

**PORTION CONTROL MENU**

**ANY STORE**

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>
<p><b>Meal 1</b></p> <p><b>Tomato Baked Chicken</b> 6 servings @ 5 each</p> <p><b>Sweet Potato &amp; Carrot Puree</b> 6 servings @ 5 each</p>	<p>1 red onion, thinly sliced 2 lbs boneless chicken breasts 14 oz can diced tomatoes, drained (½ c light balsamic vinaigrette, ¼ t garlic powder) ½ c shredded parmesan cheese</p> <hr/> <p>1 lb sweet potatoes, peeled &amp; diced 1 lb carrots, peeled &amp; sliced (3 T olive oil, 1 ½ T light brown sugar, 1 t salt) 1 ½ c low sodium chicken broth 4 oz light cream cheese, at room temp.</p>	<p>Place onions in a 9x13 baking dish; top w/ chicken. Combine tomatoes, dressing &amp; garlic powder; pour over chicken. Sprinkle w/ cheese. Bake 30 minutes @ 425. Divide into 6 servings.</p> <p><i>Combine sweet potatoes, carrots, olive oil, brown sugar, &amp; salt in a large baking dish. Pour 1 c broth over veggie mixture. Bake 45 – 55 minutes @ 375, until veggies are caramelized &amp; broth is absorbed. Puree mixture with cream cheese &amp; ½ c broth. Reheat if needed.</i></p>
<p><b>Meal 2</b></p> <p><b>Honey Garlic Pork Chops</b> 6 servings @ 5 each</p> <p><b>Sugar Snap Peas</b> ½ cup @ 1 each</p> <p><b>Strawberries</b> ½ cup @ 0 each</p>	<p>1 ½ lbs boneless pork loin chops (¼ c honey, 2 T low sodium soy sauce, 1 t minced garlic) ¼ c lemon juice</p> <hr/> <p>2 -12 oz bags steamable sugar snaps 3 c sliced strawberries</p>	<p>Brown &amp; cook chops over med heat 8 minutes or until done. Remove chops; keep warm. In pan, combine remaining ingredients; cook 3 – 4 minutes, stirring until heated. Serve over chops.</p> <p><i>Microwave peas as directed. Serving: ½ cup. Serve strawberries on the side.</i></p>
<p><b>Meal 3</b></p> <p><b>Pita Pizza</b> 6 pizzas @ 6 each</p> <p><b>Wedge Salads</b> 6 servings @ 2 each</p>	<p>6 whole wheat pitas 8 oz sliced mushrooms ¾ c pizza sauce 2 oz sliced black olives 1 ½ c shredded part skim mozzarella (any vegetables for the pizza)</p> <hr/> <p>1 large head lettuce 6 T bacon bits, (FF 1000 Isle dressing)</p>	<p>Top each pita with 2 T pizza sauce, 1/6 of the mushrooms, 2 t olives and any veggies you have and like, &amp; ¼ c cheese. Bake pizzas about 12 minutes @ 425, or until lightly toasted.</p> <p><i>Cut lettuce into 6 wedges. Top each with 1 T bacon bits &amp; 2 T dressing.</i></p>
<p><b>Meal 4</b></p> <p><b>Tomato &amp; Broccoli Penne Pasta</b> 6 servings @ 9 each</p> <p><b>Spinach Salad</b> 6 servings @ 1 each</p>	<div data-bbox="776 1249 1284 1564" style="text-align: center; background-color: #92d050; padding: 20px; border: 2px solid black;"> <p><b>CLICK HERE ► TO ORDER THIS PLAN</b></p> </div>	
<p><b>Meal 5</b></p> <p><b>Tuna Macaroni Salad</b> 6 servings @ 5 each</p> <p><b>Cantaloupe</b> 6 servings @ 0 each</p>		
<p><b>Meal 6</b></p> <p><b>Hamburger Pie</b> 6 servings @ 6 each</p> <p><b>Steamed Vegetables</b> 2/3 cup @ 0 each</p>		
<p><b>Meal 7</b></p> <p><b>Lemon Chicken With Potatoes</b> 6 servings @ 6 each</p> <p><b>Skillet Squash &amp; Onions</b> 6 servings @ 0 each</p>		

(Staples are in parenthesis)

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## PORTION CONTROL MENU

ANY STORE

\*To eliminate a particular meal, cross out each grocery item with that corresponding meal #. Availability of grocery items may vary from store to store.

MEAL #	X	GROCERY ITEM	OTHER GROCERIES I NEED:	X
----	X	<b>DELI / BAKERY</b>		
3		1 pkg whole wheat pita bread		
----	X	<b>PRODUCE</b>		
1,6,7		1 red onion & 2 medium onions		
1		1 lb sweet potatoes		
1		1 lb carrots		
2,7		3 lemons		
2		16 oz strawberries		
3		8 oz sliced mushrooms		
3		1 large head lettuce		
4		1 head broccoli		
4		1 pkg baby spinach		
4		1 pint grapes tomatoes		
5		1 bunch green onions		
5		1 bunch parsley		
5		1 cantaloupe		
7		5 lb bag red potatoes		
7		1 ½ lbs yellow squash		
----	X	<b>MEATS</b>		
1,7		4 lbs boneless skinless chicken breasts		
2		1 ½ lbs boneless pork loin chops		
6		1 lb lean ground beef		
----	X	<b>DAIRY/REFRIG</b>		
1,4		5 oz shredded parmesan cheese		
1		8 oz light cream cheese		
3		8 oz bag shredded part skim mozzarella		
4		8 oz smoked provolone cheese slices		
6		8 oz bag shredded RF sharp cheddar cheese		
	X	<b>FROZEN</b>		
2		2 - 12oz bags sugar snaps		
5		16 oz bag peas & carrots		
6		2 - 11-12 oz bags of cauliflower, broccoli and carrots mix		
----	X	<b>CANNED/BOTTLED</b>		
1		14 oz can low sodium chicken broth	<b>PORTION CONTROL DAILY STAPLES</b>	
1		14 oz can diced tomatoes	FF salad dressings    FF milk	
3		14 oz jar pizza sauce	FF sour cream    Raw veggies	
3		2 oz can sliced black olives	FF Cool Whip    Olive oil spray	
4,7		2 - 14 oz cans diced tomatoes - basil, garlic & oregano	FF mayonnaise    No stick spray butter	
5		4 - 5 oz cans chunk light tuna	Light mayonnaise    Butter Buds	
----	X	<b>PACKAGED</b>	Light margarine    Breadcrumbs	
3		1 bag bacon bits	Balsamic vinegar    Honey	
4		1 lb box penne pasta	Egg substitute    Whole wheat bread	
5		8 oz box elbow macaroni	Salsa    Minced garlic	
6		1 box Heart Smart Bisquick	Sugar Free syrup	

### STAPLES NEEDED FOR EACH MEAL:

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

**Meal 1**  
Kraft Light balsamic  
Vinaigrette  
Garlic powder  
Olive oil  
Light brown sugar

**Meal 2**  
Honey  
Low sodium soy sauce  
Minced garlic

**Meal 3**  
Vegetables  
Kraft FF 1000 Isle  
dressing

**Meal 4**  
Olive oil  
Minced garlic  
Kraft FF Italian  
dressing

**Meal 5**  
Kraft FF Italian drsng  
Balsamic vinegar

**Meal 6**  
FF milk  
Worcestershire  
Minced garlic  
FF egg substitute

**Meal 7**  
Dried oregano  
Dried rosemary  
Minced garlic  
Olive oil  
Butter buds  
Minced garlic