

LOW-FAT ANY-STORE MEAL PLAN

Jan 19 - 25, 2006

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: Side dish ingredients are in <i>ITALICS</i>	INSTRUCTIONS: Side dish instructions are in <i>ITALICS</i>
Meal 1 <i>30 Min Meal</i> Chicken & Cranberry Pan Sauce <i>Mashed Potatoes</i> <i>Baby Peas</i> <i>Dinner Rolls</i>	1 lb boneless, skinless chicken tenders 1 can whole-berry cranberry sauce (1 c dry white wine, 2 T Dijon mustard, 2 T brown sugar) <hr/> 1 refrigerated pkg LF mashed potatoes (<i>Butter Buds</i>) 1 bag frozen baby peas 1 pkg dinner rolls	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>Serve with heated potatoes, peas, and rolls.</i>
Meal 2 Pasta e Fagioli <i>Salad</i> <i>Garlic Bread</i>	1 lb lean ground beef (2 t minced garlic) 1 c each diced onion, carrots., celery 1 can kidney beans, undrained 1 can great northern beans, undrained 2 - 15 oz cans tomato sauce 1 can beef broth (1 T vinegar, 1 ½ t salt, 1 t Italian seasonings) 8 oz small shell pasta <hr/> 1 bag salad 1 small can sliced black olives (<i>FF Italian drsng</i>) 1 loaf French bread (<i>Butter Buds, garlic salt</i>)	Brown beef along with onions, carrots, celery and garlic for 10 min on med. Add remaining ingredients EXCEPT pasta. Simmer for 30 min. Cook pasta al dente. Add to soup and simmer. <i>Toss salad w/ olives and dressing.</i> <i>On baking sheet, cut bread lengthwise. Sprinkle Butter Buds and garlic salt on each side. Slice and bake for 10-15 min @400.</i>
Meal 3 Spinach Feta Florentine Chicken <i>Angel Hair Pasta</i>	1 lb boneless, skinless chicken tenders 6 to 8 oz pkg baby fresh spinach 8 oz sliced mushrooms 3 to 4 Roma tomatoes, sliced 4 oz container FF feta cheese 8 oz bottle FF Balsamic vinaigrette salad drsng <hr/> 8 oz angel hair pasta	In greased 13x9, layer spinach, chicken, mushrooms, tomatoes, then feta. Pour bottle of dressing over all. Bake @350 for 30 min, uncovered. <i>Serve over angel hair pasta.</i>
Meal 4 Beef & Cheese Enchiladas <i>Baked Tortilla Chips</i> <i>Salad</i>		
Meal 5 <i>Crock Pot</i> Chinese Pot Roast <i>Steamed Rice</i> <i>Stir-Fry Vegetables</i>		
Meal 6 <i>On-the-Go</i> Baked Focaccia Sandwich <i>Grapes</i> <i>Baked Chips</i>		
Meal 7 <i>Easy Meal</i> Mushroom Beef Tips <i>Egg Noodles</i> <i>Italian Green Beans</i>		

(Staples are in parenthesis)



LOW-FAT 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 I NEED :	X
-----	X	DELI & BAKERY & BREAD		
1		1 pkg rolls		
2		1 loaf French bread		
4		1 pkg FF medium flour tortillas		
6		1 large focaccia bread, or any round flat bread		
6		½ lb each shaved LF ham and shaved LF turkey breast		
-----	X	PRODUCE		
2,4,5		4 onions		
2,4		1 bag mini carrots		
2,4		1 bunch celery		
2,4		2 bags salad mix		
3		6 to 8 oz bag baby spinach		
3		8 oz sliced mushrooms		
3		3 to 4 Roma tomatoes		
6		1 small purple onion, optional		
6		½ lb grapes		
-----	X	MEATS		
2,4		2 lbs 98% lean ground beef		
5		4 lb sirloin roast, lean		
-----	X	DAIRY/REFRIG.		
1		1 pkg pre-made mashed potatoes, Simply Potatoes, check label for LF		
3		1 small container FF feta cheese		
4		16 oz FF sour cream		
4		8 oz FF shredded 2% cheddar, Kraft		
6		8 oz FF shredded 2% mozzarella, Kraft		
-----	X	FROZEN		
1,3		2 lb bag boneless chicken tenders, uncooked		
1		1 bag baby sweet peas		
5		1 bag stir-fry vegetables		
7		1 bag Italian cut pole green beans		
-----	X	CANNED/BOTTLED		
1		1 can whole cranberry sauce		
2		1 can kidney beans		
2		1 can great northern beans		
2		2 cans 15 oz tomato sauce		
2		1 can beef broth		
2		1 small can sliced black olives		
3		8 oz bottle FF Balsamic vinaigrette salad drsng	FAT-FREE STAPLES!	
4		1 can yellow/white corn	Promise Margarine - butter breads	
4		1 jar enchilada sauce	Butter Buds - flavoring	
7		2 jars FF beef gravy	Egg Beaters/Sub - ¼ c = 1 egg	
7		1 small can mushroom pieces	FF Cooking Spray - to Sauté	
-----	X	PACKAGED		
2		8 oz small shell pasta		
3		8 oz angel hair pasta		
4,6		1 bag baked Tostitos	FF = Fat Free, LF = Low Fat	
7		1 bag wide egg noodles	RF = Reduced Fat	

STAPLES:

Meal 1

1 c white wine
Brown sugar
Butter Buds
Dijon mustard

Meal 2

Minced garlic
Italian seasonings
FF Italian dressing
Butter Buds
Garlic salt
Vinegar

Meal 3

Meal 4

FF Ranch drsng

Meal 5

Soy sauce
Ginger
White rice

Meal 6

FF Italian drsng

Meal 7