

LOW FAT PUBLIX MEAL PLAN

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 Crock Pot Pineapple Pork <i>Dirty Rice</i> <i>Creamy Cole Slaw</i>	2 lbs boneless pork loin chops (FF spray, ¼ t pepper, ¼ t paprika) 20 oz can unsweetened crushed pineapple (2 T Dijon mustard) (2 T fast-cooking tapioca, optional) <hr/> 8 oz box dirty rice 1 bag cole slaw ½ onion <i>(Dressing: ½ c FF mayo, 2 t vinegar, salt /pepper)</i>	Place pork chops in crock pot sprayed with cooking spray. Combine dry spices. Mix with pineapple & mustard then pour over chops. Cover; cook on low 6 hours. If desired, 30 minutes before the end of cooking time, stir in tapioca to thicken juices. <i>Prepare rice according to directions.</i> <i>Cut onion in slivers. Toss slaw & onion together. Make dressing & mix thoroughly with slaw. Chill before serving.</i>
Meal 2 1 Hour Bake Hash Brown Casserole <i>Garden Salad</i> <i>Multigrain Bread</i>	4 c frozen shredded hash browns (FF spray) 1 c diced onion (salt & pepper) 12 oz pkg frozen peas 10 oz can FF cream of mushroom soup (1 c FF milk, foil) 1 c shredded 2% cheddar cheese ½ can French fried onion rings <hr/> 1 salad kit, your choice (<i>FF dressing</i>) 1 loaf multigrain bread	Heat oven @ 350°. Spray 9X13 pan. Cover bottom with hash browns. Sauté onion. Add on top of hash browns. Sprinkle with salt & pepper. Add peas. Mix soup & milk; pour over casserole. Top with cheese & cover with foil. Bake for 45 minutes. Uncover & sprinkle with fried onion rings, return to oven with heat turned off for 15 minutes. <i>Discard kit dressing. Toss salad with FF dressing.</i> <i>Heat bread in oven @ 350° for 10 minutes.</i>
Meal 3 Chicken and Mushrooms Over Linguine <i>Steamed Green Beans</i>	3+ lbs boneless chicken breasts 16 oz pkg linguine (¼ c RF marg) 6 oz pkg sliced mushrooms (1 c dry white wine) 10 oz can FF cream of chicken soup <hr/> 16 oz pkg French cut green beans	Boil chicken until done. Remove from broth & shred. Save half for Meal 6 . While chicken is boiling; prepare pasta & sauce. Melt marg. in a skillet over med high heat. Add mushrooms & wine; bring to a low boil for 3 – 5 minutes, careful not to burn. Reduce heat; add soup. Whisk until smooth. Add shredded chicken. Stir well. Serve over hot pasta. <i>Steam beans & season as desired.</i>
Meal 4 Crock Pot Beggar's Chowder <i>Crackers</i>		
Meal 5 Crock Pot Golden Pot Roast <i>Mashed Potatoes</i> <i>Spicy Roasted Broccoli</i>		
Meal 6 Kids Favorite Chicken Puffs <i>Mandarin Orange Jell-O</i> <i>Specialty Salad</i>		
Meal 7 Delicious!!! Shredded Beef Chili <i>Combread Muffins</i>		

(Staples are in parenthesis)

Copyright 2012, E-mealz, Inc.



SAMPLE PLAN

LOW FAT PUBLIX GROCERY LIST

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

MEAL #	X	GROCERY ITEM <small>PX = Publix Name Brand Items</small>	PRICE	OTHER GROCERIES I NEED:	X
	X	DELI / BAKERY		<i>Weekly sale items and Advantage Buy items are printed in red!</i>	
2		1 loaf multigrain bread	2.99		
	X	PRODUCE			
1		1 bag cole slaw	1.69		
1,2,4,7		2 large sweet onions	1.49		
2,6		2 salad kits Fresh Express®, your choice	5.00		
3,5		2 - 6 oz pkgs sliced baby portabella mushrooms PX	3.58		
4,7		1 bunch cilantro	.99		
5		1 head broccoli	2.50		
	X	DAIRY / REFRIGERATED			
2		8 oz pkg 2% shredded cheddar cheese PX	2.50		
4		8 oz carton FF half & half cream Land o Lakes®	1.89		
6		13 oz can RF crescent rolls Pillsbury®	1.99		
6		8 oz pkg RF cream cheese PX	1.99		
	X	MEATS <small>*meat dept. will cut needed portions per request</small>			
1		2 lbs boneless pork loin chops	7.98		
3,6		3 lbs boneless chicken breasts	8.97		
4		1 lb beef round chunks	4.99		
5,7		3 lb bottom round roast	11.97		
	X	FROZEN FOODS			
2		30 oz pkg shredded hash browns PX	2.99		
2		12 oz pkg green peas PX	1.39		
3		16 oz pkg french cut green beans PX	1.59		
6		8 oz container FF whipped topping PX	1.39		
	X	PACKAGED / BOXED			
1		8 oz box dirty rice Zatarain's®	1.00		
3		16 oz pkg linguini PX	1.39		
4		16 oz pkg RF Townhouse crackers, Keebler® BOGO	1.85		
5		1 or 2 - 4 oz pkgs mashed potatoes Idahoan®	1.00		
6		6 oz box orange Jell-O®	.60		
7		1 box cornbread mix Jiffy®	.43		
	X	CANNED / BOTTLED			
1		20 oz can unsweetened crushed pineapple in juice PX	1.39		
2		2 oz can French fried onion rings French's®	2.19		
2		10 oz can FF cream of mushroom soup Campbell's	1.67		
3		10 oz can FF cream of chicken soup Campbell's	1.67		
4		10 oz can beef broth PX	.75		
4		10 oz can petite diced tomatoes Hunt's®	.89	FAT-FREE STAPLES	
4		2 - 15 oz cans cream style corn PX	1.58	RF Margarine - butter breads	
5		10 oz can golden mushroom soup Campbell's	1.50	FF Cooking spray - to sauté	
6		11 oz can mandarin oranges PX	.87	FF Salad dressings	
7		14 oz can diced tomatoes w/green chilies PX	.89	FF Spray butter or Butter Buds	
7		2 - 14 oz cans red kidney beans PX	1.78	FF Egg substitute	
		TOTAL COST: <i>approx</i>	89.33	Copyright 2012, E-mealz, Inc.	

STAPLES NEEDED FOR EACH MEAL:

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

Meal 1

FF spray
Paprika
Dijon mustard
Tapioca (opt.)
FF mayo
Vinegar

Meal 2

FF spray
FF milk
Foil
FF dressing

Meal 3

RF margarine
Dry white wine

Meal 4

Flour
Garlic salt
Thyme
Paprika
Olive oil

Meal 5

Red cooking wine
Olive oil
Cajun seasoning
FF spray

Meal 6

FF milk
Minced onion
RF margarine
FF dressing

Meal 7

Olive oil
Chili powder
Coriander
FF milk
Egg sub