


PORTION CONTROL

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>
<p>Meal 1 Slow Cooker</p> <p>Chicken Stew 6 servings @ 5 each</p> <p>Garlic Bread Stick <i>1 stick @ 4 each</i></p>	<p>(2 T olive oil, salt & pepper) 6 skinless chicken thighs 1 large onion, quartered 4 c FF chicken broth 8 oz sliced mushrooms 2 carrots, peeled & sliced 1 c frozen sweet peas</p> <hr/> <p><i>6 garlic bread sticks</i></p>	<p>Salt & pepper thighs to taste; brown in oil over medium heat, about 5 minutes. Transfer to slow cooker. Add onions to pan; sauté until soft. Stir in broth & simmer; scraping any browned bits from pan. Add mixture to slow cooker. Add mushrooms & carrots. Cook on low 8 hours or high for 4 hours. Stir in peas last 15 minutes of cooking.</p> <p><i>Bake garlic bread sticks as directed.</i></p>
<p>Meal 2</p> <p>Hacienda Chicken 6 servings @ 4 each</p> <p>Rice Pilaf <i>½ cup @ 3 each</i></p> <p>Corn on the Cob <i>1 ear @ 2 each</i></p>	<p>1½ lbs boneless skinless chicken breasts (1 T cumin, 2 T vegetable oil, 1 t minced garlic, 1 T all purpose flour) 1 large onion, thinly sliced ¾ c salsa 6 oz FF plain yogurt</p> <hr/> <p><i>1 box rice pilaf</i> <i>6 ears corn on the cob, season to taste</i></p>	<p>Sprinkle chicken w/ cumin; and brown in a large pan in oil. Add garlic & onion rings; drizzle with salsa. Cover; cook on low 25 – 30 minutes or until chicken is done. Remove chicken; set aside. Combine yogurt & flour; whisk into juices in pan. Heat, do not boil; pour over chicken.</p> <p><i>Prepare pilaf as directed. Serving: ½ cup</i> <i>Boil or steam corn until tender, 4 -6 minutes.</i></p>
<p>Meal 3</p> <p>Cajun Shrimp 6 servings @ 7 each</p> <p>Parsley Potatoes <i>6 servings @ 3 each</i></p> <p>Tomatoes & Feta <i>6 servings @ 1 each</i></p>	<p>(½ c melted light margarine, 1 ½ T Cajun seasoning, 1/3 c white cooking wine) 2 lbs peeled large shrimp, thawed</p> <hr/> <p><i>2 lbs red potatoes, cubed</i> <i>(3 T light margarine, salt & pepper to taste)</i> <i>¼ c chopped parsley</i> <i>4 - 6 Campari tomatoes, sliced</i> <i>2 oz crumbed RF feta cheese</i> <i>(¼ c Kraft Light balsamic vinaigrette)</i></p>	<p>Combine margarine, wine, & seasoning in a 9 x 13 baking dish. Slowly add shrimp & toss to coat. Bake 10 minutes @ 400 or until done. Divide to 6 servings. Serve 2 T sauce w/ each serving.</p> <p><i>Boil potatoes 15 minutes or until tender.</i> <i>Drain; add margarine and toss gently. Add parsley, salt & pepper to taste. Divide into 6 servings.</i> <i>Combine tomatoes & feta and drizzle with dressing.</i></p>
<p>Meal 4</p> <p>Kickin Meatloaf 6 servings @ 7 each</p> <p>Sweet Peas <i>2/3 cup @ 1 each</i></p> <p>Baked Cauliflower <i>6 servings @ 2 each</i></p>		
<p>Meal 5</p> <p>Chicken with Feta & Tomatoes 6 servings @ 4 each</p> <p>Couscous <i>½ cup @ 3 each</i></p> <p>Green Salad <i>6 servings @ 1 each</i></p>		
<p>Meal 6</p> <p>Greek Tilapia 6 servings @ 4 each</p> <p>Lemon Pepper Green Beans <i>6 servings @ 1 each</i></p> <p>Steamed Potatoes <i>6 servings @ 3 each</i></p>		
<p>Meal 7 EZ Meal</p> <p>Grilled Pepper Jack 6 servings @ 5 each</p> <p>Tomato Soup <i>1 ½ cups @ 4 each</i></p>		



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	
7		1 loaf Nature's Own light honey wheat	2.84		
----	X	PRODUCE			
1,2		2 large onions	1.28		
1,4		1 lb carrots	.78		
1,4,5		16 oz sliced mushrooms	2.48		
2		6 med size ears of corn	1.98		
3,6		5 lb bag red potatoes	3.77		
3		1 bunch parsley	.88		
3,4,5		1 pkg Campari tomatoes	3.78		
4		1 large head cauliflower	2.68		
5		1 pint grape tomatoes	3.98		
5		1 cucumber	.74		
5		1 bag chopped salad, Marketside	1.50		
6		2 lemons	.64		
----	X	MEATS			
1		6 skinless chicken thighs, about 2 lbs, Pilgrim's Pride	3.76		
2,5		3 lbs boneless skinless chicken breasts, Pilgrim's Pride	5.64		
3		2 lb bag large shrimp, frozen	10.97		
4		1 ½ lbs ground round beef	5.37		
6		2 lb bag frozen tilapia fillets, use 1 ½ lbs	6.98		
----	X	DAIRY/REFRIG			
2		6 oz FF plain yogurt, GV	.38		
3,5		4 oz RF crumbled feta cheese, Treasure Cave	2.98		
7		8 oz pkg Pepper Jack cheese slices, GV	2.38		
	X	FROZEN			
1		1 pack Texas Toast garlic bread sticks, GV	1.83	PORTION CONTROL DAILY STAPLES	
1,4		32 oz bag sweet peas, GV	1.98	FF salad dressings FF milk	
6		2 /12 oz bags steamable cut green beans, GV	2.00	FF sour cream Raw veggies	
----	X	CANNED/BOTTLED		FF Cool Whip Olive oil spray	
1		32 oz carton FF chicken broth, GV	1.78	FF mayonnaise No stick spray butter	
2,4		24 oz salsa, GV	1.98	Balsamic vinegar Honey	
7		3 cans tomato soup, GV	2.61	Light mayonnaise Butter Buds	
----	X	PACKAGED		Light margarine Breadcrumbs	
2		1 box Zatarain's rice pilaf	1.14	Egg substitute Whole wheat bread	
4		18 oz box quick cooking oatmeal, GV	1.54	Salsa Minced garlic	
5		1 box Near East couscous, original	2.21	Sugar Free syrup	
		TOTAL: approx	82.86		

STAPLES NEEDED FOR EACH MEAL:

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

Meal 1
Olive oil

Meal 2
Cumin
Vegetable oil
Minced garlic
AP flour

Meal 3
Light margarine
Cajun seasonings
White cooking wine
Kraft Light balsamic
Vinaigrette

Meal 4
Olive oil
Minced garlic

Meal 5
Olive oil
Dried oregano
Minced garlic
Kraft FF Catalina

Meal 6
Olive oil
Worcestershire
Greek seasoning
Lemon pepper seasoning
Light margarine

Meal 7
Light margarine
4 c FF milk