

Low Carb/Body Clutter Menu-Mailer Shopping List



Dinner Ingredients Only – Four Servings

MENU:

- Day 1: Spicy Chicken Tenders**, with creamed spinach and a big green salad
- Day 2: Blackened Steak**, add steamed broccoli and Faux-Tay-Toes
- Day 3: Pork and Sauerkraut**, serve over spaghetti squash and add steamed green beans
- Day 4: Lemon Pepper Turkey and Zucchini Skillet**, with baked Hubbard squash and steamed kale
- Day 5: Braised Salmon**, add Cauli-Rice and a big green salad
- Day 6: Slow Cooker Beef Stroganoff**, serve over Faux-Tay-Toes and add steamed baby Brussels sprouts

SHOPPING LIST:

MEAT

- 4 (6-oz.) boneless skinless chicken breast halves [D1]
- 1 pound boneless skinless turkey breast [D4]
- 3 pounds beef top sirloin steak [D2,D6]
- 1 1/2 pounds lean pork tenderloin [D3]
- 4 (6-oz.) salmon steaks (or buy frozen) [D5]

DELI

- 1 pound sauerkraut [D3]

CONDIMENTS

- Olive oil [D2,D5]
- Dijon mustard [D3]
- Ketchup [D6]
- Hot sauce [D1,D2]
- Dry white wine (3/4 cup) (or use low sodium chicken broth) [D5]
- **LC Salad dressing(s) (watch carb count) [D1,D5]

CANNED GOODS

- Low sodium chicken broth (3/4 cup if not using wine) [D5]
- Low sodium beef broth (1 cup) [D6]

PRODUCE

- 3 pounds onions (keep on hand) [D6]
- Red onions (2 tablespoons chopped) [D5]
- Garlic (1 clove) **Additional [D6]
- Green onions (1/2 cup sliced) [D1]
- Celery (1 cup sliced) [D1,D5]
- Carrots (1/2 cup sliced) [D1]
- Zucchini (2 cups chopped) [D4]
- Tomatoes (1/2 cup chopped) [D5]
- Mushrooms (8 ounces plus 1 cup sliced) [D1,D6]
- Portabella mushrooms (1 1/2 pounds) [D4]
- Snow peas (1/2 cup) [D1]
- Lemons (1/2 cup juice) [D4]
- Apples (1 cup diced) [D3]
- **LC Spaghetti squash [D3]
- **LC Hubbard squash [D4]
- **LC Broccoli [D2]
- **LC Cauliflower [D2,D5,D6]
- **LC Baby Brussels sprouts [D6]
- **LC Green beans [D3]
- **LC Kale [D4]
- **LC Lettuce (not Iceberg, no nutrition) [D1,D5]
- **Russet potatoes [D2,D6]
- **New potatoes [D5]
- **Corn on the cob (or buy frozen) [D1]

SPICES

- Cajun seasoning [D2]
- Caraway seeds [D3]
- Lemon pepper [D4]
- Thyme [D5]
- **LC Nutmeg [D6]
- **Garlic powder [D2,D6]

DAIRY/DAIRY CASE

- Butter, unsalted [D1,D2,D3,D4,D6]
- Light sour cream (1 cup) [D6]
- **LC Cream cheese [D2,D6]

DRY GOODS

- Flour [D6]
- **Egg noodles [D3]

FREEZER

- 4 (6-oz.) salmon steaks (if not using fresh) [D5]
- **LC Creamed spinach [D1]
- **Corn on the cob (if not using fresh) [D1]

BAKERY

- **Whole grain rolls [D4]

OTHER

- Aluminum foil wrap [D2,D3,D5]

KOSHER

- 3 pounds kosher beef steak [D2]
- 1 1/2 pounds boneless skinless chicken breast thighs [D3,D6]
- Soy yogurt (1 cup) [D6]

GLUTEN FREE

- Hot sauce [D1,D2]
- Ketchup [D6]
- Dijon mustard [D3]
- Dry white wine (or chicken broth) [D5]
- Beef broth [D6]
- Cajun seasoning [D2]
- Gluten free flour [D6]



SHOPPING LIST LEGEND

** = Serving Suggestions

- Purchase these ingredients if you are following our suggested side dishes.
- Purchase the quantity to meet your families' needs.

[D1] – [D6] = Day 1, Day 2, etc...

- Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.

