



SAMPLE PLAN

WALMART LOW CARB FAMILY PLAN

This is **NOT** a weight loss program! This is a **BASIC** meal plan based on the **GENERAL GUIDELINES** found in most low carb eating plans!

| MEAL #: Side dishes are in <i>ITALICS</i> | INGREDIENTS: Staples are in parenthesis | INSTRUCTIONS: |
|--|--|---|
| <p>Meal 1 <i>Crock Pot</i></p> <p>CLASSIC POT ROAST 6 servings @ 6 net carbs each</p> <p><i>Mashed Cauliflower</i> 6 servings @ 3 net carbs each</p> | <p>3½ lb rump roast (½ t garlic powder) (1 t seasoned salt) 2 med onions, sliced 2 tomatoes, skinned & quartered 2 cloves garlic</p> <hr/> <p>16 oz bag frozen cauliflower florets 4 T cream cheese (Salt & pepper to taste)</p> | <p>Rub garlic powder & seasoned salt into meat. Place in refrigerator for 30 min. Place onions & garlic in food processor. Remove seeds from tomatoes; place in food processor. Puree. Place meat in Crock-Pot. Cover w/ tomato sauce. Cook on low 6-8 hours or until fork-soft. Remove meat from Crock-Pot. When meat is cool, slice. Place sauce in refrigerator to allow fat to rise to top. Remove fat that has formed on sauce; place meat back in sauce. Warm & serve.</p> <p><i>Cook cauliflower according to pkg directions. Drain well. Add cream cheese, salt & pepper. Using a potato masher, mash to desired consistency.</i></p> |
| <p>Meal 2</p> <p>GREEK SALAD 6 servings @ 5 net carbs each</p> <p><i>Chicken Sausage</i> 4 servings @ 2 net carbs each</p> | <p>1 tomato, cubed ½ green bell pepper, seeded & cubed ½ cucumber, peeled & cubed Jar pitted black olives 3 green onions, sliced 2 T capers 5 oz crumbled feta cheese 12 pepperoni slices (4 T olive oil) (2 T red wine vinegar) (½ t oregano)</p> <hr/> <p>12 oz pkg chicken sausage</p> | <p>Combine tomato, bell pepper, cucumber, olives, green onions, capers, feta cheese & pepperoni in a salad bowl. Mix olive oil, vinegar, and oregano together in a small bowl. Pour over salad. Toss & serve.</p> <p><i>Cook sausage according to pkg directions.</i></p> |
| <p>Meal 3</p> <p>CHEESE-CRUSTED PORK CHOPS 4 servings @ 6 net carbs each</p> <p><i>Broccoli In Cream Sauce</i> 4 servings @ 4 net carbs each</p> | <p>4 - 4 oz boneless center-cut loin pork chops (Plastic wrap) 1 egg white, lightly beaten (½ c panko® bread crumbs) (¼ c grated Parmesan chs) (¼ t each salt & pepper) (1 T olive oil) 4 lemon wedges 2 t chopped fresh thyme</p> <hr/> <p>12 oz pkg broccoli florets ½ c sour cream (2 T milk) (1 t Dijon mustard) (Salt to taste)</p> | <p>Place chops between 2 sheets of plastic wrap; pound to ¼" thickness using meat mallet. Place egg white in a shallow dish. Combine bread crumbs, cheese, salt & pepper in a shallow dish. Dip pork in egg white; dredge in bread crumb mixture, pressing gently with fingers to coat. Heat oil in a large non-stick skillet over med heat. Add pork; cook 3-4 min on each side or until lightly browned. Squeeze 1 lemon wedge over each pork chop; sprinkle with thyme.</p> <p><i>Microwave broccoli according to pkg directions. Combine sour cream, milk, mustard & salt in a small saucepan. Cook over med heat until heated, stirring frequently. Arrange broccoli on a serving platter; drizzle with sauce.</i></p> |
| <p>Meal 4</p> <p>PAPRIKA CHICKEN 6 servings @ 5 net carbs each</p> <p><i>Spinach Salad</i> 4 servings @ 5 net carbs each</p> | <p style="text-align: center;">(Staples are in parenthesis)</p> | <p style="text-align: center;">Copyright 2013, eMeals, Inc.</p> |



