

**PUBLIX PORTION CONTROL FAMILY PLAN**

<b>MEAL #:</b> <i>Side dishes are in ITALICS</i>	<b>INGREDIENTS:</b> <i>Side dish ingredients are in ITALICS</i>	<b>INSTRUCTIONS:</b> <i>Side dish instructions are in ITALICS</i>
<b>Meal 1</b> <b>Shrimp Scampi &amp; Linguini</b> 6 servings @ 9 each  <b>Tossed Salad</b> 6 servings @ 2 each	(1 T minced garlic, 2 t olive oil, 1 t dried oregano, ½ t salt, ¼ t pepper, ½ c white cooking wine, 1 T corn starch) 1 ½ lbs fresh shrimp, peeled 6 c cooked linguini pasta <hr/> <i>1 bag chopped salad</i> <i>½ c sliced mushrooms</i> <i>½ pint grape tomatoes, halved</i> <i>(12 T Kraft® FF Catalina dressing)</i>	Sauté garlic in olive oil for 1 min over med heat. Add shrimp, oregano, salt & pepper and sauté 4 min. Reduce heat to simmer. Combine wine, cornstarch and add to shrimp. Simmer until sauce thickens. Divide shrimp and sauce into 6 portions and serve each over 1 c pasta.  <i>Toss salad items together and divide into 6 salads. Top each with 2 T dressing.</i>
<b>Meal 2</b> <b>Crock Pot</b> <b>Salsa Swiss Steak</b> 6 servings @ 6 each  <b>Skinny Potatoes</b> 6 servings @ 3 each	2 lbs top London broil, trim all fat 2 green bell peppers, seeded & cut into strips 1 med onion, sliced 1 can FF cream of mushroom soup (1 c salsa, 2 T AP flour, 1 t dry mustard) <hr/> <i>2 lbs red potatoes, peeled &amp; diced</i> <i>¾ c FF chicken broth</i> <i>(½ t garlic powder)</i>	Cut meat into 6 equal sized servings. Place into crock pot with peppers & onions. Combine remaining ingredients and pour over beef. Cover & cook on low heat for 8 hours or on high 5 hours.  <i>Boil potatoes until tender; drain, add broth &amp; garlic powder and mash until smooth. Divide into 6 servings.</i>
<b>Meal 3</b> <b>Sausage Taco Soup</b> 6 servings @ 7S each  <b>Cornbread Muffins</b> 1 muffin @ 3 each	14 oz pkg smoked turkey sausage, thin sliced 1 c diced onion 1 can each: black bean, pinto bean, kidney bean: drain all beans 14 oz can diced tomatoes, undrained 14 oz can FF chicken broth, (2 ½ c water) 1 pkg taco seasoning <hr/> <i>1 bag Betty Crocker authentic cornbread mix</i>	Heat a large stock pot; add sausage & onions and cook 3 to 4 min until sausage is browned. Stir in all remaining ingredients; bring to boil. Cover; reduce heat and simmer 20 min. Serving: 2 cups  <i>Make muffins as directed. Makes 6 muffins.</i>
<b>Meal 4</b> <b>Southwestern Quiche</b> 6 servings @ 6 each  <b>Simple Spinach Salad</b> 6 servings @ 3 each	<div data-bbox="743 1163 1295 1583" style="background-color: #90EE90; padding: 20px; text-align: center;"> <p><b>Click Here to order this meal plan</b></p> <p><b>Start Now</b></p> </div>	
<b>Meal 5</b> <b>Italian Style Chicken Breasts</b> 6 servings @ 6 each  <b>Green Beans</b> 6 servings @ 2 each		
<b>Meal 6</b> <b>EZ Meal</b> <b>Grilled Pepper Jack</b> 6 servings @ 5 each  <b>Smoky Tomato Soup</b> 6 servings @ 2 each		
<b>Meal 7</b> <b>Lemon Chicken With Potatoes</b> 6 servings @ 7 each  <b>Skillet Squash &amp; Onions</b> 6 servings @ 1 each		



