

POINT SYSTEM for TWO

Walmart

OCTOBER 2006

IMPORTANT: This Point System plan is NOT a weight loss program. This is a maintenance meal plan based on point system guidelines (ie. Weight Watcher's). Serving portions must be adapted to meet your individual dietary program needs. This is a generous meal plan for 2, with some recipes allowing for leftovers or one extra serving.

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>
<p>Meal 1</p> <p>Lemon-Basil Pork Chops 2 servings @ 6 pts each</p> <p>Baked Sweet Potatoes 3 pts each</p>	<p>(1 egg, lightly beaten) 1 t lemon juice ¼ c Italian bread crumbs 1 t grated lemon zest (½ t dried basil) 2 butter-fly cut pork chops</p> <hr/> <p>2 med sweet potatoes (Cinnamon, Splenda, spray butter))</p>	<p>In a shallow dish, combine eggs and lemon juice. In another shallow dish, combine bread crumbs, lemon zest, & basil. Dip chops in egg mixture then dredge in breadcrumbs. Place in a sprayed 9 x 13 baking dish. Bake 30 min @ 375.</p> <p><i>Pierce & bake potatoes 1 hr @ 375. Use spray butter and sprinkle w/ cinnamon & Splenda.</i></p>
<p>Meal 2</p> <p>California Quiche 6 servings @ 6 pts each</p> <p>Mandarin Orange & Yogurt Parfaits 2 servings @ 2.5 pts each</p>	<p>¼ c chopped onions (1 t butter, 1 t minced garlic 4 egg whites - divided, 2 eggs) 8 oz LF small curd cottage cheese 1 c shredded 2% Colby/Mont Jack cheese 4 oz can chopped green chilies (2 T - AP flour, ¼ t salt, ½ t baking powder) 1 deep dish pie shell</p> <hr/> <p>10 oz Mandarin orange segments, drained 6 oz FF vanilla yogurt 2 T chopped walnuts</p>	<p>Sauté onions, butter, & garlic until tender. In a large bowl, combine 3 egg whites, eggs, cottage cheese, Mexican cheese, chilies, flour, salt, baking powder, and onion mixture. In another large bowl, beat remaining egg white until stiff peaks form; fold in cheese mixture and pour into pie shell. Bake 10 min @ 400, reduce to 350 and bake 30 min. Divide into 6 servings.</p> <p><i>Combine orange segments and yogurt; divide into 2 servings. Top each w/ 1 T walnuts.</i></p>
<p>Meal 3</p> <p>Honey Pecan Chicken 3 servings @ 7 pts each</p> <p>Glazed Carrots 3 servings @ 1 pt each</p>	<p>2 T pecan chips 2 T cornflake crumbs (1 T honey, 1 t soy sauce) 3 boneless/skinless chicken breasts</p> <hr/> <p>8 oz baby peeled carrots 2 t lemon juice (2 t honey, 1 T reduce cal margarine, pinch of cinnamon, pinch of salt)</p>	<p>Combine pecans & cornflakes in a shallow bowl. Combine honey & soy sauce in a shallow bowl. Dip chicken into honey mixture, then into pecan mixture. Bake on a sprayed baking pan for 6 min on each side @ 425 or until done.</p> <p><i>Steam carrots until tender. Combine and heat all other ingredients. Toss w/ carrots. Divide into 3 servings.</i></p>
<p>Meal 4</p> <p>EZ Vegetable Soup 6 servings @ 3 pt each</p> <p>Garlic Bread 1 piece @ 3 pts each</p> <p>Red Grapes 1 cup @ 1 pt each</p>		
<p>Meal 5 Outdoor Grill</p> <p>Shrimp Caesar Salad 2 servings @ 6 pts each</p> <p>Garlic Bread 1 piece @ 3 pts each</p>		

(Staples are in parenthesis)

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Walmart Grocery List

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**To eliminate a particular meal, cross out each grocery item with that corresponding meal #. Prices & availability of grocery items may vary from store to store.*

MEAL #	X	GROCERY ITEM		OTHER GROCERIES I NEED:	X
----	X	PRODUCE			
1,3		1 lemon, for juice & zest	.50		
1		2 med sweet potatoes	.75		
2		1 onion	.50		
3		16 oz bag peeled baby carrots, use ½ bag	1.67		
4		½ lb red grapes	.75		
5		1 bag Caesar Lite salad kit	2.89		
----	X	MEATS			
1		2 butterfly cut pork chops	3.42		
3		3 boneless/skinless chicken breasts	5.35		
5		½ lb fresh shrimp	3.00		
----	X	DAIRY/REFRIG			
2		16 oz LF small curd cottage cheese, use 8 oz, GV	1.33		
2		8 oz shredded 2% Colby/Mont Jack cheese, Kraft	2.67		
2		6 oz Weight Watchers FF vanilla yogurt	.52		
----	X	FROZEN			
2		2 deep dish pie crust, use 1, Pet-Ritz	1.94		
4		16 oz bag chopped okra, use ½, Pictsweet	1.28		
5		1 loaf Pepperidge Farms Garlic Bread	1.36		
----	X	CANNED/BOTTLED		POINTS SYSTEM DAILY STAPLES	
2		4 oz can chopped green chilies, GV	.67	FF salad dressings	Skim milk
2		10 oz can Mandarin orange segments, own juice, GV	.50	FF sour cream	0 Pt raw veggies
4		2 – 14 oz FF beef broth, GV	.94	FF Cool Whip	Olive oil spray
4		1 jar Chicken Bouillon cubes, herbs/spices, Wylers	1.84	FF mayonnaise	FF spray butter
4		14 oz mixed vegetables, GV	.44	Light mayonnaise	Butter buds
4		14 oz whole kernel yellow corn, GV	.44	Balsamic vinegar	Honey
4		14 oz diced tomatoes w/ onions & garlic, GV	.50	Salsa	Minced garlic
4		10 oz Rotel	.78	Egg substitute	
4		14 oz green beans & potatoes, GV	1.16	Reduced calorie margarine	
----	X	PACKAGED			
1		1 pkg Italian breadcrumbs, GV	.97		
2		2 oz bag chopped walnuts, Fisher	.84		
3		2 oz bag chopped pecans, Fisher	1.26		
3		1 small box corn flakes, GV	1.33		
		TOTALS: approx	39.60		

STAPLES:

- Meal 1
- 1 egg
- Dried basil
- Cinnamon
- Splenda
- Spray butter

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

- Meal 2
- Butter
- Minced garlic
- 4 egg whites
- 2 eggs
- All purpose flour
- Salt, Baking powder

- Meal 3
- Honey
- Soy sauce
- Reduced cal. margarine
- Cinnamon
- Salt

- Meal 5
- FF Italian dressing