


IMPORTANT: This low-fat plan is NOT a weight loss program! This is a BASIC low-fat, family friendly meal plan based on the GENERAL GUIDELINES found in most low-fat eating plans. Serving portions can be adapted to meet your dietary needs.

MEAL #: Side dishes are in <i>ITALICS</i>	INGREDIENTS: Staples are in parenthesis	INSTRUCTIONS:
Meal 1 Pork Chops And Red Rice <i>Broccoli Spears</i> <i>French Bread</i>	1.5 lbs boneless pork chops (1 T vegetable oil) ½ c each onion and celery, diced 2 (8 oz) cans tomato sauce 1c long-grain rice (1½ c water, 2 T brown sugar, 1 t salt) <hr/> 1 bunch broccoli, cut in florets (RF margarine) 11 oz can refrigerated French roll dough	In a large skillet, heat oil over med-high heat. Brown chops; remove from skillet. Add onion and celery; cook til tender. Stir in rice, water, brown sugar and salt; bring to a boil. Place chops over mixture; cover, reduce heat, and simmer for 25 minutes, or until rice is tender. <i>Steam broccoli. Season with RF margarine, salt and pepper. Cook French roll dough as package directs.</i>
Meal 2 Lasagna Casserole <i>Mixed Green Salad</i>	8 oz egg noodles, cooked as package directs 1 lb extra-lean ground beef 15 oz can tomato sauce (½ t onion powder, 1 t garlic salt, ¼ t pepper) 1 c RF ricotta cheese 1 c FF sour cream ¼ c minced green onion ½ c shredded Parmesan cheese <hr/> 1 bag mixed green salad (FF dressing)	Place cooked noodles in a sprayed casserole dish. Cook beef in a large skillet til browned and crumbly; drain well. Add tomato sauce, onion powder, garlic salt, and pepper; simmer 15 minutes. In a bowl, combine ricotta, sour cream, and green onion. Spoon over noodles. Top with beef mixture. Sprinkle with Parmesan cheese, and bake for 25 minutes at 350°.
Meal 3 Company Chicken <i>Bow Tie Pasta</i> <i>Steamed Green Beans</i> <i>Dinner Rolls</i>	2.25-ounce jar dried beef 1.5 lbs boneless chicken breast tenderloins 8 oz RF bacon 10 oz can FF cr of mushroom soup 8 oz FF sour cream <hr/> 16 oz box bow tie pasta, cooked 16 oz pkg green beans (RF margarine) Bakery dinner rolls (save half of rolls for Meal 5)	Line a 13x9 baking dish with 10-12 pieces of dried beef. Wrap each chicken piece with a strip of bacon. Place on dried beef. Combine mushroom soup and sour cream; spread over chicken. Cover tightly with foil. Cook @ 275°, 3 hours. When done, skim bacon grease off top. Spoon over hot cooked pasta. <i>Steam green beans and season with RF margarine, salt, and pepper. Serve with heated rolls.</i>
Meal 4 Indian Skillet Chicken and Rice <i>Corbread</i>	<div style="background-color: #d3d3d3; padding: 20px; text-align: center;">  </div>	
Meal 5 Parmesan Baked Fish <i>Sweet Carrots</i> <i>Wild Rice</i> <i>Dinner Rolls</i>		
Meal 6 Greek Meatloaf <i>Roasted Potatoes</i> <i>Steamed Peas</i>		
Meal 7 Skillet Noodles and Sausage <i>Garden Vegetable Medley</i>		



SAMPLE PLAN

WALMART LOW FAT FAMILY GROCERY LIST

Prices & availability of grocery items may vary from store to store.

MEAL #	X	GROCERY ITEM <small>WM / GV= Walmart / Great Value</small>	PRICE	OTHER GROCERIES I NEED:	X
_____	X	DELI / BREAD			
3,5		12 ct pkg dinner rolls	2.58		
_____	X	PRODUCE			
1,4,6,7		4 onions, about 1¼ lbs	1.48		
1		1 bunch celery	1.28		
1		1 bunch broccoli	2.18		
2,5,6		1 bunch green onions	1.14		
2		1 bag mixed salad greens	1.34		
4		1 lb cauliflower	2.58		
5		1 lb baby carrots	1.38		
6		10 oz bag shredded carrots, use 1 cup	1.48		
6		3 lb bag red potatoes	3.48		
6,7		1 oz pkg fresh basil	2.88		
_____	X	MEATS			
1		1.5 lbs boneless pork chops	5.37		
2,6		2.25 lbs extra-lean ground beef	10.48		
3		1.5 lbs chicken tenderloins, Pilgrims®	4.08		
4		1.5 lbs boneless skinless chicken thighs, Pilgrims®	4.52		
7		1 lb sweet Italian sausage, Premio®	3.78		
_____	X	DAIRY/REFRIG			
1		11 oz can refrigerated French bread dough, Great Value™	1.88		
2,7		15 oz pkg RF ricotta cheese, Great Value™	1.94		
2,3		16 oz container FF sour cream, Great Value™	1.58		
2,5		6 oz pkg shredded Parmesan cheese, Great Value™	2.98		
3		12 oz pkg RF bacon, use 8 oz, Gwaltney®	3.28		
6		4 oz container crumbled feta cheese, Alouette®	2.00		
_____	X	FROZEN			
3		16 oz pkg frozen green beans, Great Value™	.98		
4,6		16 oz pkg frozen peas, Great Value™	.98		
5		2 lb pkg frozen flounder filets	5.27		
7		12 oz bag steamable garden veg medley, Green Giant®	1.92		
_____	X	CANNED / BOTTLED			
1		2 – 8 oz cans tomato sauce, Great Value™	.68		
2		15 oz can tomato sauce, Great Value™	.62		
3		2.25 oz bottle dried beef, Armour®	1.88		
3		10 oz can FF cream of mushroom soup, Great Value™	1.22		
7		14 oz can diced tomatoes, Great Value™	.68		
7		16 oz jar sweet banana pepper, use ¾ c, Bella®	2.56		
_____	X	PACKAGED			
1,4		16 oz pkg long-grain rice, Great Value™	.78		
2,7		16 oz pkg egg noodles, Great Value™	1.58		
3		16 oz pkg bow-tie pasta, Great Value™	1.08		
4		2 -8 oz boxes combread mix, Jiffy®	1.00		
5		2- 5 oz boxes long grain and wild rice, Rice a Roni®	2.00		
7		32 oz box low-sodium chicken broth, use 2 ½ c, Great Value™	1.78		
	X	APPROXIMATE TOTAL:	\$88.70		

Staples Needed For Each Meal:

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Meal 1
Veg oil
Brown sugar
RF margarine

Meal 2
Onion powder
Garlic salt
FF dressing

Meal 3
RF margarine

Meal 4
Veg oil
Minced garlic
Curry powder
Hot sauce
FF milk
Egg substitute

Meal 5
FF mayo
Worcestershire sauce
Butter
Brown sugar

Meal 6
Breadcrumbs
FF milk
Egg sub
Greek seasoning
Olive oil

Meal 7
Minced garlic