Low Carb/Body Clutter Menu-Mailer Shopping List



Combined Daytime and Dinner – Four Servings

SHOPPING LIST:

MEAT

- 4 (6-oz.) boneless skinless chicken breast halves [D1]+[L1]
- 1 pound boneless skinless turkey breast [D4]
- 3 pounds beef top sirloin steak [D2,D6]
- 1 1/2 pounds lean pork tenderloin [D3]
- 4 (6-oz.) salmon steaks (or buy frozen) [D5]
- +3/4 pound sea scallops (or buy frozen) [X]

DELI

- 1 pound sauerkraut [D3]
- +Lean ham, sliced [L2]

CONDIMENTS

- Olive oil [D2,D5]+[B2,S5]
- Dijon mustard [D3]
- Ketchup [D6]+[L3]
- Hot sauce [D1,D2]
- Dry white wine (3/4 cup) (or use low sodium chicken broth) [D5]+[X]
- **LC Salad dressing(s) (watch carb count) [D1,D5]
- +Light balsamic vinaigrette [L2]

CANNED GOODS

- Low sodium chicken broth (3/4 cup if not using wine) [D5]+[X]
- Low sodium beef broth (1 cup) [D6]
- +Clam juice [X]

SPICES

- Cajun seasoning [D2]
- Caraway seeds [D3]
- Lemon pepper [D4]
- Thyme [D5]
- **LC Nutmeg [D6]
- **Garlic powder [D2,D6]
- +Dill [B1]
- +Cinnamon [S4]
- +Basil [S5]

BAKERY

- **Whole grain rolls [D4]
- +Flour tortillas [B1]
- +Whole wheat burger buns [L3]

PRODUCE

- 3 pounds onions (keep on hand) [D6]+[L3]
- Red onions (2 tablespoons chopped) [D5]
- Garlic (1 clove) **Additional [D6]
- Green onions (1/2 cup sliced) [D1]
- Celery (1 cup sliced) [D1,D5]+[X]
- Carrots (1/2 cup sliced) [D1]+[S5,X]
- Zucchini (2 cups chopped) [D4]
- Tomatoes (1/2 cup chopped) [D5]+[L3]
- Mushrooms (8 ounces plus 1 cup sliced) [D1,D6]
- Portabella mushrooms (1 1/2 pounds) [D4]
- Snow peas (1/2 cup) [D1]
- Lemons (1/2 cup juice) [D4]
- Apples (1 cup diced) [D3]
- **LC Spaghetti squash [D3]
- **LC Hubbard squash [D4]
- **LC Broccoli [D2]
- **LC Cauliflower [D2,D5,D6]
- **LC Baby Brussels sprouts [D6]
- **LC Green beans [D3]
- **LC Kale [D4]
- **LC Lettuce (not Iceberg, no nutrition) [D1,D5]+[L3]
- **Russet potatoes [D2,D6]+[X]
- **New potatoes [D5]
- **Corn on the cob (or buy frozen) [D1]
- +Leeks [X]
- +Cherry tomatoes [B2]
- +Alfalfa sprouts [L3]
- +Mixed salad greens [L2]
- +Basil leaves [B2]
- +Thyme leaves [X]
- +Oranges [B3]
- +Tangerines [L3]
- +Apples [S1]
- +Pears [B1,L2]
- +Blueberries [B2]
- +Cherries [S6]

DAIRY/DAIRY CASE

- Butter, unsalted [D1,D2,D3,D4,D6]+[X]
- Light sour cream (1 cup) [D6]
- **LC Cream cheese [D2,D6]
- +Eggs [B1,B2]
- +Skim milk [B1,S3,X]
- +Low fat vanilla yogurt [S2]
- +Low fat cottage cheese [S4]
- +Low fat Cheddar cheese [L2]
- +Parmesan cheese [B2]
- +Low fat ricotta cheese [S6]

DRY GOODS

- Flour [D6]
- **Egg noodles [D3]
- +Brown sugar [B3]
- +Oatmeal [B3]
- +Raisins [S4,L1]
- +Dried cranberries [L2]
- +Slivered almonds [L1]
- +Mini pretzels [L3]
- +Graham crackers [S3]
- +Couscous [L1]

FREEZER

- 4 (6-oz.) salmon steaks (if not using fresh) [D5]
- **LC Creamed spinach [D1]
- **Corn on the cob (if not using fresh) [D1]
- +3/4 pound sea scallops (if not using fresh) [X]
- +Veggie burgers [L3]
- +Strawberries, unsweetened [S2]

