Shrinking On A Budget Meal Plan 9/20-9/27

Contact Us

Grocery List

Click Here for Dinner Menu

Snacks

S1 (Grocery List Assumes 3 Days)

Apple and Nutella
Slice one apple into 6 wedges. Spread each wedge with a teaspoon of Nutella.

<table>
<thead>
<tr>
<th>Item</th>
<th>Points</th>
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<tbody>
<tr>
<td>Large Apple</td>
<td>0</td>
</tr>
<tr>
<td>Nutella (6 teaspoons)</td>
<td>5</td>
</tr>
<tr>
<td><strong>Total Points</strong></td>
<td><strong>5</strong></td>
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</tbody>
</table>

S2 (Grocery List Assumes 4 Days)

Almonds and Grapes

<table>
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<tr>
<td>10 almonds</td>
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<tr>
<td>1 cup grapes</td>
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</tr>
<tr>
<td><strong>Total Points</strong></td>
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Breakfast

B1 (Grocery List Assumes 4-6 Days)

Apple Cinnamon Quinoa
Soak 1 cup uncooked quinoa in a bowl of water for 5 minutes. Meanwhile, coat a large skillet with cooking spray; set over medium heat. When skillet is hot, melt 1/2 tablespoon butter until it just starts to sizzle. Add 2 medium chopped apples and cook, turning occasionally, until apples are soft and begin to caramelize, about 5 to 10 minutes depending on personal taste; set aside. Rinse and drain quinoa. Add quinoa and 2 cups of cold water to a medium saucepan and bring to a boil over medium-high heat; boil for 1 minute. Reduce heat to low, cover pan tightly and allow quinoa to simmer for 10 minutes. When quinoa is cooked (a little tail will appear on each grain), remove from heat and fluff with a fork. Add remaining 1/2 tablespoon butter, 1/2 tsp. cinnamon, 3 Tbsp. brown sugar and 1/4 cup milk; stir to combine and fold in apples. Yields about 2/3 cup per serving.

Makes 6 servings @ 5 Points+ per serving.

B1 (Grocery List Assumes 3 Days)

Pumpkin Smoothie
Puree 1/2 cup Vanilla, Unsweetened Almond Breeze, 1 banana, 1/4 cup canned pumpkin, 1/4 cup vanilla, non-fat Greek yogurt, 1 tsp. vanilla extract, 1/2 tsp pumpkin pie spice, and 4-5 ice cubes. Serve immediately.

Makes 1 serving @ 4 Points+ per serving.

Lunch

L1 (Grocery List Assumes 3 Days)

Tuscan Tuna Salad
In bowl, combine (2) 6-ounce cans chunk light tuna, drained, 1 15-ounce can cannellini beans, 10 cherry tomatoes, quartered, 4 scallions, trimmed and sliced, 2 tablespoons extra-virgin olive oil, 2 tablespoons lemon juice, 1/4 teaspoon salt and freshly ground pepper, to taste.

Makes 4 (1 cup) servings @ 7 Points+ per serving.

L2 (Grocery List Assumes 3 Days)

Roast Beef and Cheese
Spread 2 ounces of deli roast beef with 2 teaspoons spicy brown mustard. Wrap around 2 pieces of lowfat string cheese.

Makes 1 serving @ 6 Points+ per serving.

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<td>Roast Beef and Cheese</td>
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<tr>
<td>Large banana</td>
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<td><strong>Total Points</strong></td>
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Dessert

Dessert 1 (DES1): Brownie Muffins: Mix 1 box devil’s food cake mix and 1 can (15 oz) solid packed pumpkin together. Don’t add anything else that may be mentioned on the box, such as eggs, oil, or water. The mixture will be very thick and you will be tempted to add in other things to make the batter smoother. DO NOT DO THIS AS IT WILL RUIN EVERYTHING! Place batter into mini muffin tins lined with paper, or sprayed with non-stick spray. Bake at 400 degrees for 20 minutes. Total recipe makes 36 mini muffins.

Makes 12 (3 muffin) servings @ 5 Points+ per serving.

