

Publix Portion Control Plan for Two

Meals: <small>Side dishes are in <i>ITALICS</i></small>	Ingredients:	Instructions:								
<p>Meal 1</p> <p>Apple-Walnut Pork Chops 2 servings at 7 each</p> <p><i>Balsamic Green Beans</i> 2 servings at 1 each</p> <table style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center; border-bottom: 1px solid black;">Prep</td> <td style="text-align: center; border-bottom: 1px solid black;">Cook</td> <td style="text-align: center; border-bottom: 1px solid black;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">10m</td> <td style="text-align: center;">15m</td> <td style="text-align: center;">25m</td> </tr> </table>		Prep	Cook	Total		10m	15m	25m	<p>1/2 lb boneless pork loin chops, trim all fat 1/8 teaspoon salt 1/16 teaspoon pepper 1 teaspoon light margarine 2/3 cup diced apples 2 tablespoons chopped walnuts 1 tablespoon brown sugar</p> <hr style="border: 0.5px solid black;"/> <p>1/2 lb green beans 2 teaspoons balsamic vinegar 1 teaspoon brown sugar 1/4 teaspoon Dijon mustard 1/2 teaspoon olive oil 1/8 teaspoon salt 1/16 teaspoon pepper</p>	<p>Season chops with salt and pepper, Melt margarine in a medium skillet over medium heat; add apples and cook 2 minutes. Push apples to the side; add chops to skillet and cook 4 minutes. Turn chops; top with apples. Add walnuts and brown sugar; cover and cook 6 to 8 minutes or until chops are done.</p> <p><i>Cook green beans 5 to 6 minutes or until tender; drain. Combine remaining ingredients and toss with green beans. Continue heating over low heat for several minutes or until heated thoroughly.</i></p>
	Prep	Cook	Total							
	10m	15m	25m							
<p>Meal 2</p> <p>Creamy Chicken Noodle Soup 3 servings at 7 each</p> <p><i>Green Salad</i> 3 servings at 2 each</p> <table style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center; border-bottom: 1px solid black;">Prep</td> <td style="text-align: center; border-bottom: 1px solid black;">Cook</td> <td style="text-align: center; border-bottom: 1px solid black;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">10m</td> <td style="text-align: center;">20m</td> <td style="text-align: center;">30m</td> </tr> </table>		Prep	Cook	Total		10m	20m	30m	<p>1 1/2 cups cooked diced rotisserie chicken breast 1 1/2 cups fat-free chicken broth 1/2 (10 oz) can fat-free can of chicken soup 1 cup peas and carrots, drained 1/4 teaspoon pepper 1/4 teaspoon garlic salt 4 oz no-yolk noodles</p> <hr style="border: 0.5px solid black;"/> <p>1/2 bag chopped salad mix 1 medium tomato, diced 1 hard boiled egg, chopped 6 tablespoons Kraft® light balsamic vinaigrette</p>	<p>Combine all ingredients except noodles in a medium stockpot and bring to a low boil. Stir in noodles; cook for 7 to 8 minutes or until noodles are tender.</p> <p><i>Toss all salad items together and divide into 3 servings.</i></p>
	Prep	Cook	Total							
	10m	20m	30m							
<p>Meal 3</p> <p>Greek Chicken 3 servings at 7 each</p> <p><i>Sweet Sliced Carrots</i> 3 servings at 3 each</p> <table style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center; border-bottom: 1px solid black;">Prep</td> <td style="text-align: center; border-bottom: 1px solid black;">Cook</td> <td style="text-align: center; border-bottom: 1px solid black;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">10m</td> <td style="text-align: center;">20m</td> <td style="text-align: center;">30m</td> </tr> </table>		Prep	Cook	Total		10m	20m	30m	<p>1 lb boneless skinless chicken breasts, cut into strips 1 1/2 teaspoons minced fresh garlic 1/4 teaspoon pepper 1 cup diced tomatoes, Italian style 2 oz Kalamata olives, sliced 2 oz crumbled reduced-fat feta cheese</p> <hr style="border: 0.5px solid black;"/> <p>1 lb carrots, peeled and sliced 2 1/2 tablespoons orange marmalade 1 tablespoon water 1 1/2 teaspoons light margarine 1/8 teaspoon salt 1/8 teaspoon ground nutmeg</p>	<p>Brown chicken for 3 to 4 minutes on each side in a medium sprayed skillet over medium heat. Add garlic and sauté for 1 minute. Reduce heat; add pepper, tomatoes, and olives. Cover and cook 10 to 15 minutes or until chicken is done. Remove from heat; top with feta</p> <p><i>Seam carrots for 8 to 10 minutes or until tender. Heat marmalade, water, margarine and seasonings in a saucepan over medium heat. Add carrots and simmer 5 minutes.</i></p>
	Prep	Cook	Total							
	10m	20m	30m							


(Staples in parenthesis)

Copyright 2013, eMeals, Inc.