OTHER

- Aluminum foil wrap [D2,D3,D5]

KOSHER

- 3 pounds kosher beef steak [D2]
- 1 1/2 pounds boneless skinless chicken breast thighs [D3,D6]
- Soy yogurt (1 cup) [D6]

GLUTEN FREE

- Hot sauce [D1,D2]
- Ketchup [D6]
- Dijon mustard [D3]
- Dry white wine (or chicken broth) [D5]+[X]
- Beef broth [D6]
- Cajun seasoning [D2]
- Gluten free flour [D6]



SHOPPING LIST LEGEND

- ** = Regular Serving Suggestion
- **LC = Low Carb Serving Suggestion
- + = Pantry item for day time choices
- B = Breakfast
- L = Lunch
- X = Soup recipe
- S = Snack
- [D1] – [D6] = Day 1, Day 2, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.

Spicy Chicken Tenders

Day 1 - Serves 4

INGREDIENTS:

1 tablespoon unsalted butter	1 cup sliced mushrooms
4 (6-oz.) boneless skinless chicken breast halves, cut into strips	1/2 cup sliced green onion
3 tablespoons hot sauce (or to taste), divided	1/2 cup sliced celery
	1/2 cup sliced carrots
	1/2 cup snow peas

COOKING INSTRUCTIONS:

In a large skillet, melt the butter over medium heat. Add chicken and season with 1 tablespoon of hot pepper sauce; stir to coat and stir-fry until chicken is browned on all sides. Add mushrooms, green onion, celery, carrots and snow peas. Add remaining hot sauce and stir to coat; sauté mixture until chicken is cooked through and vegetables are tender-crisp; season with additional hot pepper sauce if desired.

NUTRITION per serving: 248 Calories; 7g Fat; 39g Protein; 5g Carbohydrate; 2g Dietary Fiber; 112mg Cholesterol; 390mg Sodium. **Exchanges:** 5 1/2 Lean Meat; 1 Vegetable; 1/2 Fat; 0 Other Carbohydrates. **Points:** 6

LC SERVING SUGGESTION: Creamed spinach and a big green salad.

SERVING SUGGESTION: Add corn on the cob.

GLUTEN FREE: Make sure hot sauce is gluten free.

KOSHER: Use olive oil instead of butter.

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Low Carb / Body Clutter Menu-Mailer – Free Sample

Blackened Steak

Day 2 - Serves 4

INGREDIENTS:

1 1/2 pounds beef top sirloin steak, trimmed of all visible fat	Aluminum foil wrap
1 tablespoon Cajun seasoning	2 tablespoons water
Olive oil	1/2 teaspoon hot sauce

COOKING INSTRUCTIONS:

Preheat oven to 325 degrees. Rub steak with Cajun seasoning. Coat a large skillet with olive oil (you don't need much) over medium-high heat. Add steak and brown on both sides. Remove from skillet and place on a large sheet of aluminum foil wrap. In a small bowl, combine water and hot sauce; spoon over steak. Seal the foil wrap and place in a baking dish; bake for 30 minutes or until steak is tender. Remove from oven and let stand for 10 minutes before slicing.

NUTRITION per serving: 218 Calories; 6g Fat; 35g Protein; 2g Carbohydrate; trace Dietary Fiber; 99mg Cholesterol; 271mg Sodium. **Exchanges:** 5 Lean Meat; 0 Vegetable; 0 Fat; 0 Other; Carbohydrates. **Points:** 5

LC SERVING SUGGESTION: Steamed broccoli and Faux-Tay-Toes (steam cauliflower till tender; mash with butter, cream cheese and salt and pepper to taste till you get a mashed potatoes texture).

SERVING SUGGESTION: Serve garlic-mashed russet potatoes instead of Faux-Tay-Toes.

GLUTEN FREE: Make sure Cajun seasoning and hot sauce are gluten free.

KOSHER: Make sure beef is certified Kosher.