Dessert 2 (DES2): Whoopie Pies: Carefully slice four Vitalicious VitaTops (any chocolate flavor) in half lengthwise (like you would a hamburger bun), so that you are left with 8 thin round “slices.” Divide 3/4 cup Cool Whip Free, thawed from frozen evenly on the bottom Vita slices; then divide on sliced banana evenly over the top of the Cool whip. Top with Vita tops. Freeze until solid, about 1 hour.

Makes 4 servings @ 4 Points+ per serving.
Dinner Menu

Dinner #1:
**Apricot Chicken – Double Duty/Plan Ahead**

**Lemony Green Beans:** Steam 1 pound green beans (trimmed and cut into 2-inch pieces), covered, 5 minutes or until crisp-tender. Drain and return to pan. Add 1 1/2 teaspoons fresh lemon juice, 1 teaspoon olive oil, 1/4 teaspoon salt, and 1/8 teaspoon freshly ground black pepper; Toss to coat. Serve immediately. **Makes 4 (1 cup) servings @ 1 Points+ per serving**

**Instant rice w/ parsley:** Bring 1 cup water and 3/4 cup 99% fat free chicken broth to a boil. Add 2 cups instant whole grain brown rice. Return to boil. Reduce heat, cover and simmer for 5 minutes. Return cover and let stand for 5 minutes. Stir in 1/4 cup chopped parsley and 1 teaspoon grated lemon zest, **Makes (4) generous 1 cup servings @ 5 Points+ per serving.**

Dinner #2:
**Chicken Pizza – Latin Style - Double Duty/Plan Ahead**

**Marinated Cucumbers and Tomato:** Combine 1 English cucumber, thinly sliced, 6 medium plum tomatoes, sliced, 2 tablespoons balsamic vinegar and 1/3 cup reduced fat Italian dressing. Chill for at least 15 minutes. Garnish with chopped fresh parsley. **Makes 4 servings @ 2 Points+ per serving.**

Dinner #3:
**Baby Spinach Salad with Apples:** Add 1 teaspoon dijon mustard to 1/2 cup reduced fat Italian dressing (used Kraft Light Italian for calculations). Combine (1) 6 ounce bag of baby spinach with 1 cup bagged grated carrots. Toss with dressing. Top each salad serving with 1/2 of a sliced apple. **Makes 4 huge servings @ 2 Points+ per serving.**

Dinner #4:
**Proscuitto and Blue Cheese Panini**

**Carrot/Apple Salad:** Core 3 large granny smith apple(s), thinly slice, then cut into matchsticks. In large bowl, make dressing with 1 1/2 Tbsp. fresh lemon juice, 1 Tbsp olive oil, 1 tsp sugar, 1 tsp kosher salt (or 1/2 tsp table salt) and 1/4 tsp black pepper. Toss matchstick apples and 3 cups bagged grated carrots with dressing to mix thoroughly. **6 generous servings @ 3 Points+ each.**

Dinner #5:
**Catfish Tacos w/ Coleslaw**

**Orange Wedges:** Slice 4 medium navel oranges. **Makes 4 servings @ 0 Points+ per serving**

Dinner #6
**BBQ Beef Sandwiches**

**Baked Potato Chips:** 44 chips=4 servings @ 3 Points+ per serving

**Melon:** 4 cups diced melon = 4 servings @ 0 Points+ per serving

Dinner #7
**Black Bean Soup**

**Sliced Red Pepper:** 2 large red bell pepper sliced. **Makes 4 servings @ 0 Points+ per serving**

**Bagel Thin Garlic Toast:** Combine 2 teaspoons (softened) butter with 2 teaspoons olive oil and 1/4 teaspoon garlic powder. Split 4 Thomas Bagel Thins and toast in toaster or oven. While still warm, spread the 8 pieces evenly with butter mixture. **Makes 8 servings @ 2 Points+ per serving.**
**Shrinking On A Budget Meal Plan 9/20-9/27**

