

Meal Plan for Two

Any Store

March 6 - 12, 2009

MEAL #: <i>Side dishes are in ITALICS</i>	INGREDIENTS: <i>Side dish ingredients are in ITALICS</i>	INSTRUCTIONS: <i>Side dish instructions are in ITALICS</i>
Meal 1 Balsamic Chicken & Mushrooms <i>Steamed Rice</i> <i>Italian Green Beans</i> <i>Dinner Rolls</i>	2 boneless chicken breasts (¼ c balsamic vinegar, 1 T Dijon mustard, 1 T minced garlic) 8 oz sliced fresh mushrooms (½ c chicken broth, ¼ t dried thyme) <hr/> <i>(Steamed rice)</i> 14 oz can <i>Italian cut green beans</i> ½ pkg <i>dinner rolls</i> (Butter)	Pound chicken to ¼ inch thickness. Mix vinegar, mustard, & garlic. Coat chicken w/ mixture. In no-stick skillet, sauté chicken in oil over med heat, 3 min each side until done. Remove chicken; keep warm. Sauté mushrooms in same pan for 2 min. Add broth & thyme; cook until browned. Pour mushroom sauce over chicken. <i>Spoon chicken and mushroom sauce over steamed rice. Serve with heated green beans and hot rolls w/ butter.</i>
Meal 2 Italian Casserole <i>Garden Salad</i>	1 lb ground beef ½ small onion, chopped 14 oz jar spaghetti sauce 4 oz shredded mozzarella 4 oz sour cream 1 can crescent rolls (2 T melted butter & grated parmesan) <hr/> ½ bag <i>romaine salad</i> <i>Sliced carrots</i> ½ <i>tomato</i> ½ <i>cucumber</i> (<i>Italian drsng</i>)	In large skillet, brown beef & onion, drain. Add spaghetti sauce to meat and heat. Spread mixture in square baking dish. Mix together cheese and sour cream. Spread over meat. Lay crescent triangles on top to form crust. Drizzle butter over top. Sprinkle with parmesan. Bake uncovered @350 for 20 minutes. <i>Toss salad with diced tomato, sliced cucumber, carrots, and Italian dressing.</i>
Meal 3 <i>Crock Pot</i> Chicken & Rice Soup <i>Hot Blueberry Muffins</i>	2 boneless chicken breasts, <i>uncooked & diced</i> 2 cans chicken broth 1 ½ c frozen mixed veggies (1/3 c chopped celery, 1/3 c water, 2 t dried parsley, 2 T lemon-herb seasoning*, ½ c long grain white rice) <hr/> 2 <i>bakery muffins</i> (Butter)	Combine all ingredients in slow cooker <u>except for rice</u> . Cook on low 6-8 hours. Add rice for last hour. <i>Serve with muffins and butter.</i> *Lemon-herb seasoning is key ingredient!
Meal 4 Enchilada Pie <i>Tossed Salad</i>		
Meal 5 <i>Crock-pot</i> Roast Beef w/ Vegetables <i>Dinner Rolls</i>		

(Staples are in parenthesis)

Copyright 2009



Meal Plan for Two

March 6 - 12, 2009

Any Store

*To eliminate a particular meal, cross out each grocery item with that corresponding meal number.

MEAL #	X	GROCERY ITEM	OTHER GROCERIES:	X
	X	DELI / BAKERY		
3		2 bakery muffins, any kind		
1,5		1 pkg dinner rolls		
	X	PRODUCE		
1		8 oz sliced mushrooms		
2,4		1 small onion		
2,4		1 bag Romaine salad		
2,4		1 tomato		
2,4		1 cucumber		
5		2 large potatoes		
2,4,5		1 bag mini carrots		
	X	DAIRY		
2		8 oz shredded mozzarella, freeze remainder		
2		8 oz sour cream		
2		1 can crescent rolls		
4		8 oz shredded cheddar cheese		
	X	MEATS		
1,3		4 boneless chicken breasts		
2,4		2 lbs ground turkey or beef		
5		2 to 3 lb boneless chuck roast		
	X	FROZEN FOODS		
3		1 bag mixed veggies		
	X	PACKAGED / BOXED		
5		1 pkg dry onion soup mix, use one pkt		
4		1 pkt dry taco seasoning		
4		1 pkg burrito size flour tortillas		
	X	CANNED / BOTTLED		
1		1 can Italian cut green beans		
2		14 oz jar spaghetti sauce		
3		2 cans chicken broth		
5		1 can cr of mushroom soup		
4		14 oz can stewed tomatoes		
4		1 small can sliced black olives		

STAPLES NEEDED FOR EACH MEAL

- | | | | | |
|------------------|------------------|-----------------------|-----------------|---------------|
| Meal 1 | Meal 2 | Meal 3 | Meal 4 | Meal 5 |
| Balsamic vinegar | Butter | Chopped celery | 1000 Isle drsng | Butter |
| Dijon mustard | Grated parmesan | Parsley | | |
| Minced garlic | Italian dressing | Lemon-herb seasoning* | | |
| Olive oil | | ¾ c long grain rice | | |
| Chicken broth | | | | |
| Thyme | | | | |
| Steamed rice | | | | |