SAMPLE PLAN

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WALMART PORTION CONTROL PLAN FOR TWO

MEAL #: *Side dishes are in ITALICS*	INGREDIENTS: Staples are in parenthesis	INSTRUCTIONS:
Meal 1 **Tandoori Chicken Strips** 3 servings @ 3 each ***Yellow Corn*** *⅔ cup @ 3 each* ***Fruit Salad*** *3 servings @ 0 each*	⅓ c fat free plain yogurt 1 T lemon juice ½ t fresh grated ginger (1 ½ t paprika, ½ t cumin) ¾ lb chicken breast meat, cut into strips 1 T chopped fresh cilantro *2 c yellow corn* *1 ½ c strawberries, sliced* *1 apple, diced*	Combine yogurt, lemon juice, paprika, ginger, and cumin in a large zip loc bag; add chicken. Refrigerate at least 4 hours. Preheat broiler. Remove chicken from marinade, and discard marinade. Place chicken on a sprayed broiler pan. Broil 5 inches from heat 4 minutes on each side or until done. Sprinkle with cilantro. *Cook corn as directed on pkg. Season to taste. Serving: ⅔ cup* *Combine fruit, and divide into 3 servings.*
Meal 2 **Mexican Pasta Skillet** 3 servings @ 8 each ***Spinach Salad*** *3 servings @ 2 each*	½ lb lean ground beef, browned & drained 1 c salsa 4 oz tomato sauce (¾ c water) 1 c uncooked elbow macaroni ½ c frozen corn, thawed ¼ c shredded 2% sharp cheddar cheese *½ bag spinach* *(6 T Kraft Light Ranch dressing)*	Combine browned beef, salsa, tomato sauce & water in a sprayed skillet. Heat until boiling. Stir in macaroni and corn. Reduce heat; cover and simmer 15 minutes, stirring occasionally until pasta is tender. Sprinkle with cheese. *Toss spinach and dressing together and divide into 3 servings.*
Meal 3 **Tilapia with Mango Salsa** 3 servings @ 5 each ***Roasted Sweet Potatoes*** *3 servings @ 3 each*	½ small red bell pepper, diced ½ mango, chopped 2 T purple onion, diced 2 T chopped cilantro Juice of 1 lime (Salt & pepper to taste) 1 lb tilapia fillets *3 c diced sweet potatoes* *(1 ½ t olive oil, salt & pepper)*	Combine the first five ingredients for salsa and chill. Season fillets with salt and pepper. Place on a sprayed baking dish; bake 20 minutes at 375° or until fish easily flakes. Divide salsa into 3 servings; top each fillet with 1 serving of salsa. *Toss diced sweet potatoes in olive oil and spread onto a baking tray. Season with salt and pepper to taste; bake 30 minutes at 375° or until crispy and lightly browned on the edges.*
Meal 4 **Chicken Dijon** 2 servings @ 5 each ***Rice Pilaf*** *½ cup @ 3 each* ***Cheesy Cauliflower*** *2 servings @ 1 each*		
Meal 5 **Cranberry Turkey Roll Ups** 2 roll ups @ 6 each ***Spinach Salad*** *2 servings @ 2 each*		
Meal 6 **Cinnamon & Brown Sugar Pancakes** 2 servings @ 5 each ***Sausage Links*** *3 links @ 3 total*		
Meal 7 Crock Pot **Black-Eyed Pea Soup** 3 servings @ 3 each ***Cornbread Muffins*** *1 muffin @ 3 each*		

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(Staples are in parenthesis)

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WALMART PORTION CONTROL FOR TWO GROCERY LIST

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

MEAL #	X	GROCERY ITEM	PRICE	OTHER GROCERIES I NEED:	X
----	X	***DELI / BAKERY***		**GV = Walmart store brand**	
----	X	***PRODUCE***			
1,3		1 lemon & 1 lime	.88		
1		1 small piece fresh ginger	.49		
1,3		1 bunch cilantro	.78		
1		16 oz strawberries	2.98		
1,5		2 red apples	.75		
1,5		1 bag spinach	2.18		
3		1 purple onion	.50		
3		1 mango	1.58		
3		1 small red bell pepper	1.50		
3		2 or 3 sweet potatoes, need 3 c diced	.80		
4,7		1 onion	.30		
7		1 bunch celery	1.28		
7		1 lb carrots	.78		
----	X	***MEATS & SEAFOODS***			
1,4		1 ¼ lbs boneless skinless chicken breast	4.00		
2		½ lb lean ground beef	2.00		
----	X	***DAIRY/REFRIG***			
1		6oz FF plain yogurt	.50		
2,4		7 oz bag shredded 2 % sharp cheddar cheese, Kraft®	2.58		
5		9 oz tub Deli Fresh smoked turkey slices, Oscar Mayer®	2.98		
5		6 oz pkg 2 % Swiss cheese slices, Sargento®	2.54		
7		16 oz pkg diced ham, Farmland®	3.26		
	X	***FROZEN***			
1,2		16 oz bag cut corn, Great Value™	.98		
3		1 lb bag frozen tilapia fillets	3.48		
4		10 oz bag Steamfresh lightly seasoned chicken flavored rice	1.50		
4		16 oz bag cauliflower, Great Value™	1.28		
6		6 oz box brown & serve turkey sausage links, Banquet®	1.14		
----	X	***CANNED/BOTTLED***			
2		16 oz jar salsa, Great Value™	1.98		
2		8 oz can tomato sauce, Great Value™	.34		
4,7		2 / 14 oz cans FF chicken broth, Great Value™	1.54		
5		16 oz can cranberry sauce, Great Value™	.87		
----	X	***PACKAGED***			
2		16 oz box elbow macaroni, Great Value™	1.08		
5		1 pkg Light bread, 6 count, Flatout®	2.88		
5		2 oz bag chopped pecans, Fisher's®	1.50		
6		32 oz box Original complete pancake mix, Aunt Jemima®	2.54		
7		1 lb bag black eyed peas, Great Value™	1.58		
7		1 bag cornbread & muffin mix, Betty Crocker®	.48		
	X	***APPROXIMATE TOTAL***	**$53.83**	**(FF= Fat Free, LF=Low Fat, RF=Reduced Fat)**	

Staples Needed For Each Meal:

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Meal 1
Paprika
Cumin

Meal 2
Kraft Light Ranch dressing

Meal 3
Olive oil

Meal 4
Light margarine
All purpose flour
Dijon mustard

Meal 5
Bacon bits
Kraft Light balsamic vinaigrette

Meal 6
Cinnamon
Brown sugar
Sugar Free syrup

Meal 7
Dried thyme
Cayenne