Meal 4

Tilapia with Lemon Butter Sauce
2 servings at 6 each


Cheesy Broccoli, Cauliflower, and Carrots
2 servings at 1 each

	Prep	Cook	Total
	5m	10m	15m

Meal 5

Hot Ham and Cheese Loaf
6 servings at 6 each

Spinach Salad
6 servings at 2 each

	Prep	Cook	Total
	10m	25m	35m

Meal 6

Savory Chicken
3 servings at 6 each


Cheesy Broccoli, Cauliflower, and Carrots
3 servings at 1 each

	Prep	Cook	Total
	10m	15m	25m

Meal 7

Sausage, Beans and Rice
2 servings at 10 each

Green Salad
2 servings at 1 each

	Prep	Cook	Total
	10m	40m	50m

Click Here
to order this
meal plan

Start Now

SAMPLE PLAN



Publix Portion Control Plan for Two

Meals	Grocery Items to Purchase	Price
	Produce	
1	½ lb green beans	.99
1,5	3 medium Gala apples, need ⅔ cup diced and 2 whole	1.50
2,7	2 medium tomatoes	1.00
2,7	1 bag chopped salad mix	2.00
3	1 lb carrots	.99
4	1 lemon, need 1 tablespoon juice	.66
4,6	2 (12 oz) bags broccoli, cauliflower, carrots	3.34
5	1 bag fresh spinach	2.00
6,7	1 medium sweet onion, need ½ onion thinly sliced and ¼ cup diced	.50
	Meat & Seafood	
1	½ lb boneless pork loin chops	2.00
3,6	2 lb boneless skinless chicken breasts	7.98
4	½ lb tilapia fillets	2.99
	Refrigerated	
3	4 oz reduced-fat crumbled feta cheese, need 2 oz., Athenos®	2.79
4,5,6	8 oz bag shredded part skim mozzarella cheese, Publix®	2.99
5	1 can refrigerated pizza crust dough, Pillsbury®	2.79
5	9 oz package deli fresh smoked ham slices, Oscar Mayer®	3.29
7	14 oz package smoked turkey sausage, need 5 oz, Butterball®	2.99
	Canned & Packaged	
1	2 oz bag chopped walnuts, need 2 tablespoons, Planter's®	1.59
2	14 oz can fat-free chicken broth, need 1½ cups, Publix®	.75
2	10 oz can fat-free cream of chicken soup, use ½ can, Campbell's®	1.75
2	14 oz can peas and carrots, need 1 cup, Publix®	.68
2	16 oz bag No-yolk® noodles, need 4 oz, Publix®	1.79
3	14 oz can diced tomatoes, need 1 cup, Italian style, Publix®	.93
3	8 oz jar Kalamata olives, need 2 oz, Marzetti®	2.79
5	6 oz bag dried cranberries, need ½ cup, Ocean Spray®	1.99
7	1 lb bag brown rice, need ⅓ cup uncooked, Publix®	1.09
7	15 oz can red kidney beans, Publix®	.89
	Bakery & Deli	
2	1 lemon pepper rotisserie chicken, need 1½ cups meat	4.99
	Approximate Total:	64.48



Publix Portion Control Plan for Two

Staples

Meal 1	Meal 2	Meal 3	Meal 4
1 teaspoon light margarine 1 tablespoon and 1 teaspoon brown sugar 2 teaspoons balsamic vinegar ¼ teaspoon Dijon mustard ½ teaspoon olive oil	¼ teaspoon garlic salt 6 tablespoons Kraft® light balsamic vinaigrette 1 egg, hard boiled	1½ teaspoons minced fresh garlic 2½ tablespoons orange marmalade 1½ teaspoons light margarine ⅛ teaspoon ground nutmeg	3 teaspoons flour ½ teaspoon season salt 1 medium zip-top bag 5 teaspoons butter 2 tablespoons white wine

Meal 5	Meal 6	Meal 7
12 tablespoons Kraft® light balsamic vinaigrette	2½ tablespoons flour 2 teaspoons olive oil 1½ tablespoons balsamic vinegar ¼ teaspoon dried thyme ¼ teaspoon dried rosemary, crushed 1 medium zip-top bag	1 teaspoon olive oil ½ teaspoon garlic powder ¼ teaspoon Cajun seasoning 4 tablespoons Kraft® fat-free Catalina dressing