

MEAL #: Side dishes are in <i>ITALICS</i>	INGREDIENTS: Staples are in parenthesis	INSTRUCTIONS:
Meal 1 Beef and Broccoli Stir Fry <i>Steamed Brown Rice</i>	½ lb+ stir fry meat 8 oz broccoli florets, cut in bite size pieces (FF cooking spray) 8 oz can sliced water chestnuts, drained Stir Fry Mixture: 1 c FF, reduced sodium chicken broth (2 T corn starch, ¼ c orange juice, 2 T sugar) (2 T lite soy sauce, ½ t ginger, ½ t garlic powder) <hr/> 1 c instant brown rice	In large skillet coated with cooking spray, sauté broccoli and beef on med-high for 2 minutes. Cover and let simmer for 5 minutes. Add water chestnuts. Pour stir-fry mixture over broccoli & beef and stir constantly until thickened and broccoli is tender. <i>Cook desired amount of rice according to package instructions, and serve stir-fry over rice.</i>
Meal 2 Crispy Coconut Chicken <i>Mango Salad</i>	½ pkg chicken tenders (1 egg or egg substitute) ¼ c lite coconut milk (¼ c AP flour, ½ c Panko breadcrumbs) ½ c shredded, unsweetened coconut (2-3 T oil) Sweet chili sauce <hr/> 1 mango, diced (¼ t red pepper flakes, 1 t honey)	Season chicken strips lightly with salt. Place flour in a small bowl. Combine egg and coconut milk in another bowl, and combine breadcrumbs and coconut in a third bowl. Dredge strips in flour, then egg mixture, and coconut mixture last. Pan-fry in hot oil until golden and crispy. Serve with sauce for dipping. <i>Cut mango into cubes. Sprinkle with red pepper flakes and honey.</i>
Meal 3 Skillet Spaghetti <i>Garden Salad</i> <i>Garlic Bread</i>	½ lb extra lean ground beef 14 oz pasta sauce (1 c water) 4 oz whole wheat spaghetti, broken in half 1 c low moisture mozzarella ½ medium green bell pepper <hr/> ½ head Romaine lettuce, chopped 1 Roma tomato, sliced (Fat free Italian dressing, fat free croutons) ½ loaf French bread (Butter-flavored cooking spray, garlic salt)	In large skillet, brown ground beef; drain. Stir in sauce & water; mix well & bring to boil. Stir in spaghetti & green pepper. Reduce heat; cover & simmer for 15 minutes, or until spaghetti is tender. Sprinkle with cheese. Cover and cook for 2 minutes, or until cheese is melted. <i>Combine lettuce, tomato, dressing, and croutons; serve salad with spaghetti. Slice French bread in half lengthwise. Spray cut halves with butter-flavored cooking spray and sprinkle with garlic salt. Slice and bake at 400° for 10 minutes or until crispy.</i>
Meal 4 Citrus-Glazed Tilapia <i>Rice Pilaf</i> <i>Buttered Carrots</i>	<div data-bbox="673 1304 1230 1724" style="background-color: #90EE90; padding: 20px; text-align: center;"> <p>Click Here to order this meal plan</p> <p>Start Now</p> </div>	
Meal 5 Beef & Spinach Enchiladas <i>Garden Salad</i>		
Meal 6 Sweet Garlic Chicken <i>Couscous</i> <i>Brussels Sprouts</i>		
Meal 7 Turkey Burgers <i>Guacamole & Chips</i> <i>Orange Slices</i>		



SAMPLE PLAN

WALMART LOW FAT FOR TWO GROCERY LIST

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

MEAL #	X	GROCERY ITEM	PRICE:	OTHER GROCERIES I NEED:	X
	X	DELI / BAKERY			
3		1 loaf French bread	50.23		
5		1 pkg wheat tortillas, Mission®	1.38		
7		1 pkg lite wheat hamburger buns, Merita®	1.98		
	X	PRODUCE			
1		1 crown broccoli	1.23		
2		1 mango	0.67		
3		1 green bell pepper	0.74		
3,5		1 head Romaine lettuce	1.78		
3,7		2 Roma tomatoes	0.66		
4,7		2 limes	0.88		
4,7		3 oranges	1.50		
4		1 bunch cilantro	0.78		
4		1 bag mint, Melissa's	2.88		
4,5		1 lb bag crinkle cut carrots, Bolthouse Farms®	1.68		
6		1 lb pkg Brussels sprouts, Boskovich®	2.98		
7		1 avocado	1.14		
	X	MEATS			
1		½ lb+ stir fry meat	4.18/lb		
2,6		1.25 lb pkg boneless/skinless chicken breast tenders, Pilgrims®	4.50		
3,5		1 lb lean ground beef, 93/7	4.08		
7		1 lb lean ground turkey, Butterball Everyday®	3.78		
	X	DAIRY/REFRIG			
3		8 oz pkg low moisture mozzarella cheese, Great Value™	2.32		
5		8 oz block FF cream cheese, Great Value™	1.98		
5		8 oz pkg RF cheddar cheese, Great Value™	2.32		
	X	FROZEN			
4		16 oz bag frozen tilapia	3.98		
5		16 oz bag chopped spinach, Pict Sweet®	1.38		
	X	CANNED / BOTTLED / PACKAGED			
1		8 oz can sliced water chestnuts, Dynasty®	0.72		
1		15 oz can FF, reduced sodium chicken broth, Swanson®	0.86		
2		13.6oz can lite coconut milk, Thai Kitchen®	1.58		
2		10 oz bottle sweet and sour sauce, La Choy®	1.62		
3		24 oz jar light pasta sauce, Ragu Light®	1.68		
5,7		24 oz jar chunky salsa, Great Value™	1.98		
5		4 oz can green chilies, Great Value™	0.72		
	X	PACKAGED			
1,4		1 bag instant brown rice, Great Value™	0.78		
2		14 oz bag unsweetened, shredded coconut, Great Value™	1.72		
3		1 box whole wheat spaghetti, Great Value™	1.08		
6		10 oz box couscous, Near East®	2.53		
7		1 bag baked chips, Lays®	3.58		
	X	APPROXIMATE TOTAL:	50.23		

Staples Needed For Each Meal #:

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- Meal 1**
 FF spray
 Corn starch
 Orange juice
 Sugar
 Lite soy sauce
 Ginger
 Garlic powder

- Meal 2**
 1 egg
 AP flour
 Panko breadcrumbs
 Oil

- Meal 3**
 FF Italian dressing
 FF croutons
 FF butter spray
 Garlic salt

- Meal 4**
 Brown sugar
 Cumin
 FF Italian dressing
 FF butter spray

- Meal 5**
 Cumin
 FF dressing

- Meal 6**
 Garlic
 Onion
 Oil
 Brown sugar
 Ginger
 Lite soy sauce
 Lemon juice
 Parmesan
 Minced garlic

- Meal 7**
 1 onion
 Breadcrumbs
 1 egg
 Mustard
 Garlic powder
 Onion