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Pork and Sauerkraut

Day 3 - Serves 4

INGREDIENTS:

1 tablespoon unsalted butter	1 pound sauerkraut, drained
1 1/2 pounds lean pork tenderloin, cut into 4 serving pieces	1 cup diced apples
1 tablespoon Dijon mustard	1 teaspoon caraway seeds
	Aluminum foil wrap

COOKING INSTRUCTIONS:

Preheat oven to 350 degrees. In a large skillet, melt the butter over medium-high heat; add pork tenderloin pieces and brown on both sides; transfer to a baking dish and rub mustard into both sides of pork. In a medium bowl, combine sauerkraut, apples and caraway seeds; arrange mixture around tenderloin pieces. Cover baking dish tightly with foil wrap and bake for 30 minutes. Remove foil and continue to cook until pork is cooked through, about 10 minutes longer.

NUTRITION per serving: 272 Calories; 9g Fat; 37g Protein; 10g Carbohydrate; 4g Dietary Fiber; 118mg Cholesterol; 883mg Sodium. **Exchanges:** 5 Lean Meat; 1 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates. **Points:** 6

LC SERVING SUGGESTION: Serve over spaghetti squash and add steamed green beans on the side.

SERVING SUGGESTION: Serve over egg noodles instead of spaghetti squash.

GLUTEN FREE: Make sure Dijon mustard is gluten free.

KOSHER: Use olive oil instead of butter and substitute boneless skinless chicken thighs for pork.

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Lemon Pepper Turkey and Zucchini Skillet

Day 4 - Serves 4

INGREDIENTS:

1 tablespoon unsalted butter	2 cups chopped zucchini
1 pound boneless skinless turkey breast, cut into bite-sized pieces	1 1/2 pounds sliced portabella mushrooms
	2 tablespoons lemon pepper
	1/2 cup lemon juice

COOKING INSTRUCTIONS:

Melt the butter in a large skillet over medium heat; add turkey and cook until almost done. Add zucchini and mushrooms; continue to cook until veggies are tender and turkey is cooked through, stirring often. Stir in lemon pepper and lemon juice. Simmer gently until mixture is heated through; serve.

NUTRITION per serving: 218 Calories; 5g Fat; 32g Protein; 14g Carbohydrate; 3g Dietary Fiber; 78mg Cholesterol; 575mg Sodium. **Exchanges:** 0 Grain (Starch); 3 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1/2 Fat. **Points:** 5

LC SERVING SUGGESTION: Baked Hubbard squash and steamed kale.

SERVING SUGGESTION: Add whole grain rolls and butter.

GLUTEN FREE: No changes necessary.

KOSHER: No changes necessary.

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Low Carb / Body Clutter Menu-Mailer – Free Sample

Braised Salmon

Day 5 - Serves 4

INGREDIENTS:

1 teaspoon olive oil, divided
2 tablespoons chopped red onion
1/2 cup sliced celery
1/2 cup chopped tomato

1/2 teaspoon dried thyme
3/4 cup dry white wine (or low sodium chicken broth)
Sea salt and freshly ground black pepper, to taste
4 (6-oz.) salmon steaks
Aluminum foil wrap

COOKING INSTRUCTIONS:

Preheat oven to 325 degrees. In a large skillet, heat 1/2 teaspoon of oil over medium-high heat. Add onions and celery and cook until softened. Stir in chopped tomato, thyme, wine (or broth) and salt and pepper; cook for 5 minutes; transfer mixture to a baking dish. Heat remaining oil in the same skillet; add salmon steaks and brown on both sides; place them in the baking dish, on top of tomato mixture; cover with foil wrap and bake for 30 to 40 minutes or until fish flakes easily when tested with a fork.

NUTRITION per serving: 247 Calories; 7g Fat; 34g Protein; 2g Carbohydrate; 1g Dietary Fiber; 88mg Cholesterol; 176mg Sodium. **Exchanges:** 0 Grain (Starch); 5 Lean Meat; 1/2 Vegetable; 0 Fat. **Points:** 5

LC SERVING SUGGESTION: Cauli-Rice (process cauliflower in a blender or food processor until it resembles grains of rice; steam "rice" till tender; drain; salt and pepper to taste and fluff with a fork). Add a big green salad on the side.

SERVING SUGGESTION: Serve steamed new potatoes instead of Cauli-Rice.

GLUTEN FREE: Make sure wine (or broth) is gluten free.

KOSHER: No changes necessary.

