</b> <i>Fiesta Beans</i> <i>Pepper Strips</i>		
<b>Meal 7</b> <i>Make Ahead</i>  <b>Roasted Mushroom and Kale Strata</b> <i>Chilled Fruit</i>		

(Staples are in parenthesis)



## Low Fat Any Store Meal Plan for Two Grocery List

*\*To eliminate a particular meal, cross out each grocery item with that corresponding meal number.*

MEAL #	X	GROCERY ITEM	OTHER ITEMS I NEED:	X
-----	X	<b>DELI &amp; BAKERY &amp; BREAD</b>		
2		1 pkg wheat pita bread, (6 ct)		
3,5		1 loaf rustic French bread, unsliced		
4,6		1 pkg tortillas		
7		1 loaf French bread		
-----	X	<b>PRODUCE</b>		
1		2 sweet potatoes		
2,7		16 oz mushrooms		
2,6		1 pkg tri-color peppers		
2,3		9 oz bag mixed salad greens		
2		1 large grapefruit		
4		1 avocado		
4,7		½ lb red grapes		
5		1 pkg celery		
5		1 lb bag carrots		
5		1 potato		
5		1 jalapeno		
6		1 Roma tomato		
6		1 bunch green onions		
7		1 bunch parsley		
7		1 bunch kale		
-----	X	<b>MEATS</b>		
1,4		2 lb pork roast		
3,6		1.25 lb pkg chicken breast tenders		
-----	X	<b>DAIRY / REFRIG</b>		
2,3		8 oz pkg part skim mozzarella cheese		
4,6,7		8 oz pkg RF shredded cheddar cheese		
5		8 oz block RF cream cheese		
7		16 oz container FF half and half		
-----	X	<b>FROZEN</b>		
1		1 bag vegetable steamers		
5		32 oz bag frozen cod		
-----	X	<b>CANNED / BOTTLED</b>		
1,4		18 oz bottle BBQ sauce		
2		8 oz can no salt added tomato sauce		
3		1 box pasta salad mix, Suddenly Salad		
5		15 oz can FF, reduced sodium chicken broth		
6		15 oz can black beans		
6		4 oz can diced green chilies		
6		15 oz can refried beans		
-----	X	<b>PACKAGED</b>		
5		2 oz bag real bacon pieces		

**STAPLES NEEDED FOR EACH MEAL:**

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**MEAL 1**

RF margarine  
Cinnamon

**MEAL 2**

1 onion  
FF dressing

**MEAL 3**

FF Italian or  
FF Caesar  
dressing  
FF butter spray  
Garlic salt

**MEAL 4**

Liquid Smoke  
FF cooking spray

**MEAL 5**

FF cooking spray  
½ onion  
FF milk

**MEAL 6**

Salsa  
FF yogurt

**MEAL 7**

Egg substitute