SAMPLE PLAN

## PUBLIX PORTION CONTROL FAMILY PLAN 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	PRICE	OTHER GROCERIES I NEED:	X
----		<b>BAKERY &amp; DELI</b>		<b>Publix® = Publix store brand</b>	
----		<b>PRODUCE</b>		<b>® =Suggested National Brands</b>	
1		1 bag chopped salad	2.00		
1,5		16 oz sliced mushrooms	2.69		
1,4		1 pint grape tomato	2.00		
2		2 green bell peppers	2.00		
2,3,6,7		4 med onions	2.00		
2,7		5 lb bag red potatoes	2.99		
4,5		2 / 9 oz bags fresh spinach	4.00		
5		1 ½ lbs green beans	1.50		
5,7		2 lemons	1.32		
6		2 green apples	1.00		
6		1 navel orange	.60		
6		1 bunch parsley	.99		
7		1 ½ lbs yellow squash	1.50		
----		<b>MEAT &amp; SEAFOOD</b>			
1		1 ½ lbs fresh shrimp	12.00		
2		2 lbs London broil steak	7.98		
3		14 oz smoked turkey sausage, Butterball®	2.99		
5,7		3 lbs boneless skinless chicken breasts	9.00		
----		<b>DAIRY</b>			
4		15 oz Egg Beaters® southwestern style	1.67		
4		8 oz bag shredded 2 % sharp cheddar cheese, Publix®	3.59		
5		8 oz bag shredded Six cheese Italian blend cheese, Publix®	3.59		
6		1 pkg pepper jack cheese slices, Sargento®	2.79		
----		<b>FROZEN</b>			
4		2 count frozen pie crust, Pillsbury®	2.79		
----		<b>CANNED &amp; PACKAGED</b>			
1		1 lb box linguini, Publix®	1.39		
2		10 oz can FF cream of mushrooms soup, Campbell's®	1.75	<b>PORTION CONTROL DAILY STAPLES</b>	
2,3		2 / 14 oz can FF chicken broth, College Inn®, <b>BOGO</b>	1.19	FF & Light mayonnaise    Cooking spray	
3		1 / 14 oz can each: black beans, pinto beans, kidney beans, Bushes®	2.40	FF sour cream            Raw veggies	
3		14 oz can diced tomatoes, Del Monte®	.80	Light margarine        FF milk	
3		1 package taco seasoning, Publix®	.66	Salsa                      Minced garlic	
3		1 bag Betty Crocker® authentic cornbread & muffin mix	.53	FF Cool Whip            Spices	
4		12 oz can FF evaporated milk, Carnation®	.99	Kraft FF & Light salad dressings	
5		14 oz can diced Italian style tomatoes, Del Monte®, <b>BOGO</b>	.80	Balsamic vinegar      Honey/molasses	
6		1 pkg Nature's Own® whole wheat sandwich rounds, <b>BOGO</b>	1.50	Egg substitute          Whole wheat bread	
6		4 / 14 oz cans diced tomatoes w/ basil, garlic, oregano, Del Monte®, <b>BOGO</b>	3.18	Sugar Free syrup      Olive oil spray	
		<b>TOTAL: approx</b>	<b>86.18</b>		

**STAPLES NEEDED FOR EACH MEAL #:** (FF= Fat Free, LF=Low Fat, RF=Reduced Fat)

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<b>Meal 1</b> Minced garlic Olive oil Dried oregano White cooking wine Corn starch Kraft® FF Catalina dressing	<b>Meal 2</b> 1 c salsa All purpose flour Dry mustard Garlic powder	<b>Meal 3</b> <hr style="width: 50px; margin: 0 auto;"/>	<b>Meal 4</b> 2 eggs Kraft® light ranch dressing	<b>Meal 5</b> Olive oil White cooking wine Light butter	<b>Meal 6</b> Olive oil Minced garlic Smoked paprika Light margarine	<b>Meal 7</b> Dried oregano Dried rosemary Minced garlic Olive oil Light butter
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