


PORTION CONTROL MENU

PUBLIX

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>Meal 1</p> <p>Lemon Mushroom Chicken 6 servings @ 4 each</p> <p><i>Broccoli</i> 6 servings @ 0 each</p>	<p>1½ lbs boneless chicken breast, pounded thin (¼ c & 2 t all purpose flour, ½ t salt, ¼ t pepper, 2 T light butter) 1/3 c & 3 T low sodium chicken broth 8 oz mushrooms, sliced 1 T lemon juice</p> <p><i>1 large head of broccoli</i></p>	<p>Combine ¼ c flour, salt & pepper in a large Ziploc. Add chicken; shake to coat. Melt butter in a large sprayed skillet on medium heat. Cook chicken 5–6 minutes or until done. Remove chicken. Add 1/3 c broth to pan; stir & bring to boil. Add mushrooms; cook 3–5 minutes more. Blend remaining broth & flour; add to pan, stir until thickened. Stir in lemon juice.</p> <p><i>Steam broccoli until tender. Season to taste.</i></p>
<p>Meal 2</p> <p>Steamed Tilapia w/ Peppers & Veggies 6 servings @ 4 each</p> <p><i>Rice Pilaf</i> ½ cup @ 3 each</p>	<p>1½ lbs tilapia fillets, cut into small pieces 3 yellow squashes, sliced 1 red bell pepper, sliced 8 oz whole mushrooms (2 T red wine vinegar, 2 T olive oil, 2 t garlic powder, 2 t oregano, ½ t salt)</p> <p><i>1 box rice pilaf</i></p>	<p>Combine all ingredients and place in a microwave dish or a large Ziploc n Steam bag. Shake to mix ingredients. Microwave on high for 4 – 5 minutes or until tilapia flakes easily.</p> <p><i>Prepare pilaf as directed. Serving = ½ cup</i></p>
<p>Meal 3 Crock Pot</p> <p>Salsa Pork Chops 6 servings @ 5 each</p> <p><i>Rice</i> ½ cup @ 3 each</p> <p>Broccoli, Carrots & Cauliflower 6 servings @ 0 each</p>	<p>1½ lbs lean center cut pork chops, trim all fat 16 oz chunky salsa (No-stick spray, 3 T brown sugar, 1 T Dijon mustard)</p> <p><i>(3 c cooked brown rice)</i> <i>2 – 12 oz bags broccoli, carrots & cauliflower</i></p>	<p>Spray chops w/ no-stick spray & brown in a large skillet over medium heat for 3 minutes on each side. Place chops in crock pot. Mix salsa, brown sugar & Dijon, pour over pork chops. Cook on low for 8 hours. Divide into 6 servings and serve each over ½ cup brown rice.</p> <p><i>Steam veggies as directed. Season to taste.</i></p>
<p>Meal 4</p> <p>Spinach Linguine 6 servings @ 9 each</p> <p>Tomato Ranch Salad 6 servings @ 2 each</p>		
<p>Meal 5 Outside Grill</p> <p>Grilled Pesto Chicken Packs 6 servings @ 5 each</p> <p>Baked Potatoes 1 med potato @ 2 each</p>		
<p>Meal 6</p> <p>Tomato-Zucchini Tart 6 servings @ 6 each</p> <p>Green Bean Bake 6 servings @ 2 each</p>		
<p>Meal 7</p> <p>Pizza Casserole 6 servings @ 9 each</p> <p>Green Salad 6 servings @ 1 each</p>		



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Prices are good for these dates; HOWEVER, check your area to find out if these prices begin on WED or THURS.

Weekly sale and Advantage Buy prices are printed in RED and italicized

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

MEAL #	X	GROCERY ITEM	PRICE	OTHER GROCERIES I NEED:	X
----	X	DELI / BAKERY		PX = Publix store brand	
----	X	PRODUCE			
1,2		16 oz whole mushrooms	<i>2.69</i>		
1		1 lemon for juice	.66		
1		1 large head broccoli	<i>2.00</i>		
2		3 yellow squashes	<i>1.29</i>		
2		1 red bell pepper	1.50		
4,7		2 bags chopped lettuce, PX	<i>4.00</i>		
4,6		5 tomatoes	<i>3.00</i>		
5		6 plum tomatoes	<i>2.00</i>		
5,6		8 small zucchini	<i>3.00</i>		
5		5 lb bag Idaho potatoes	<i>2.99</i>		
6		1 bunch fresh basil	1.99		
----	X	MEATS			
1,5		3 lbs boneless skinless chicken breasts	<i>9.00</i>		
2		1 ½ lbs bag frozen tilapia fillets	8.99		
3		1 ½ lbs center cut pork loin chops	<i>5.39</i>		
7		1 lb lean ground beef	<i>4.00</i>		
----	X	DAIRY/REFRIG			
4		15 oz part skim ricotta cheese, Sargento	<i>2.39</i>		
4,7		2 / 8 oz bags shredded part skim mozzarella, Kraft	<i>4.00</i>		
4,6		5 oz bag shredded parmesan cheese, Sargento	3.89		
6		12 oz pkg Butterball turkey bacon	<i>2.50</i>		
7		1 can Pillsbury Classic pizza crust dough	2.79		
	X	FROZEN			
3		2 / 12 oz bags broccoli, carrots & cauliflower, PX	2.80		
4		2 / 10 oz boxes chopped spinach, PX	2.18	PORTION CONTROL DAILY STAPLES	
6		1 pkg, 2 count, Ritz deep dish pie crusts, use 1 crust	3.19	FF salad dressings FF milk	
----	X	CANNED/BOTTLED		FF sour cream Raw veggies	
1		14 oz can low sodium chicken broth, Swanson	1.09	FF Cool Whip Olive oil spray	
3		16 oz chunky salsa, Tostitos, <i>BOGO</i>	<i>1.40</i>	FF mayonnaise No stick spray butter	
5		8 oz jar sundried tomato pesto, Classico	2.69	Balsamic vinegar Honey	
6		2 / 14 oz cans green beans, PX	1.58	Light mayonnaise Butter Buds	
7		14 oz jar pizza sauce, PX	1.19	Light margarine Breadcrumbs	
----	X	PACKAGED		Egg substitute Whole wheat bread	
2		1 box Near East rice pilaf	2.19	Salsa Minced garlic	
4		1 lb box linguine, Ronzoni, <i>BOGO</i>	<i>.70</i>	Sugar Free syrup	
		TOTAL: approx	87.08		

STAPLES NEEDED FOR EACH MEAL:

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

Meal 1
AP flour
Light butter

Meal 2
Red wine vinegar
Olive oil
Garlic powder
Dried oregano

Meal 3
No-stick spray
Brown sugar
Dijon mustard
Brown rice

Meal 4
FF milk
Light margarine
Minced garlic
Kraft Lite Ranch dress.

Meal 5
Aluminum foil
Spray butter

Meal 6
Olive oil
Light mayonnaise
Kraft FF Italian dress.

Meal 7
0 each veggies
Kraft FF Catalina dress.