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Low Carb / Body Clutter Menu-Mailer – Free Sample

Slow Cooker Beef Stroganoff

Day 6 - Serves 4

INGREDIENTS:

3 tablespoons flour
1/2 teaspoon sea salt
1 1/2 pounds beef top sirloin steak, trimmed and cut into bite-sized pieces
2 teaspoons unsalted butter

1 cup chopped onion
1 cup low sodium beef broth
2 tablespoons ketchup
1 clove garlic, pressed
8 ounces mushrooms, sliced
1 cup light sour cream

COOKING INSTRUCTIONS:

In a small bowl, combine flour and salt; add steak pieces and toss to coat. In a large skillet, melt the butter over medium heat; add beef and onion; cook and stir until browned. In a slow cooker, combine broth, ketchup, garlic and mushrooms; add beef and onions and stir to combine. Cover and cook on LOW for 8 hours. Stir sour cream into beef mixture about 30 minutes before serving.

NUTRITION per serving: 319 Calories; 11g Fat; 41g Protein; 16g Carbohydrate; 2g Dietary Fiber; 108mg Cholesterol; 359mg Sodium. **Exchanges:** 1/2 Grain (Starch); 5 1/2 Lean Meat; 1 Vegetable; 1/2 Fat; 0 Other Carbohydrates. **Points:** 8

LC SERVING SUGGESTION: Serve over Faux-Tay-Toes (see cooking instructions, Day 2). Add steamed baby Brussels sprouts tossed with butter and a dash of ground nutmeg.

SERVING SUGGESTION: Serve garlic-mashed russet potatoes instead of Faux-Tay-Toes.

GLUTEN FREE: Use gluten free flour. Make sure beef broth and ketchup are gluten free.

KOSHER: Use olive oil instead of butter and make sure beef is certified Kosher. Use soy yogurt instead of sour cream.

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Daytime Menu-Mailer – Daytime Suggestions

Breakfast stuff— Pick one each day:

1. 1 medium flour tortilla filled with 3 egg whites scrambled with 1/4 teaspoon dried dill. Serve with 1 cup skim milk and 1 pear.
2. 3 egg whites scrambled with 1 teaspoon olive oil, 1 teaspoon chopped fresh basil leaves, 1 teaspoon grated Parmesan cheese and 1/2 cup cherry tomatoes. Enjoy with 1/2 cup blueberries.
3. 1 cup cooked oatmeal sprinkled with 1/2 teaspoon brown sugar and served with 1 orange

Lunch —Pick one each day:

1. 3 ounces grilled chicken breast over 3/4 cup cooked couscous sprinkled with 2 teaspoons raisins and 2 teaspoons slivered almonds
2. 2 cups mixed salad greens tossed with 1/2 cup sliced pears, 1/4 cup dried cranberries, 4 slices deli-style ham and 1/4 cup shredded low fat Cheddar cheese. Drizzle with 2 tablespoons light balsamic vinaigrette.
3. 1 veggie burger on a whole wheat bun topped with 1 tablespoon ketchup, lettuce, tomato, onion and alfalfa sprouts served with 15 mini pretzels and 1 tangerine

Snack—Pick one in the morning and one in the afternoon:

1. 1 apple (the size of your fist)
2. 1 cup low fat vanilla yogurt and 1/4 cup unsweetened frozen strawberries (thawed)
3. 1 cup skim milk with 4 graham crackers
4. 1/4 cup low fat cottage cheese with 1 tablespoon raisins sprinkled with cinnamon
5. Toss 1 cup carrot sticks with 1/3 teaspoon olive oil and 1/3 teaspoon dried basil; roast, uncovered, at 425 degrees for 10 minutes, stirring once. Sprinkle with sea salt and enjoy!
6. 3/4 cup low fat ricotta cheese with 1/3 cup cherries

Soup—See recipe

- You may have one cup with a salad or sandwich from above.

Dinner – Pick One:

- Follow the dinner recipes (recipes included in your menu). Remember: you can use leftovers for lunch.

Leftovers—

Use up those dinner leftovers

- Skip all of the above lunches and go for the easiest choice! Leftovers from your menu.

