

Meals: <small>Side dishes are in <i>ITALICS</i></small>	Ingredients:	Instructions:								
<p>Meal 1</p> <p style="text-align: center;">Southwest Chicken Spaghetti</p> <p style="text-align: center;"><i>Tropical Green Salad</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">15m</td> <td style="text-align: center;">40m</td> <td style="text-align: center;">55m</td> </tr> </table>		Prep	Cook	Total		15m	40m	55m	<p>½ lb boneless chicken breasts ¼ cup cubed 2% Velveeta cheese ½ (10 oz) can diced Rotel® tomatoes, drained ½ (10 oz) can reduced-fat cream of chicken soup 4 oz thin spaghetti pasta ¼ cup chopped onion ½ teaspoon salt, ½ teaspoon pepper</p> <hr/> <p>½ <i>bag spinach</i> 1 <i>mango, cubed</i> 1 <i>rib celery, thinly sliced</i> ¼ <i>cup fat-free raspberry vinaigrette</i></p>	<p>Preheat oven to 350 degrees. Place breasts in saucepan with water to cover. Bring water to a boil and cook breasts for 20 minutes; cool and shred. Mix Velveeta®, Rotel® and soup in large saucepan; heat on low for 5 minutes. Prepare spaghetti according to package directions. Add chicken, spaghetti, onion, salt and pepper to cheese mixture; mix well. Pour into a sprayed 8x8-inch baking dish, cover with foil and bake 30 minutes.</p> <p><i>Toss together spinach, mango, and celery with dressing.</i></p>
	Prep	Cook	Total							
	15m	40m	55m							
<p>Meal 2</p> <p style="text-align: center;">Caesar Chops</p> <p style="text-align: center;"><i>Sautéed Zucchini And Mushrooms and Garlic Bread</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">10m</td> <td style="text-align: center;">35m</td> <td style="text-align: center;">45m</td> </tr> </table>		Prep	Cook	Total		10m	35m	45m	<p>¼ cup flour ½ teaspoon Italian seasoning ½ cup reduced-fat creamy Caesar dressing ½ lb boneless pork chops ¼ cup grated Parmesan cheese</p> <hr/> <p>4 <i>oz baby portabella mushrooms, sliced</i> ½ <i>lb zucchini squash, sliced</i> 1 <i>clove garlic, minced</i> 1 <i>tablespoon olive oil</i> ½ <i>baguette, sliced</i> ¼ <i>teaspoon garlic powder</i></p>	<p>Preheat oven to 375 degrees. Combine flour and Italian seasoning in a shallow dish. Pour dressing into another shallow dish. Coat each pork chop on both sides with flour mixture; dip into dressing and coat both sides. Place chops in a sprayed baking dish. Sprinkle with Parmesan cheese. Bake, uncovered, 25 to 35 minutes.</p> <p><i>Sauté mushrooms in oil over medium-low heat tossing them to completely coat in oil. Sprinkle with salt and allow mushrooms to brown slightly. Add squash, increasing heat to medium-high; stir occasionally until squash is tender. Spray break with fat-free spray and sprinkle with garlic powder. Heat in the oven with the pork chops for last 5 or 10 minutes of cooking.</i></p>
	Prep	Cook	Total							
	10m	35m	45m							
<p>Meal 3</p> <p style="text-align: center;">Cheeseburger-Potato Soup</p> <p style="text-align: center;"><i>Crunchy Baguette and Red Grapes</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">20m</td> <td style="text-align: center;">30m</td> <td style="text-align: center;">50m</td> </tr> </table>		Prep	Cook	Total		20m	30m	50m	<p>½ lb lean ground beef ½ cup chopped onion ½ cup thinly sliced carrots ½ cup diced celery ½ teaspoon dried basil ½ teaspoon dried parsley 2 cups chicken broth 16 oz shredded hash browns 3 tablespoons flour ½ cup 2% Velveeta® cheese, cubed 1 cup fat-free milk</p> <hr/> <p>½ <i>fresh baked baguette</i> ½ <i>lb red seedless grapes</i></p>	<p>Brown beef with onions, carrots, celery, basil and parsley in a large soup pot; drain. Add broth and potatoes; bring to a boil. Simmer for 12 minutes. Whisk together flour and ¼ cup water until smooth in a small bowl. Add flour mixture to soup and bring to a boil, stirring constantly, until thickened. Add cheese and milk; stir until cheese is melted. Season with salt and pepper if desired.</p> <p><i>Heat oven to 350 degrees. Slice baguette into 1-inch thick slices; spread with reduced-fat margarine, if desired. Wrap in foil. Heat in oven for 10 minutes. Loosen foil and heat another 5 minutes if you desire it to be crunchier. Wash grapes and serve on the side.</i></p>
	Prep	Cook	Total							
	20m	30m	50m							

(Staples in parenthesis)

Copyright 2013, eMeals, Inc.

