


## LOW FAT WALMART 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>
<b>Meal 1</b> <b>Pork Chops And Red Rice</b> <i>Broccoli Spears</i> <i>French Bread</i>	1.5 lbs boneless pork chops (1 T veg oil) ½ c each onion and celery, diced 2 - 8-oz cans tomato sauce 1c long-grain rice (1½ c water, 2 T brown sugar, 1 t salt) <hr/> 1 bunch broccoli, cut in florets ( <i>RF margarine</i> ) 11 oz can refrigerated French roll dough	In a large skillet, heat oil over med-high heat. Brown chops; remove from skillet. Add onion and celery; cook til tender. Stir in rice, water, brown sugar and salt; bring to a boil. Place chops over mixture; cover, reduce heat, and simmer for 25 minutes, or until rice is tender. <i>Steam broccoli. Season with RF margarine, salt and pepper. Cook French roll dough as package directs.</i>
<b>Meal 2</b> <b>Lake Of Lasagna Casserole</b> <i>Mixed Green Salad</i>	8 oz egg noodles, cooked as package directs 1 lb extra-lean ground beef 15 oz can tomato sauce (½ t onion powder, 1 t garlic salt, ¼ t pepper) 1 c RF ricotta cheese 1 c FF sour cream ¼ c minced green onion ½ c shredded Parmesan cheese <hr/> 1 bag mixed green salad ( <i>FF dressing</i> )	Place cooked noodles in a sprayed casserole dish. Cook beef in a large skillet til browned and crumbly; drain well. Add tomato sauce, onion powder, garlic salt, and pepper; simmer 15 minutes. In a bowl, combine ricotta, sour cream, and green onion. Spoon over noodles. Top with beef mixture. Sprinkle with Parmesan cheese, and bake for 25 minutes at 350°. <i>Serve mixed green salad with your favorite FF dressing.</i>
<b>Meal 3</b> <i>Slow Bake</i> <b>Company Chicken</b> <i>Bow Tie Pasta</i> <i>Steamed Green Beans</i> <i>Bakery Dinner Rolls</i>	2.25-ounce jar dried beef 1.5 lbs boneless chicken breast tenderloins 8 oz RF bacon 10 oz can FF cr of mushroom soup 8 oz FF sour cream <hr/> 16 oz box bow tie pasta, cooked 16 oz pkg green beans ( <i>RF margarine</i> ) Bakery dinner rolls ( <i>save half of rolls for Meal 5</i> )	Line a 13x9 baking dish with 10-12 pieces of dried beef. Wrap each chicken piece with a strip of bacon. Place on dried beef. Combine mushroom soup and sour cream; spread over chicken. Cover tightly with foil. <b>Cook @ 275°, 3 hours.</b> When done, skim bacon grease off top. Spoon over hot cooked pasta. <i>Steam green beans and season with RF margarine, salt, and pepper. Serve with heated rolls.</i>
<b>Meal 4</b> <b>Indian-Style Skillet Chicken And Rice</b> <i>Combread</i>		
<b>Meal 5</b> <b>Parmesan Baked Fish</b> <i>Sweet Carrots</i> <i>Wild Rice</i> <i>Dinner Rolls</i>		
<b>Meal 6</b> <b>Greek Meatloaf</b> <i>Roasted Potatoes</i> <i>Steamed Peas</i>		
<b>Meal 7</b> <b>Skillet Noodles And Sausage</b> <i>Steamable Garden Medley</i>		

(Staples in parenthesis)

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## LOW FAT WALMART GROCERY LIST

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 <small>WM / GV = Walmart / Great Value</small>	PRICE	OTHER GROCERIES I NEED:	X
_____	X	<b>DELI / BREAD</b>			
3,5		12 ct pkg dinner rolls	2.58		
_____	X	<b>PRODUCE</b>			
1,4,6,7		4 onions, about 1¼ lbs	1.48		
1		1 bunch celery	1.28		
1		1 bunch broccoli	2.18		
2,5,6		1 bunch green onions	1.14		
2		1 bag mixed salad greens	1.34		
4		1 lb cauliflower	2.58		
5		1 lb baby carrots	1.38		
6		10 oz bag shredded carrots, use 1 cup	1.48		
6		3 lb bag red potatoes	3.48		
6,7		1 oz pkg fresh basil	2.88		
_____	X	<b>MEATS</b>			
1		1.5 lbs boneless pork chops	5.37		
2,6		2.25 lbs extra-lean ground beef	10.48		
3		1.5 lbs chicken tenderloins, Pilgrims®	4.08		
4		1.5 lbs boneless skinless chicken thighs, Pilgrims®	4.52		
7		1 lb sweet Italian sausage, Premio®	3.78		
_____	X	<b>DAIRY/REFRIG</b>			
1		11 oz can refrigerated French bread dough, GV®	1.88		
2,7		15 oz pkg RF ricotta cheese, GV®	1.94		
2,3		16 oz container FF sour cream, GV®	1.58		
2,5		6 oz pkg shredded Parmesan cheese, GV®	2.98		
3		12 oz pkg RF bacon, use 8 oz, Gwaltney®	3.28		
6		4 oz container crumbled feta cheese, Alouette®	2.00		
_____	X	<b>FROZEN</b>			
3		16 oz pkg frozen green beans, GV®	.98		
4,6		16 oz pkg frozen peas, GV®	.98		
5		2 lb pkg frozen flounder filets	5.27		
7		12 oz bag steamable garden veg medley, Green Giant®	1.92		
_____	X	<b>CANNED / BOTTLED</b>			
1		2 – 8 oz cans tomato sauce, GV®	.68		
2		15 oz can tomato sauce, GV®	.62		
3		2.25 oz bottle dried beef, Armour®	1.88		
3		10 oz can FF cream of mushroom soup, GV®	1.22		
7		14 oz can diced tomatoes, GV®	.68		
7		16 oz jar sweet banana pepper, use ¾ c, Bella®	2.56		
_____	X	<b>PACKAGED</b>			
1,4		16 oz pkg long-grain rice, GV®	.78		
2,7		16 oz pkg egg noodles, use 8 oz, GV®	1.58		
3		16 oz pkg bow-tie pasta, GV®	1.08		
4		2 - 8 oz boxes combread mix, Jiffy®	1.00		
5		2- 5 oz boxes long grain and wild rice, Rice a Roni®	2.00		
7		32 oz box low-sodium chicken broth, use 2 ½ c, GV®	1.78		
		<b>APPROXIMATE TOTAL:</b>	<b>88.70</b>		

Staples needed for each Meal :

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**Meal 1**

Veg oil  
Brown sugar  
RF margarine

**Meal 2**

Onion powder  
Garlic salt  
FF dressing

**Meal 3**

RF margarine

**Meal 4**

Veg oil  
Minced garlic  
Curry powder  
Hot sauce  
FF milk  
Egg substitute

**Meal 5**

FF mayo  
Worcestershire sauce  
Butter  
Brown sugar

**Meal 6**

Breadcrumbs  
FF milk  
Egg sub  
Greek seasoning  
Olive oil

**Meal 7**

Minced garlic