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| <p>Meal 6</p> <p>BAKED TILAPIA WITH DILL <i>4 servings @ 1½ net carbs each</i></p> <p><i>Asparagus with Lemon</i> <i>4 servings @ 2 net carbs each</i></p> | <div data-bbox="711 537 1268 957" style="background-color: #92d050; padding: 20px; text-align: center;"> <p>Click Here to order this meal plan</p> <p>Start Now</p> </div> | |
| <p>Meal 7</p> <p>BALSAMIC CHICKEN & PEPPERS <i>4 servings @ 7 net carbs each</i></p> <p><i>Spaghetti Squash</i> <i>4 servings @ 7 net carbs each</i></p> | | |

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WALMART LOW CARB FAMILY GROCERY LIST

| MEAL # | X | GROCERY ITEM | PRICE: | OTHER GROCERIES I NEED: | X |
|--------|---|---|----------------|------------------------------|---|
| ----- | X | PRODUCE | | ®= Suggested National Brands | |
| 1,4,7 | | 5 med onions | 2.45 | | |
| 1,2 | | 3 tomatoes | 1.88 | | |
| 1,4,6 | | 1 head garlic | .90 | | |
| 2 | | 1 green bell pepper | .64 | | |
| 2 | | 1 cucumber | .50 | | |
| 2 | | 1 bunch green onions | 1.00 | | |
| 3,6 | | 2 lemons | 1.26 | | |
| 3 | | 4 oz pkg thyme | 2.78 | | |
| 3 | | 12 oz bag broccoli florets | 2.48 | | |
| 4 | | 8 oz pkg sliced mushrooms | 1.78 | | |
| 4 | | 10 oz bag spinach | 1.98 | | |
| 4 | | 10 oz pkg grape tomatoes | 2.98 | | |
| 4 | | 1 red onion | .72 | | |
| 5 | | 12 oz pkg pre-chopped tomatoes, onions & peppers | 3.50 | | |
| 5 | | 1 bunch parsley | .77 | | |
| 5 | | 1 lb small red potatoes | 1.47 | | |
| 6 | | 4 oz pkg dill | 2.78 | | |
| 6 | | 1 lb asparagus | 2.77 | | |
| 7 | | 1 pkg red, yellow & orange bell peppers | 3.00 | | |
| 7 | | 1 spaghetti squash | 2.56 | | |
| ----- | X | FROZEN | | | |
| 1 | | 16 oz bag cauliflower florets, Great Value™ | .96 | | |
| ----- | X | MEATS | | | |
| 1 | | 3.5 lb rump roast | 8.00 | | |
| 2 | | 4 oz pkg sliced pepperoni, Hormel® | 2.98 | | |
| 2 | | 12 oz pkg chicken sausage, Bistro Sensation® | 3.98 | | |
| 3 | | 1+ lbs, 4 boneless center-cut loin pork chops | 6.50 | | |
| 4,7 | | 4 lbs boneless skinless chicken breasts, Tyson® | 10.75 | | |
| 4 | | 12 oz pkg bacon, John Morrell® | 1.98 | | |
| 6 | | 1 lb, 4 frozen tilapia fillets | 4.68 | | |
| ----- | X | CANNED / BOTTLED / PACKAGED | | | |
| 2 | | 2.25 oz jar pitted black olives, Great Value™ | 1.16 | | |
| 2,6 | | 4 oz jar capers, Mezzetta® | 1.34 | | |
| ----- | X | DAIRY / REFRIG | | | |
| 1 | | 8 oz pkg cream cheese, Great Value™ | 1.78 | | |
| 2 | | 5 oz container crumbled feta cheese, Treasure Cave® | 3.48 | | |
| 3,5 | | 1 dozen eggs, Sunny Meadow® | 1.16 | | |
| 3,5,6 | | 8 oz container sour cream, Kraft® | .96 | | |
| 4 | | 8 oz carton heavy cream, Great Value™ | .78 | | |
| | X | APPROXIMATE TOTAL | \$88.69 | | |

Staples needed for each Meal #:

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The key to delicious low carb cooking is savory herbs and spices. Stock your kitchen!

Meal 1

Garlic powder
Seasoned salt

Meal 2

4 T olive oil
Red wine vinegar
Oregano

Meal 3

½ c Panko® bread crumbs
¼ c Parmesan chs
Milk
Plastic wrap

Meal 4

3 T butter
Paprika
1 c white wine
Cayenne pepper
½ c ranch drsng

Meal 5

Garlic powder

Meal 6

Aluminum foil

Meal 7
