



SAMPLE PLAN

WALMART LOW CARB PLAN FOR 2

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 Marinate Ahead</p> <p>BACON, CHEDDAR & BROCCOLI SALAD 2 servings @2 net carbs each</p> <p><i>Fresh Strawberries</i> 2 servings @4 net carbs each</p> | <p>12-16 oz bacon strips 3 c fresh broccoli florets, cut into small pieces ½ c shredded cheddar cheese 2 T chopped white onion (¾ c mayo) (¼ c Stevia®) (1 T red wine vinegar)</p> <hr/> <p>½ carton fresh strawberries</p> | <p>Cook bacon and crumble. Drain and set aside. In a large bowl, combine the broccoli, cheese & onion. Combine mayo, Splenda® & vinegar. Pour over broccoli mixture; toss to coat. Refrigerate at least 4 hours. Just before serving, stir in bacon.</p> <p><i>Wash and trim strawberries. Serve on the side, sprinkled with a little Stevia®.</i></p> |
| <p>Meal 2</p> <p>PARMESAN CHICKEN 2 servings @1 net carb each</p> <p><i>Cauliflower "Mac & Cheese"</i> 3 servings @4 net carbs each</p> | <p>12-16 oz boneless skinless chicken breasts (¼ c whole wheat flour) (2 T Parmesan) (½ t oregano) (½ t thyme) (Salt and pepper to taste) (2 t olive oil) Fresh parsley</p> <hr/> <p>1 head cauliflower (3 T butter, cut into pieces) (1 T mayo) (1 T yellow mustard) (½ c Parmesan cheese)</p> | <p><i>Preheat oven to 350°. Steam whole cauliflower 15-20 min. Drain; place on pie plate. Cut into small pieces. Combine mayo & mustard. Spread over cauliflower. Dot with pats of butter. Sprinkle with cheese. Bake uncovered, 15 min or until cheese is brown. Reserve ½ for Meal 4.</i></p> <p>Pat chicken breasts dry with paper towels; pound thin. Combine flour, Parmesan, oregano, thyme, salt and pepper. Heat oil in skillet. Dredge chicken breasts in flour mixture. Brown on both sides for 5 min per side or until juices run clear. Drain on paper towels. Sprinkle with parsley just before serving.</p> |
| <p>Meal 3</p> <p>BEEF AND LETTUCE WRAPS 2 servings @5 net carbs each</p> <p><i>Sweet Pea & Bell Pepper Medley</i> 2 servings @6 net carbs each</p> | <p>(½ T garlic powder) (1½ T soy sauce) 12-16 oz lean ground beef 4-5 lettuce leaves</p> <hr/> <p>(Cooking spray) ¾ onion, chopped 1 red bell pepper, chopped 12 oz bag frozen peas, thawed</p> | <p>Combine garlic powder & soy sauce. Pour over ground beef; mix well. Let sit at least 1 hour. Brown and crumble ground beef over med-hi heat until cooked. Drain well. Put a few spoonfuls of meat mixture onto each lettuce leaf and wrap.</p> <p><i>Heat a large nonstick skillet, coated with cooking spray, over med-hi heat. Sauté onion & bell pepper 5 min, or until tender. Stir in peas; cook 2 min or until heated. Mix well and serve. Reserve ½ for Meal 7.</i></p> |
| <p>Meal 4</p> <p>PEPPERED POT ROAST 2 servings @1 net carb each</p> <p><i>Cauliflower "Mac & Cheese"</i> 3 servings @4 net carbs each</p> | <p>(Staples are in parenthesis.)</p> | |

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|--|---|---------------|
| Meal 5 CHICKEN MARSALA 2 servings @4 net carbs each <i>Sautéed Asparagus</i> 2 servings @2 net carbs each |  | |
| Meal 6 BEEF TACO SALAD 2 servings @8 net carbs each <i>Fresh Strawberries</i> 2 servings @4 net carbs each | | |
| Meal 7 <i>Crock Pot</i> ITALIAN ROAST BEEF 2 servings @5 net carbs each <i>Sweet Pea & Bell Pepper Medley</i> 2 servings @6 net carbs each | | |

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SAMPLE PLAN

**WALMART LOW CARB FOR 2
GROCERY LIST**

| MEAL # | X | GROCERY ITEM | PRICE: | OTHER GROCERIES I NEED: | X |
|---------|---|--|----------------|-------------------------|---|
| ----- | X | DELI/PRODUCE ®= Suggested National Brands | | | |
| 1 | | 1 bunch fresh broccoli | 1.18 | | |
| 1,3,6,7 | | 2 white onions | 1.50 | | |
| 1,6 | | 1 carton strawberries | 2.48 | | |
| 2,4 | | 1 head cauliflower, Dole® | 2.78 | | |
| 2,5 | | Bunch fresh parsley | .78 | | |
| 3,6 | | 1 head lettuce, Tanimura & Antle® | 1.18 | | |
| 3,7 | | 1 red bell pepper | 1.64 | | |
| 5 | | 8 oz carton mushrooms, Monterey® | 1.94 | | |
| 5 | | ½ lb fresh asparagus | 1.98 | | |
| 6 | | 1 green bell pepper | .78 | | |
| 6,7 | | 1 garlic clove | .75 | | |
| 6 | | 1 tomato | .90 | | |
| 7 | | Bunch celery, Tanimura & Antle® | 1.14 | | |
| ----- | X | FROZEN | | | |
| 3,7 | | 16 oz frozen sweet peas, Great Value™ | .98 | | |
| ----- | X | MEATS | | | |
| 1,7 | | 16 oz bacon, Gwaltney® | 2.50 | | |
| 2,5 | | 1.87 lb boneless, skinless chicken breasts, Pilgrim's® | 5.28 | | |
| 3,6 | | 2 lbs ground beef, 93/7 | 8.36 | | |
| 4,7 | | 2 lb top round roast | 12.00 | | |
| ----- | X | CANNED/BOTTLED/PACKAGED | | | |
| 5 | | 12 oz bottle Marsala cooking wine, Holland House® | 2.62 | | |
| 5 | | 14.5 oz chicken broth, Great Value™ | .78 | | |
| ----- | X | DAIRY/REFRIGERATED | | | |
| 1,6 | | 8 oz shredded cheddar cheese, Great Value™ | 2.28 | | |
| 6 | | 8 oz sour cream, Daisy® | 1.28 | | |
| | X | APPROXIMATE TOTAL | \$55.11 | | |

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

¾ c mayo
¼ c Stevia®
Red wine vinegar

Meal 2

¼ c whole wheat flour
Oregano
Thyme
3 T butter
½ c+ Parmesan chs

Meal 3

Soy sauce

Meal 4

Seasoned salt

Meal 5

Flour

Meal 6

Cumin

Meal 7