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Low Carb / Body Clutter Menu-Mailer – Free Sample

Scallop Chowder

Serves 6

INGREDIENTS:

2 teaspoons unsalted butter
 1 1/2 cups thinly sliced leeks
 3/4 pounds diced russet potato
 1/2 cup sliced carrot
 1/2 cup sliced celery
 2 tablespoons dry white wine (or low sodium chicken broth)

3 1/2 cups bottled clam juice
 1 teaspoon chopped fresh thyme leaves
 1/4 teaspoon freshly ground black pepper
 3/4 pound diced sea scallops
 1/2 cup skim milk
 1/4 teaspoon sea salt



COOKING INSTRUCTIONS:

Melt the butter in a large saucepan over medium heat. Add leeks and sauté until softened. Add potato, carrots and celery and cook for 1 to 2 minutes. Add wine (or broth), clam juice, thyme and pepper; bring to a simmer. Add diced scallops and cook until vegetables are tender and scallops are cooked through; stir in skim milk. Transfer 1 to 2 cups of soup mixture to a blender and puree; return to saucepan and stir to combine with remaining soup (you're doing this to thicken it up a bit). Season with sea salt and serve.

NUTRITION per serving: 137 Calories; 2g Fat; 12g Protein; 17g Carbohydrate; 2g Dietary Fiber; 24mg Cholesterol; 201mg Sodium. **Exchanges:** 1/2 Grain (Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1/2 Fat. **Points:** 3

GLUTEN FREE: Make sure wine (or broth) is gluten free.

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Daytime Menu-Mailer – Nutritional Information

Breakfast

1. Per Serving: 384 Calories; 4g Fat; 25g Protein; 63g Carbohydrate; 6g Dietary Fiber; 5mg Cholesterol; 727mg Sodium. Exchanges: 2 1/2 Grain (Starch); 1 1/2 Lean Meat; 1 1/2 Fruit; 1 Non-Fat Milk; 1 Fat. Points: 10
2. Per Serving: 165 Calories; 6g Fat; 15g Protein; 15g Carbohydrate; 3g Dietary Fiber; 1mg Cholesterol; 241mg Sodium. Exchanges: 2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 Fat. Points: 4 ****GF Option**
3. Per Serving: 205 Calories; 2g Fat; 7g Protein; 41g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 377mg Sodium. Exchanges: 1 1/2 Grain (Starch); 1 Fruit; 1/2 Fat; 0 Other Carbohydrates. Points: 5

Lunch

1. Per Serving: 278 Calories; 4g Fat; 25g Protein; 33g Carbohydrate; 3g Dietary Fiber; 49mg Cholesterol; 63mg Sodium. Exchanges: 2 Grain (Starch); 3 Lean Meat; 1/2 Fruit; 1/2 Fat. Points: 7
2. Per Serving: 234 Calories; 4g Fat; 29g Protein; 17g Carbohydrate; 4g Dietary Fiber; 67mg Cholesterol; 1840mg Sodium. Exchanges: 4 Lean Meat; 1/2 Vegetable; 1 Fruit; 1/2 Fat; 0 Other Carbohydrates. Points: 5 ****GF Option**
3. Per Serving: 307 Calories; 3g Fat; 11g Protein; 65g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 516mg Sodium. Exchanges: 2 Grain (Starch); 0 Lean Meat; 3 Vegetable; 1 Fruit; 1/2 Fat. Points: 8

Snack

1. Per Serving: 81 Calories; trace Fat; trace Protein; 21g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: 1 1/2 Fruit. Points: 2
2. Per Serving: 206 Calories; 3g Fat; 11g Protein; 34g Carbohydrate; 1g Dietary Fiber; 11mg Cholesterol; 150mg Sodium. Exchanges: 0 Fruit; 1/2 Fat; 2 Other Carbohydrates. Points: 5
3. Per Serving: 200 Calories; 3g Fat; 10g Protein; 33g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 296mg Sodium. Exchanges: 1 1/2 Grain (Starch); 1 Non-Fat Milk; 1/2 Fat. Points: 5
4. Per Serving: 78 Calories; 1g Fat; 8g Protein; 9g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 230mg Sodium. Exchanges: 1 Lean Meat; 1/2 Fruit. Points: 2 ****GF Option**
5. Per Serving: 69 Calories; 2g Fat; 1g Protein; 13g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 312mg Sodium. Exchanges: 2 1/2 Vegetable; 1/2 Fat. Points: 2 ****GF Option**
6. Per Serving: 217 Calories; 6g Fat; 28g Protein; 14g Carbohydrate; 1g Dietary Fiber; 75mg Cholesterol; 864mg Sodium. Exchanges: 4 Lean Meat; 1/2 Fruit. Points: 6 ****GF Option**

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