

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: Staples are in parenthesis	INSTRUCTIONS:
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 (Dressing: ½ c FF mayo, 2 t vinegar, salt /pepper)	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 and onion together. Make dressing and mix thoroughly with slaw. Chill before serving.</i>
Meal 2 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 (FF dressing) 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 and 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 and shred. Save half for Meal 6 . While chicken is boiling; prepare pasta and sauce. Melt marg. in a skillet over med high heat. Add mushrooms and 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 and season as desired.</i>
Meal 4 Beggar's Chowder <i>Crackers</i>	<div style="background-color: #90EE90; padding: 20px; border: 1px solid black; width: 80%; margin: auto;"> <p style="font-size: 2em; margin: 0;">Click Here to order this meal plan</p> <p style="background-color: #FF4500; color: white; padding: 5px 20px; border-radius: 10px; display: inline-block; font-weight: bold; margin-top: 10px;">Start Now</p> </div>	
Meal 5 Golden Pot Roast <i>Mashed Potatoes</i> <i>Spicy Roasted Broccoli</i>		
Meal 6 Chicken Puffs <i>Mandarin Orange Jell-O</i> <i>Mixed Green Salad</i>		
Meal 7 Shredded Beef Chili <i>Combread Muffins</i>		

(Staples are in parenthesis)

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SAMPLE PLAN

PUBLIX LOW FAT FAMILY GROCERY LIST

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

Prices & availability of grocery items may vary from store to store.

MEAL #	X	GROCERY ITEM	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, Publix®	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, Publix®	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, Publix®	1.99		
	X	MEATS *meat dept. will cut needed portions per request			
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, Publix®	2.99		
2		12 oz pkg green peas, Publix®	1.39		
3		16 oz pkg French cut green beans, Publix®	1.59		
6		8 oz container FF whipped topping, Publix®	1.39		
	X	PACKAGED / BOXED			
1		8 oz box dirty rice Zatarain's®	1.00		
3		16 oz pkg linguini, Publix®	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, Publix®	.75		
4		10 oz can petite diced tomatoes Hunt's®	.89		
4		2 - 15 oz cans cream style corn, Publix®	1.58		
5		10 oz can golden mushroom soup Campbell's	1.50		
6		11 oz can mandarin oranges, Publix®	.87		
7		14 oz can diced tomatoes w/green chilies, Publix®	.89		
7		2 - 14 oz cans red kidney beans, Publix®	1.78		
	X	APPROXIMATE TOTAL	\$89.33	(FF = Fat Free, LF = Low Fat, RF =Reduced Fat)	

Staples Needed For Each Meal:

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- 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