


LOW FAT MEAL PLAN

ANY STORE

IMPORTANT: This low-fat plan is NOT a weight loss program! This is a BASIC *low-fat, family friendly* meal plan based on the GENERAL GUIDELINES found in most low-fat eating plans. Serving portions can be adapted to meet your dietary 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 Rice and Bean Burritos <i>Shredded lettuce,</i> <i>Diced tomatoes</i>	3 c minute rice, cooked ½ c sliced green onion 1 can chili beans 1 can corn, drained 4 oz RF cream cheese, softened 2 c RF shredded cheddar FF flour tortillas 1 can enchilada sauce <hr/> <i>Lettuce shreds, diced tomato</i>	In a large bowl, combine rice, onion, beans, corn, cream cheese, and 1 c cheese. Spoon evenly down center of tortillas. Wrap up, and place seam side down in sprayed 13x9. Pour enchilada sauce over; sprinkle with remaining cheese. Bake at 350 for 30 minutes. <i>Serve with lettuce shreds and diced tomato.</i>
Meal 2 Ham and Broccoli Potatoes <i>Mixed Green Salad</i>	(1 T butter, 1 T minced garlic) ½ c sliced green onion 10 oz pkg frozen chopped broccoli, thawed 1 can FF cr of mushroom soup (1 c FF milk) 6 oz pkg shredded Parmesan cheese 4 oz RF cream cheese 8 oz diced cooked ham 4-6 large potatoes, baked (RF margarine, salt/pepper) <hr/> <i>Mixed green salad</i> <i>(FF dressing, FF croutons)</i>	Melt butter in large skillet. Cook green onion and garlic until tender. Add broccoli, soup, and milk; cook 10 min. Stir in cheeses, and ham. Season potatoes with RF margarine, salt, and pepper. Serve ham mixture over potatoes. <i>Serve with mixed green salad with FF dressing and FF croutons.</i>
Meal 3 Baked Ziti <i>Italian Salad</i>	16 oz ziti pasta, use 12 oz ½ lb extra lean ground beef 26 oz pasta sauce 1 c 1% cottage cheese 2 c 2% shredded mozzarella (1 t garlic salt, RF grated parmesan cheese) <hr/> <i>1 bag Romaine salad mix</i> <i>1 cucumber, peeled & diced</i> <i>(FF Italian dressing, FF croutons)</i>	Boil pasta. Meanwhile, cook grd beef; drain. Add pasta sauce to meat. Combine cottage cheese, 2 c mozzarella, & garlic powder. In a 9X13 sprayed pan, layer ½ pasta, ½ cheese, and ½ sauce. Repeat. Sprinkle generously with Parmesan cheese. Cover with foil. Bake @350, 30 minutes. Take off foil and bake another 15 minutes. <i>Toss Romaine with cucumbers, croutons, and Italian drsng.</i>
Meal 4 Shrimp Creole <i>Rice</i> <i>Celery Sticks</i>		
Meal 5 Easy Meal Caesar Salad Pita <i>FF Pringles</i>		
Meal 6 Crock Pot Beefy Minestrone <i>Garlic Bread</i>		
Meal 7 Balsamic Grilled Steak <i>Mashed Potatoes</i> <i>Steamed Peas</i>		

(Staples in parenthesis)

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SAMPLE PLAN

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*To eliminate a particular meal, cross out each grocery item with that corresponding meal number. Prices & availability of grocery items may vary from store to store.

PRICE	X	GROCERY ITEM	OTHER GROCERIES I NEED:	X
	X	DELI / BREAD		
5		1 rotisserie chicken		
5		6 oz bag pita rounds		
6		1 loaf Italian bread		
	X	PRODUCE		
1,2		1 bunch green onion		
1		1 bag lettuce shreds		
1		1 tomato		
2		4 large potatoes		
2		1 bag mixed salad greens		
3		1 bag Romaine salad mix		
3		1 cucumber		
4		2 onions		
4		1 bunch celery		
5		1 bag RF Caesar salad kit		
5		2 apples		
	X	MEATS		
2		16 oz pkg diced cooked ham, use 1/2		
3,6		1½ lbs extra lean ground beef		
4		14 oz pkg medium peeled and deveined shrimp		
7		1½ lbs London broil steak		
	X	DAIRY/REFRIG.		
1, 2		8 oz RF cream cheese		
1		8 oz 2% shredded cheddar cheese		
2		6 oz pkg shredded Parmesan cheese		
3		16 oz 1% cottage cheese, use 1/2		
3		8 oz pkg 2% shredded mozzarella cheese		
	X	FROZEN		
2		16 oz pkg frozen chopped broccoli, use 10 oz		
6		16 oz pkg frozen mixed vegetables, use 10 oz		
7		24 oz pkg steam and mash potatoes, Ore Ida		
7		12 oz pkg steamable frozen peas		
	X	CANNED / BOTTLED		
1		1 can chili beans, Bush's		
1		1 can corn		
1		10 oz can enchilada sauce		
2		1 can FF cream of mushroom soup		
3		26 oz pasta sauce		
4,6		3 cans diced tomatoes		
4		1 can chicken broth		
4		6 oz can tomato paste		
6		1 can low-sodium beef broth	LOW FAT STAPLES!	
6		1 can FF tomato soup	RF Margarine	
	X	PACKAGED	Butter Buds	
1		1 pkg FF flour tortillas	Egg Beaters/Sub – ¼ c = 1 egg	
1,4		1 small box minute rice	FF Cooking Spray	
3		12 oz ziti pasta	FF salad dressings	
5		1 can FF Pringles	FF milk	

STAPLES NEEDED FOR EACH MEAL:

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

Meal 1

Meal 2

- 1 T butter
- 1 T minced garlic
- 1 c FF milk
- RF margarine
- FF salad dressing
- FF croutons
- Salt/pepper

Meal 3

- 1 t garlic salt
- RF grated Parm
- FF Italian dressing
- FF croutons

Meal 4

- 1 T veg oil
- 2 t garlic powder
- 2 t sugar
- 1 t Creole seasoning
- 1 bay leaf
- ½ t red pepper flakes
- Salt/ pepper

Meal 5

Meal 6

- 2 t onion powder
- 1 t Italian seasoning
- RF margarine
- 2 t garlic powder

Meal 7

- ½ c balsamic vinegar
- 1 T brown sugar
- 1 t dried rosemary
- Salt/ pepper