

## LOW FAT DINNER PLAN FOR 2 WALMART

<b>MEAL #:</b> Side dishes are in <i>ITALICS</i>	<b>INGREDIENTS:</b> Side dish ingredients are in <i>ITALICS</i>	<b>INSTRUCTIONS:</b> Side dish instructions are in <i>ITALICS</i>
<b>Meal 1</b>  <b>Beef and Broccoli Stir Fry</b> <i>Steamed Rice</i>	½ lb+ stir fry meat 8 oz broccoli florets – cut in bite size pieces (FF cooking spray) 8 oz can sliced water chestnuts, drained <b>Stir Fry Mixture:</b> 1 c FF, reduced sodium chicken broth (2 T corn starch, ¼ c orange juice, 2 T sugar, 2 T lite soy sauce, ½ t ginger, ½ t garlic powder) <i>1 c instant brown rice</i>	In large skillet, sauté broccoli and beef on med-high for 2 minutes using FF spray. Cover and let simmer for 5 minutes. Add water chestnuts. Pour stir-fry mixture over broccoli & beef and stir constantly until thickened. Recover if needed to cook broccoli longer. <i>Serve over steamed rice.</i>
<b>Meal 2</b>  <b>Crispy Coconut Chicken</b> <i>Sweet Chili Sauce</i>	½ pkg chicken tenders (1 egg or egg substitute) ¼ c lite coconut milk (¼ c AP flour, ½ c Panko breadcrumbs) ½ c shredded, unsweetened coconut (2-3 T oil) <i>Sweet chili sauce</i>	Season chicken strips lightly w/ salt. Prepare for dredging by placing flour in a small bowl. Combine egg and coconut milk in another and breadcrumbs and coconut in the last one. Dredge strips and pan-fry until golden and crispy. Serve w/ dipping sauce.
<b>Meal 3</b>  <b>Skillet Spaghetti</b> <i>Garden Salad</i> <i>Garlic Bread</i>	½ lb extra lean ground beef 14 oz pasta sauce (1 c water) 4 oz whole wheat spaghetti, broken in half 1 c low moisture mozzarella ½ medium green bell pepper <hr/> ½ head Romaine lettuce, chopped 1 Roma tomato, sliced (FF Italian dressing, FF croutons) ½ loaf French bread (FF butter spray, garlic salt)	In large skillet, brown ground beef; drain. Stir in sauce & water; mix well & bring to boil. Stir in spaghetti & green pepper. Reduce heat; cover & simmer for 15 minutes, or until spaghetti is tender. Sprinkle cheese. Cover 2 minutes or until cheese is melted. <i>Serve w/ tossed salad. Slice French bread in half, lengthwise. Spray each inside half &amp; sprinkle garlic salt. Slice and bake @400, 10 minutes, until crispy.</i>
<b>Meal 4</b>  <b>Fish w/ Citrus Sauce</b> <i>Hot Rice</i> <i>Buttered Carrots</i>	<div data-bbox="699 1255 1208 1577" data-label="Text"> <p style="text-align: center; background-color: #76b82a; color: white; padding: 20px; border-radius: 10px;"> <b>CLICK HERE ► TO ORDER THIS PLAN</b> </p> </div>	
<b>Meal 5</b>  <b>Fantastic Enchiladas</b> <i>Garden Salad</i>		
<b>Meal 6</b>  <b>Sweet Garlic Chicken</b> <i>Couscous</i> <i>Brussels Sprouts</i>		
<b>Meal 7</b>  <b>Turkey Burgers</b> <i>Guacamole &amp; Chips</i> <i>Orange Slices</i>		



## LOW FAT GROCERY LIST WALMART

**IMPORTANT:** This low-fat plan is NOT a weight loss program! This is a BASIC **low-fat** meal plan based on the GENERAL GUIDELINES found in most low-fat eating plans. Serving portions should be adapted to meet your dietary needs.

MEAL #	X	GROCERY ITEM	PRICE:	OTHER GROCERIES I NEED:	X
-----	X	<b>DELI / BAKERY</b>	-----		
3		1 loaf French bread	50.23		
5		1 pkg wheat tortillas, Mission®	1.38		
7		1 pkg lite wheat hamburger buns, Merita	1.98		
-----	X	<b>PRODUCE</b>	-----		
1		1 crown broccoli	1.23		
3		1 green bell pepper	0.74		
3,5		1 head Romaine lettuce	1.78		
3,7		2 Roma tomatoes	0.66		
4,7		2 limes	0.88		
4,7		3 oranges	1.50		
4		1 bunch cilantro	0.78		
4		1 bag mint, Melissa's	2.88		
4,5		1 lb bag crinkle cut carrots, Bolthouse Farms	1.68		
6		1 lb pkg Brussels sprouts, Boskovich	2.98		
7		1 avocado	1.14		
-----	X	<b>MEATS</b>	-----		
1		½ lb+ stir fry meat	4.18/lb		
2,6		1.25 lb pkg boneless/skinless chicken breast tenders, Pilgrims®	4.50		
3,5		1 lb lean ground beef, 93/7	4.08		
7		1 lb lean ground turkey, 93/7, Butterball Everyday	3.78		
-----	X	<b>DAIRY/REFRIG</b>	-----		
3		8 oz pkg low moisture mozzarella cheese, GV	2.32		
5		8 oz block FF cream cheese, GV	1.98		
5		8 oz pkg RF cheddar cheese, GV	2.32		
-----	X	<b>FROZEN</b>	-----		
4		16oz bag frozen tilapia	3.98		
5		16 oz bag chopped spinach, Pict Sweet	1.38		
-----	X	<b>CANNED / BOTTLED / PACKAGED</b>	-----		
1		8 oz can sliced water chestnuts, Dynasty	0.72		
1		15 oz can FF, reduced sodium chicken broth, Swanson	0.86		
2		13.6oz can lite coconut milk, Thai Kitchen	1.58		
2		10 oz bottle sweet and sour sauce, La Choy	1.62		
3		24 oz jar light pasta sauce, Ragu Light	1.68		
5,7		24 oz jar chunky salsa, GV	1.98		
5		4 oz can green chilies, GV	0.72		
-----	X	<b>PACKAGED</b>	-----		
1,4		1 bag instant brown rice, GV	0.78		
2		14 oz bag unsweetened, shredded coconut, GV	1.72		
3		1 box whole wheat spaghetti, GV	1.08		
6		10 oz box couscous, Near East	2.53		
7		1 bag baked chips, Lays	3.58		
-----	X	<b>APPROXIMATE TOTAL:</b>	<b>50.23</b>		

### Staples needed for each Meal #:

#### MEAL 1

FF spray  
Corn starch  
Orange juice  
Sugar  
Lite soy sauce  
Ginger  
Garlic powder

#### MEAL 2

1 egg  
AP flour  
Panko  
breadcrumbs  
Oil

#### MEAL 3

FF Italian dressing  
FF croutons  
FF butter spray  
Garlic salt

#### MEAL 4

Brown sugar  
Cumin  
FF Italian dressing  
FF butter spray

#### MEAL 5

Cumin  
FF dressing

#### MEAL 6

Garlic  
Onion  
Oil  
Brown sugar  
Ginger  
Lite soy sauce  
Lemon juice  
Parmesan  
Minced garlic

#### MEAL 7

1 onion  
Breadcrumbs  
1 egg  
Mustard  
Garlic powder  
Onion

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