

Low Fat Meal Plan for 2

October 2006

Any Store

IMPORTANT: This low-fat plan is NOT a weight loss program! This is a BASIC **low-fat** maintenance 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 #: <i>Side dishes are in ITALICS</i>	INGREDIENTS: <i>Side dish ingredients are in ITALICS</i>	INSTRUCTIONS: <i>Side dish instructions are in ITALICS</i>
Meal 1 30 Min Meal Chicken & Cranberry Pan Sauce <i>Mashed Potatoes</i> <i>Spinach Salad</i> <i>Dinner Rolls</i>	2 to 3 boneless, skinless chicken breasts 1 c whole-berry cranberry sauce (½ c dry white wine, 1 T Dijon mustard, 1 T brown sugar) <hr/> 1 pkg FF original instant mashed potatoes (FF milk, Butter Buds) ½ bag spinach salad ½ container sliced mushrooms Chopped celery Real RF bacon bits FF vinaigrette salad drsng Dinner rolls (Promise)	Sauté chicken in small amount of oil in a large non-stick skillet on med-high, about 4 min on each side. Do not over cook. Remove to a platter and keep warm. Add wine to skillet on med-high and cook until reduced by half. Stir in cranberry sauce, mustard and sugar. Top chicken with heated sauce. <i>Prepare mashed potatoes as pkg directs using FF milk. Season w/ Butter Buds & salt. Toss spinach w/ mushrooms, celery, bacon bits and drsng. Serve w/ hot rolls / Promise.</i>
Meal 2 Pasta e Fagioli <i>Warm Garlic Tortilla Crisps</i>	½ lb lean ground beef ½ c each diced onion, carrots., celery (1 t minced garlic) 1 can great northern beans, undrained 15 oz can tomato sauce (1 beef bouillon cube dissolved in 1 c water, 1 T vinegar, 1 ½ t salt, 1 t Italian seasonings) 1 c small shell pasta <hr/> 2 flour tortillas (FF olive oil cooking spray, garlic salt)	In soup pot, brown beef along with onions, carrots, celery and garlic. Drain. Add remaining ingredients EXCEPT pasta. Simmer for 30 min. Cook pasta separately. Add to soup and simmer. <i>On baking sheet, slice 2 pieces of tortillas into wedges. Spray w/ FF spray; sprinkle lightly w/ garlic salt. Bake @400, 10 min.</i>
Meal 3 Spinach Feta Florentine Chicken <i>Angel Hair Pasta</i> <i>Dinner Rolls</i>	2 to 3 boneless skinless chicken breasts ½ pkg baby fresh spinach ½ container sliced mushrooms 2 Roma tomatoes, sliced 1 small container FF feta cheese FF vinaigrette salad drsng <hr/> 8 oz angel hair pasta Dinner rolls (Promise)	Pound chicken breast to thin and tenderize. In greased square baking dish, layer spinach, chicken, mushrooms, tomatoes, then feta. Drizzle 8 ounces of dressing over all. Bake @350 for 30 min, uncovered. <i>Toss cooked angel hair pasta and butter. Serve w/ hot rolls & Promise.</i>
Meal 4 Beef & Cheese Enchiladas <i>Baked Tostitos</i> <i>Salad</i>		
Meal 5 Cajun Red Beans and Rice <i>White Shoe Peg Corn</i> <i>Salad</i>		

(Staples are in parenthesis)

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Any Store Grocery List

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*To eliminate a particular meal, cross out each grocery item with that corresponding meal number.

MEAL #	X	GROCERY ITEM	OTHER ITEMS :	X
-----	X	DELI & BAKERY & BREAD		
1,3		1 pkg dinner rolls, 4 to 6 ct		
2,4		1 pkg medium flour tortillas		
-----	X	PRODUCE		
2,4		1 large onion		
2,4,5		1 bag mini carrots		
1,2,4,5		1 bunch celery		
1,3		10 oz bag baby spinach		
1,3		8 oz sliced mushrooms		
3		2 Roma tomatoes		
4,5		1 bag salad greens		
-----	X	MEATS		
2,4		1 lb 98% lean ground beef		
1,3		4 to 6 boneless, skinless chicken breasts		
5		1 lb RF smoked kielbasa, Healthy Choice		
-----	X	DAIRY/REFRIG.		
3		1 small container FF feta cheese		
4		8 oz FF sour cream		
2,4		8 oz shredded cheddar		
-----	X	FROZEN		
4,5		1 bag white shoe peg corn		
-----	X	CANNED/BOTTLED		
1		1 can whole cranberry sauce		
2		1 can great northern beans		
2		15 oz can tomato sauce	FAT-FREE STAPLES!	
1,3		16 oz FF vinaigrette salad drsng	Promise Margarine - butter breads	
4		1 can enchilada sauce	Butter Buds - flavoring	
-----	X	PACKAGED	Egg Beaters/Sub - 1/4 c = 1 egg	
1		1 pkg FF original instant mashed potatoes		
1,4		1 pkg RF real bacon bits	FF Cooking Spray - to Sauté	
2		8 oz small shell pasta		
3		8 oz angel hair pasta		
4		1 bag Baked Tostitos	FF = Fat Free, LF = Low Fat	
5		10 oz bag Red Beans and Rice mix	RF = Reduced Fat	

STAPLES:

Meal 1

1/2 c white wine
Dijon mustard
Brown sugar
Promise

Meal 2

Minced garlic
Vinegar
1 beef bouillon cube
Italian seasoning
FF olive oil cooking spray
Garlic salt

Meal 3

Promise

Meal 4

FF Ranch drsng

Meal 5

FF 1000 Isle drsng