

WALMART LOW CARB MEAL PLAN
OCT 6-12, 2010

This is **NOT** a weight loss program! This is a **BASIC** meal plan based on the **GENERAL GUIDELINES** found in most low carb eating plans!

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 CROCK-POT CAJUN CHICKEN Steamed Cauliflower	1.5 lbs boneless, skinless chicken breasts (1/8 t garlic powder) 5 large tomatoes, peeled & chopped 2 large onions, chopped 1 green bell pepper, chopped (1/4 c Worcestershire sauce) (1/4 c soy sauce) (1 T Italian seasoning) <hr/> <i>Bag frozen cauliflower</i>	Cut chicken into 1" pieces; sprinkle with garlic powder. In Crock-Pot, combine tomatoes, onions & bell pepper. Top with chicken. Pour Worcestershire sauce & soy sauce over chicken. Sprinkle with Italian sng Cook on high 5-7 hours. Serve over cauliflower. <i>Cook cauliflower according to pkg directions.</i>
MEAL 2 SKILLET BEEF & CABBAGE <i>Couscous</i>	.5 lb bacon 1 lbs lean ground beef Small onion, diced Green bell pepper, diced 1/2 bag shredded coleslaw Can Rotel® diced tomatoes, undrained (1/2 c water) (2 t garlic salt) (1 t dried oregano) (2 T Worcestershire sauce) 8 oz shredded Mexican cheese <hr/> <i>Box whole wheat couscous</i>	Slice bacon crosswise into 1" strips. Heat large skillet; fry bacon until crisp. Remove bacon with slotted spoon. Add beef, onion & green pepper to bacon grease; sauté until beef is browned. Drain well. Return bacon to skillet with beef. Add shredded coleslaw, diced tomatoes, 1/2 c water, garlic salt, oregano & Worcestershire sauce. Stir well. Bring to boil. Simmer uncovered 20 min, stirring occasionally. Remove from heat; sprinkle cheese on top. Cover; let stand until cheese melts. <i>Cook couscous according to pkg directions.</i>
MEAL 3 PARMESAN TILAPIA <i>Creamy Spinach</i>	1 lb bag, 4-6 frozen tilapia fillets, thawed (Cooking spray) (1 T lemon juice) (1/4 c mayo) (4 T grated parmesan cheese) 1 T thinly sliced green onions (1 T butter, softened) (1/8 t hot sauce) <hr/> (2 T butter) 1 garlic clove, minced 1 bag spinach 1/2 c heavy cream (3+ T grated parmesan cheese)	Preheat broiler. Place fish on broiler pan coated with cooking spray; brush fish with lemon juice. Broil 5-6 min or until fish flakes easily. Combine mayo, parmesan cheese, green onions, butter & hot sauce. Spread mixture evenly over fish. Broil 1 min or until lightly brown & bubbly. <i>Heat large skillet to med-hi. Add butter & garlic; cook 1 min or until browned. Add spinach; reduce heat to med. Cook uncovered until spinach wilts & only about 3 T of liquid is left. Add cream; cook 1-2 min. Stir in parmesan cheese. If it is too thin, add more cheese.</i>
MEAL 4 SPAGHETTI SQUASH CASSEROLE <i>Sliced Cantaloupe</i>		

(STAPLES IN PARENTHESIS)

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MEAL 5 SOUTHWESTERN PORK CHOPS <i>Mexican Black Beans</i>		
MEAL 6 DELI TURKEY WRAPS <i>Garlic-Roasted Green Beans</i>		
MEAL 7 HERB GRILLED CHICKEN <i>Balsamic Pan-Roasted Broccoli</i>		

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WALMART LOW CARB Grocery List

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MEAL #	GROCERY ITEM	PRICE	OTHER GROCERIES:
	X DELI/PRODUCE		[®] = Suggested Brands
6	.75 lb sliced deli turkey	3.52	GV/WM=Great Value/Walmart
3,6	2 - 10 oz bag baby spinach, Fresh Express [®]	6.36	
2	16 oz bag shredded coleslaw, Fresh Express [®] (only use 1/2 bag)	1.58	
4,5	1 bunch cilantro	.88	
1	2 large onions	1.24	
2	1 small onion	.42	
3,5,6	1 bag green onions, Tanimura & Antle [®]	1.98	
3,6	1 head garlic	.90	
1,2	2 green bell peppers	1.96	
1	5 large tomatoes	1.54	
7	12 oz bag broccoli florets, Tanimura & Antle [®]	2.38	
6	1 lb fresh green beans	1.44	
4	1 spaghetti squash	1.25	
4	1 cantaloupe	2.28	
	X MEATS		
1,7	3 lbs boneless, skinless chicken breasts GV	8.85	
2	1 lb lean ground beef GV	3.68	
5	1+ lb, 4-6 thin boneless pork chops GV	5.37	
2	12 oz bacon, John Morrell [®]	1.98	
3	1 lb bag, 4-6 frozen tilapia fillets	4.21	
	X DAIRY/REFRIG		
2	8 oz shredded Mexican cheese GV	1.93	
4	8 oz shredded Monterey jack cheese GV	1.93	Everyday staples:
3	16 oz heavy cream GV	1.62	Vinegar
	X CANNED/BOTTLED/PACKAGED		Butter
2	14 oz can Rotel [®] tomatoes	.88	Ground pepper
4	14.5 oz can diced tomatoes GV	.63	Milk
5	14 oz can stewed tomatoes, Hunts [®]	.96	Favorite dressings
5	16 oz jar salsa, Taco Bell [®]	1.72	Sea or kosher salt, garlic salt
4,5	3 - 15 oz cans black beans GV	1.80	Cooking spray, canola and olive oil
6	14 oz can artichoke hearts, Reese [®]	2.88	Lemon juice
2	5.4 oz box whole wheat couscous, Near East [®]	2.53	Red cooking wine, white cooking wine
6	12 oz pkg low carb tortillas, LaBanderita [®]	2.32	
	X FROZEN		**Key to delicious low carb
1	16 oz frozen cauliflower GV	.96	<i>cooking is savory herbs and</i>
	X APPROXIMATE COST:	71.98	<i>spices. Stock your kitchen!!</i>

Staples needed for each Meal:

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MEAL 1

Garlic powder
1/4 c Worcestershire sauce
1/4 c soy sauce
Italian sng

Meal 2

Garlic salt
Oregano
2 T Worcestershire sauce

MEAL 3

1/4 c mayo
7 T parm chs
Hot sauce
3 T butter

MEAL 4

Cumin

MEAL 5

Lime juice
Sugar sub

MEAL 6

4 T parm chs
Sugar sub
2 T ranch drsng
Aluminum foil

MEAL 7

1/2 c white cooking wine
Italian sng
2 T lemon juice
Balsamic vinegar