


PORTION CONTROL MENU for Two at WALMART

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>
Meal 1 Marinate Meal Tandoori Chicken Strips 3 servings @ 3 each Corn <i>½ cup @ 3 each</i> Fruit Salad <i>3 servings @ 0 each</i>	⅓ c FF plain yogurt 1 T lemon juice ½ t fresh grated ginger (1 ½ t paprika, ½ t cumin) ¾ lbs chicken breast meat, cut into strips 1 T chopped fresh cilantro <hr/> <i>2 c yellow corn</i> <i>1 ½ c strawberries, sliced</i> <i>1 apple, diced</i>	Combine yogurt, lemon juice, paprika, ginger, and cumin in a large zip loc bag; add chicken. Refrigerate 4 hrs or more. Preheat broiler. Remove chicken from marinade; place on a sprayed broiler pan. Discard marinade. Broil 5 inches from heat about 4 min on each side or until done. Sprinkle with cilantro. <i>Cook corn as directed on pkg. Season to taste. Serving: ⅓ cup</i> <i>Toss fruit together and divide into 3 servings.</i>
Meal 2 Mexican Pasta Skillet 3 servings @ 8 each Spinach Salad <i>3 servings @ 2 each</i>	½ lb lean ground beef, browned & drained 1 c salsa 4 oz tomato sauce (¾ c water) 1 c uncooked elbow macaroni ½ c frozen corn, thawed ¼ c shredded 2 % sharp cheddar cheese <hr/> <i>½ bag spinach</i> <i>(6 T Kraft Light Ranch dressing)</i>	Combine browned beef, salsa, tomato sauce & water in a sprayed skillet. Heat til boiling. Stir in macaroni & corn. Reduce heat; cover & simmer 15 min, stirring occasionally until pasta is tender. Sprinkle with cheese. <i>Toss spinach & dressing together and divide into 3 servings.</i>
Meal 3 Tilapia & Mango Salsa 3 servings @ 5 each Roasted Sweet Potatoes <i>3 servings @ 3 each</i>	½ small red bell pepper, diced ½ mango, chopped 2 T purple onion, diced 2 T chopped cilantro Juice of 1 lime (Salt & pepper to taste) 1 lb tilapia fillets <hr/> <i>3 c diced sweet potatoes</i> <i>(1 ½ t olive oil, salt & pepper)</i>	Combine the first five ingredients for salsa and chill. Season fillets with salt & pepper. Place on a sprayed baking dish; bake 20 min @ 375 or until fish easily flakes. Divide salsa into 3 servings; top each fillet with 1 serving of salsa. <i>Toss diced sweet potatoes in olive oil and spread onto a baking tray. Season with salt & pepper to taste; bake 30 min @ 375 or until crispy and lightly browned on the edges.</i>
Meal 4 Chicken Dijon <i>2 servings @ 5 each</i> Rice - <i>½ cup @ 3 each</i> Cheesy Cauliflower <i>2 servings @ 1 each</i>		
Meal 5 Quick meal Cranberry Turkey Roll Ups <i>2 roll ups @ 6 each</i> Spinach Salad <i>2 servings @ 2 each</i>		
Meal 6 Cinnamon & Brown Sugar Pancakes <i>2 servings @ 5 each</i> Sausage Links <i>3 links @ 3 total</i>		
Meal 7 Crock Pot Black-Eyed Pea Soup <i>3 servings @ 3 each</i> Corn Bread Muffins <i>1 muffin @ 3 each</i>		



SAMPLE PLAN

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*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		GV = Walmart store brand	
----	X	PRODUCE			
1,3		1 lemon & 1 lime	.88		
1		1 small piece fresh ginger	.49		
1,3		1 bunch cilantro	.78		
1		16 oz strawberries	2.98		
1,5		2 red apples	.75		
1,5		1 bag spinach	2.18		
3		1 purple onion	.50		
3		1 mango	1.58		
3		1 small red bell pepper	1.50		
3		2 or 3 sweet potatoes, need 3 c diced	.80		
4,7		1 onion	.30		
7		1 bunch celery	1.28		
7		1 lb carrots	.78		
----	X	MEATS & SEAFOODS			
1,4		1 ¼ lbs boneless skinless chicken breast	4.00		
2		½ lb lean ground beef	2.00		
----	X	DAIRY/REFRIG			
1		6oz FF plain yogurt	.50		
2,4		7 oz bag shredded 2 % sharp cheddar cheese, Kraft	2.58		
5		9 oz tub Oscar Mayer Deli Fresh smoked turkey slices	2.98		
5		6 oz pkg 2 % Swiss cheese slices, Sargento	2.54		
7		16 oz pkg diced ham, Farmland	3.26		
	X	FROZEN			
1,2		16 oz bag cut corn, GV	.98		
3		1 lb bag frozen tilapia fillets	3.48		
4		10 oz bag Steamfresh lightly seasoned chicken flavored rice	1.50		
4		16 oz bag cauliflower, GV	1.28		
6		6 oz box Banquet brown & serve turkey sausage links	1.14		
----	X	CANNED/BOTTLED			
2		16 oz jar salsa, GV	1.98	PORTION CONTROL DAILY STAPLES	
2		8 oz can tomato sauce, GV	.34	FF sour cream Raw veggies	
4,7		2 / 14 oz cans FF chicken broth, GV	1.54	Light margarine FF milk	
5		16 oz can cranberry sauce, GV	.87	Salsa Minced garlic	
----	X	PACKAGED		FF Cool Whip Spices	
2		16 oz box elbow macaroni, GV	1.08	FF & Light mayonnaise	
5		1 pkg Light Flatout bread, 6 count	2.88	Kraft FF & Light salad dressings	
5		2 oz bag chopped pecans, Fisher's	1.50	Balsamic vinegar Honey	
6		32 oz box Aunt Jemima Original complete pancake mix	2.54	Egg substitute Whole wheat bread	
7		1 lb bag black eyed peas, GV	1.58	Sugar Free syrup Olive oil spray	
7		1 bag Betty Crocker Original cornbread & muffin mix	.48		
		TOTAL: approx	53.83		

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STAPLES NEEDED FOR EACH MEAL:

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

Meal 1
Paprika
Cumin

Meal 2
Kraft Light Ranch drsg
Meal 3
Olive oil

Meal 4
Light margarine
All purpose flour
Dijon mustard

Meal 5
Bacon bits
Kraft Light balsamic
vinaigrette

Meal 6
Cinnamon
Brown sugar
Sugar Free syrup

Meal 7
Dried thyme
Cayenne