

POINTS SYSTEM ANYSTORE MEAL PLAN

JULY 21 – 27, 2006

IMPORTANT: This Points System plan is NOT a weight loss program. This is a family friendly meal plan based on points system guidelines (ie. Weight Watchers). Serving portions must be adapted to meet your dietary program 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 Country Chicken 6 servings @ 6 pts each Pear Salad 6 servings @ 1 pt each	1 ½ lb boneless/skinless chicken breasts, cut into 1" cubes 1 lb bag baby peeled carrots 3 large potatoes, peeled & diced, (2 T olive oil) 1 pkg dry herb & garlic soup mix (½ t garlic powder, ½ t pepper) ½ c FF chicken broth <hr/> 2 - 15 oz cans pear halves, (6 T FF mayo) ¼ c 2 % shredded sharp cheese Lettuce leaves	Toss chicken, carrots, potatoes, and oil together. Add soup mix & seasonings and toss again. Place mixture in a large sprayed baking dish and slowly add broth. Seal with foil and bake 1 hour @ 350. Remove foil the last 15 min of baking. Place 1 pear half on a lettuce leaf and top with 1 T FF mayo and 2 t cheese.
Meal 2 Outdoor Grill Grilled Shrimp 6 servings @ 2 pts each Black Bean & Corn Relish 6 servings @ 2 pts each Pineapple Slices 2 slices @ 1 pt each	(½ c FF Italian dressing, ½ c balsamic vinegar) 1 ½ lb fresh shrimp, peeled <hr/> 3 c corn (½ c salsa) ¼ c chopped green onions 14 oz can black beans, drained 20 oz can pineapple slices, light syrup	Combine dressing and vinegar in a large Ziploc bag. Marinate shrimp in bag in refrigerator for 1 hour. Remove shrimp from marinate. Place in sprayed grilling pan. Grill on low 3 min on each side or until all pink is gone. Microwave corn. Mix w/ onions and black beans. Serve at room temp. Serving = 1 cup. Place pineapple slices on grill 3 – 4 min.
Meal 3 Spicy Sloppy Joes 6 sand. @ 6 pts each Baked French Fries 6 servings @ 2 pts each	1 lb lean ground beef ½ c chopped onion 4 oz can chopped green chilies, undrained 2 T taco seasoning 8 oz tomato sauce 6 light hamburger buns <hr/> 3 large potatoes, peeled and sliced into fries (3 egg whites, ½ t seasoning salt)	Brown beef and onion together in a large skillet. Add chilies, seasonings, & tomato sauce and cook over med heat for 5 min, stirring often. Divide meat sauce evenly over 6 buns. Beat egg whites until frothy. Toss potatoes with egg whites until fully coated. Sprinkle with seasoning salt and bake on a sprayed pan for 30 min @ 400. Divide into 6 servings.
Meal 4 Turkey Rolls Cordon Bleu 6 servings @ 5 pts each Green Beans ½ c serving @ 0 pts		
Meal 5 Easy Ziti 6 servings @ 7 pts each Italian Breadsticks 1 breadstick @ 2 pts		
Meal 6 Crock-pot Pork Chops 6 servings @ 5 pts each White rice - ½ c serving @ 2 pts Grapes - 1 cup @ 1 pt each		
Meal 7 Scrambled Egg Casserole 8 servings @ 5.5 pts each Strawberries & Yogurt ½ cup serving @ 1 pt each		

(Staples are in parenthesis)

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POINTS SYSTEM ANYSTORE GROCERY LIST

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**To eliminate a particular meal, cross out each grocery item with that corresponding meal number. Availability of fat-free or low-fat items may vary from store to store.*

MEAL #	X	GROCERY ITEM	OTHER GROCERIES I NEED:	X
----	X	DELI & BAKERY & BREAD		
3		1 pkg light hamburger buns		
7		1 loaf white bread		
----	X	PRODUCE		
1,3		6 large potatoes		
1		1 lb bag peeled baby carrots		
1		1 head lettuce		
2		1 small bunch green onions		
3		1 onion		
6		1 lb red grapes		
7		1 pint fresh strawberries		
----	X	MEATS		
1		1 ½ lb boneless/skinless chicken breast		
2		1 ½ lb fresh shrimp		
3		1 lb lean ground beef		
4		6 turkey breast cutlets		
6		6 lean pork chops		
----	X	DAIRY/REFRIG		
1,7		8 oz bag shredded 2% Sharp cheddar cheese		
4,7		10 oz pkg deli style lean ham		
4		1 pkg 2 % Swiss cheese slices		
5		16 oz FF ricotta cheese		
5		8 oz shredded Italian blend cheese		
5		1 box Pillsbury Italian bread sticks		
6		8 oz FF sour cream		
7		15 oz FF egg substitute		
7		6 oz FF vanilla yogurt		
----	X	FROZEN		
2		1 lb bag whole kernel corn		
----	X	CANNED/BOTTLED	POINTS SYSTEM DAILY STAPLES	
1,4		14 oz can FF chicken broth		
1		2 – 15 oz cans pear halves, light syrup	FF salad dressings Skim milk	
2		14 oz can black beans	FF sour cream 0 Pt raw veggies	
2		20 oz can pineapple slices, light syrup	FF Cool Whip Olive oil spray	
3		4 oz can chopped green chilies	FF mayonnaise Spray butter	
3		8 oz tomato sauce	Light mayonnaise Butter buds	
4		2 – 14 oz cans French style green beans	Reduced Calorie margarine	
5		13 oz Bertolli marinara sauce	Balsamic Vinegar Honey	
6		10 oz can FF cream of chicken soup	Minced garlic Olive oil	
7		12 oz can FF evaporated milk	FF Egg substitute	
----	X	PACKAGED		
1		Lipton soup mix, Herb & Garlic		
3		1 pkg taco seasoning		
4		Italian breadcrumbs		
5		1 lb ziti pasta		
6		Lipton golden onion soup mix		
6		1 bag white rice		

STAPLES: (FF= Fat Free, LF=Low Fat, RF=Reduced Fat)

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|---------------|---------------------|-------------|---------------|--------|--------|--------|
| Meal 1 | Meal 2 | Meal 3 | Meal 4 | Meal 5 | Meal 6 | Meal 7 |
| Olive oil | FF Italian dressing | Egg whites | Toothpicks | | | |
| Garlic powder | Bal. Vinegar | Season salt | Light mayo | | | |
| Pepper | Salsa | | Garlic powder | | | |
| FF mayonnaise | | | Salt & pepper | | | |