Meal 4 **Slow Cooker**

Red Beans and Rice

Corn Bread

	Prep	Cook	Total
	10m	7h	7h 10m

Meal 5

Spicy Honey Chicken

Stir-Fry Vegetables and Yellow Rice

	Prep	Cook	Total
	10m	30m	40m

Meal 6

Ground Beef Stroganoff

Egg Noodles and Lemon-Roasted Broccoli

	Prep	Cook	Total
	10m	15m	25m

Meal 7

Mediterranean Tomato Frittata

Cucumber Salad

	Prep	Cook	Total
	10m	20m	30m

Click Here to order this meal plan

Start Now

SAMPLE PLAN



Publix Low Fat Plan for Two

Meals	Grocery Items to Purchase	Price
	Produce	
1	1 mango, <i>5 for \$5</i>	1.00
1,3,4	1 bunch celery	1.98
1,3,4,6,7	3 onions	1.19
1,7	10 oz bag spinach	2.29
2	8 oz sliced baby bella mushrooms, for 4 oz	2.68
2	½ lb zucchini squash	1.53
3	1 lb bag carrots, for ½ cup thinly sliced	.79
3	½ lb red seedless grapes	.99
4	1 green bell pepper	1.50
5	12 oz bag stir-fry medley vegetables, Eat Smart®, <i>3 for \$5</i>	1.67
6	12 oz broccoli florets, Eat Smart®, <i>3 for \$5</i>	1.67
6	1 lemon, for juice	.61
7	1 cucumber	.95
	Meat & Seafood	
1,5	1¼ lb boneless chicken breasts	2.48
2	½ lb boneless pork chops	3.99
3,6	1 lb lean ground beef	4.98
4	14 oz smoked turkey sausage, Jennie-O®	2.50
	Refrigerated	
3	20 oz bag shredded hash browns, for 16 oz, Simply Potatoes®	1.68
7	32 oz carton egg substitute	3.99
7	4 oz tub crumbled feta cheese, Publix®	3.99
	Canned & Packaged	
1	10 oz can diced Rotel® tomatoes, for ½ can	.98
1	16 oz box thin spaghetti, for 4 oz, Publix®	1.19
1	10 oz can RF cream of chicken soup, for ½ can, Campbell's®	1.32
1,3	16 oz block 2% Velveeta® cheese	3.49
2	16 oz bottle RF creamy Caesar dressing, for ½ cup, Kraft®	1.99
3	2 (14 oz) cans chicken broth, for 2 cups, College Inn®, <i>BOGO</i>	.99
4	1 lb dried red kidney beans, Publix®	1.19
4	8 oz bag long-grain rice, for 1 cup, Publix®	.85
4	6 oz package corn bread mix (see pkg for ingredients needed), Jiffy®	.50
5	5 oz packages yellow rice, Mahatma®	.59
6	14 oz can beef broth, for 2 tablespoons, College Inn®, <i>BOGO</i>	.49
6	16 oz bag egg noodles, for 4 oz, Publix®	1.69
7	14 oz can Italian diced tomatoes, Publix®	.68
	Bakery & Deli	
2,3	1 baguette	.99
	Approximate Total:	\$59.40



SAMPLE PLAN

Publix Low Fat Plan for Two

Staples

Meal 1	Meal 2	Meal 3	Meal 4
¼ cup FF raspberry vinaigrette	¼ cup grated Parmesan cheese FF cooking spray ¼ cup flour ½ teaspoon Italian seasoning 1 clove garlic 1 tablespoon olive oil ¼ teaspoon garlic powder	3 tablespoons flour ½ teaspoon dried basil 1 cup FF milk ½ teaspoon dried parsley	1 clove garlic 1 tablespoon Creole seasoning

Meal 5	Meal 6	Meal 7
2 teaspoons ground cumin 4 teaspoons garlic powder 2 teaspoons paprika 4 teaspoons chili powder 1 teaspoon ground red pepper ½ cup honey 4 teaspoons cider vinegar 1 tablespoon oil FF cooking spray	2 cloves garlic ¼ cup FF sour cream ¼ cup red wine 2 tablespoons olive oil 2 tablespoons grated Parmesan cheese FF cooking spray	1 clove garlic 1 tablespoon olive oil 2 tablespoons FF balsamic vinaigrette ½ teaspoon Italian seasoning