**Grocery List**

### Staples we assume you have:
- Butter (B1) (D7) (D4) (D5)
- Brown Sugar (B1)
- Cinnamon (B1)
- Olive oil (L1) (D1) (D3) (D7)
- Brown mustard (L2)
- Dijon mustard (D3)
- Reduced fat mayonnaise (D4)
- Garlic powder (D7)
- Cumin (D2)
- Crushed red pepper (D3) (D5)
- Red wine vinegar (D4)
- Cooking spray (D1)
- Sugar (D5)
- Flour (D5)
- Paprika (D5)
- Thyme (D5)
- Oregano (D5)

### Baking
- (40) whole almonds (S2)
- Pumpkin pie spice (B2)
- Curry powder (D1)
- Cornstarch (D6)

### Sauces/Condiments
- Nutella (S1)
- Balsamic vinegar (D2)
- Reduced fat Italian dressing (D2) (D5)
- Polaner all fruit Apricot preserves (D1)
- Cider vinegar (D5)
- Barbeque sauce (D6)
- (2) (15 ounce) cans no-salt-added black beans, undrained (D7)
- 1/2 cup bottled salsa (D7)

### Produce
- (8) Apples (S1) (B1) (D3)
- (4 cups) grapes (S2)
- Cherry tomatoes (L1)
- (7) Lemons (L1) (D1) (D4)
- Green onions (L1) (D7)
- (6) bananas (L2) (DES2)
- (1 pound) green beans (D1)
- Parsley (D1)
- 1 english cucumber (D2)
- 6 plum tomatoes (D2)
- (6 oz) bag spinach (D3)
- 2 granny smith apples (D4)
- (4 cups) grated carrots (D3) (D4)
- Bag coleslaw mix (D5)
- 4 medium navel oranges (D5)
- ½ large Melon (D6)
- 3 large red peppers (D7)
- Garlic (D2) (D3)
- Lime (D2)
- Cilantro (D2) (D7)
- 3 cups small cauliflower florets (D3)
- 3 cups arugula (D4)
- 2 pears (D4)
- 2 large onions (D6)
- Medium shallot (D4)
- 4 large navel oranges (D5)

### Frozen
- Vitalicious Vita-Tops (chocolate) (DES2)
- Cool whip free (DES2)

### Dairy
- 2% milk (B1)
- (4 cups) Vanilla, Unsweetened Almond Breeze (B2)
- 1 cup vanilla non-fat Greek yogurts (B2)
- (6) reduced fat string cheese (L2)
- (3/4 cup) Monterey jack cheese with jalapeno (D2)
- ½ cup parmesan cheese (D3)
- 2 ounces blue cheese (D4)
- (2 ounces) shredded reduced-fat sharp cheddar cheese (D7)
- 5 tablespoons low-fat sour cream (D7)

### Canned
- (2) (15 oz) Canned pumpkin (B2) (DES1)
- (2) 6-ounce cans chunk light tuna, drained (L1)
- (1) 15-ounce can cannellini beans (L1)
- (3/4 cup) 98% fat free chicken broth (D1)
- 1 (11-ounce) can no salt-added whole-kernel corn, drained (D2)
- 1 (15-ounce) can black beans, rinsed and drained (D2) 1 (16-ounce) can
- 15 oz fat-free, less-sodium chicken broth (D7)

### Dry Goods
- Quinoa (B1)
- (1) box devil’s food cake mix (DES1)
- 2 cups instant white rice (D1)
- (4 cups) farfalle pasta (D3)

### Meat:
- (6 ounces) deli roast beef (L2)
- 2.25 pounds boneless skinless chicken breast (D1) (D2)
- 2 (4-ounce) links mild Italian turkey sausage (D3)
- 2 ounces thinly sliced prosciutto (D4)
- 4 (6-ounce) Farm-raised catfish fillets (D5)
- 2 pounds boneless chuck roast (D6)

### Bread
- 8 (8-inch) fat-free flour tortillas (D2) (D5)
- Bagel Thins (D7)
- 8 slices 100% multigrain bread (D4)
- Lite hamburger buns (D6)

### Chips/Cookies
- Baked Potato Chips (D6)