

ANY-STORE MEAL PLAN

June 3 - 9, 2009

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 <i>Crock Pot</i> French Dip Sandwiches <i>Crunchy Carrots</i> <i>French Fries</i>	1.5 lb chuck roast, trimmed 1 pkt onion soup mix 1 can beef broth 1 loaf bakery French bread 8 oz shredded mozzarella <hr/> <i>1 bag mini carrots</i> <i>(Ranch dressing)</i> <i>1 bag frozen French fries</i> <i>(Ketchup)</i>	Combine beef broth and onion soup mix in crock pot. Add roast. Cook on low 8 hours. Remove roast to slice or shred. Slice French bread in half, length wise. Layer beef, then cheese. Close and cover with foil and heat @375 for 25 min. Remove and slice. Serve with bowls of au jus for dipping. <i>Serve with fries / ketchup & carrots / dressing.</i>
Meal 2 <i>Easy Meal</i> Santa Fe Soup <i>Corn Chips</i>	1 lb ground beef, cooked 3 cans diced tomatoes, undrained 1 can of pinto beans, undrained 1 can of kidney beans, undrained 1 can whole kernel corn, undrained 1 pkg taco seasoning 1 pkg ranch party dip <hr/> <i>1 bag Frito scoops</i> <i>Sour cream</i>	In large soup pot, combine all ingredients and heat thoroughly. Simmer 20 min. <i>Garnish soup with sour cream and serve with chips.</i> <i>*Save leftover soup for meal #7.</i>
Meal 3 BBQ Chicken Dinner Packets <i>Hot Biscuits</i>	1.5 lb boneless, skinless chicken breasts 3 ears of corn, broken in halves 6 small red potatoes (Salt, pepper, melted butter, 1 c BBQ sauce) 15 oz can pinto beans, drained (Aluminum foil – 6 square sheets) <hr/> <i>1 can large buttermilk biscuits</i> <i>(Butter)</i>	Pound chicken to 1/2" inch thickness. Slice into 6 serving pieces. Place one chicken, one corn, & one potato in center of foil. Sprinkle w/ salt / pepper; drizzle corn w/ butter. Divide BBQ sauce over each chicken; top evenly with beans. Seal packets from corner to corner. Cook on baking sheet @ 450, 40 min. Carefully open. <i>Bake biscuits as pkg directs. Serve w/ butter.</i>
Meal 4 Baked Spaghetti Pie <i>Caesar Salad</i> <i>Hot Garlic Bread Sticks</i>		
Meal 5 <i>Do-Ahead</i> Overnight French Toast <i>Sugared Strawberries</i> <i>Sausage Links</i>		
Meal 6 Chicken & Rice Taco Fiesta <i>Tortilla Chips</i> <i>Shredded Lettuce</i>		
Meal 7 <i>Lazy Meal</i> Loaded Baked Potatoes <i>Steamed Fresh Broccoli</i>		



ANY-STORE GROCERY LIST

June 3 - 9, 2009

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

MEAL #	X	GROCERY ITEM	OTHER GROCERIES I NEED:	X
	X	DELI / BAKERY		
1,5		2 whole loaves French bread		
	X	PRODUCE		
1		1 bag mini carrots		
3		3 ears corn on the cob		
3		6 small red potatoes		
4		1 Caesar salad kit		
5		1 lb strawberries		
6		1 bag shredded lettuce		
7		4 to 6 large baking potatoes		
7		1 bunch broccoli		
	X	DAIRY		
1,4		12 oz shredded mozzarella		
3		1 can large buttermilk biscuits		
4		5 oz shredded parmesan		
4		8 oz ricotta cheese, or cottage cheese		
5		1 dozen eggs		
5		1 quart milk		
6,7		2 pkgs 8 oz shredded cheddar		
2,7		16 oz sour cream		
	X	MEATS		
1		1.5 lb chuck roast		
2		1 lb ground beef		
3,6		2.5 lbs boneless, skinless chicken breasts, or thighs		
5		1 pkg brown n' serve sausage links		
	X	FROZEN FOODS		
1		1 bag frozen fries, any kind		
4		1 garlic bread sticks		
	X	PACKAGED / BOXED		
1		1 box dry onion soup mix		
2,6		2 pkts taco seasoning		
2		1 pkt ranch party dip		
2		1 bag Frito scoops		
4		8 oz pkg spaghetti noodles		
6		1 small box minute rice		
6		9 oz bag tortilla chips		
	X	CANNED / BOTTLED		
1		1 can beef broth		
2		3 cans diced tomatoes		
2,3		2 cans pinto beans		
2		1 can kidney beans		
2,6		2 cans corn		
4,6		2 cans 8 oz cans Italian seasoned tomato sauce		
6		1 can chicken broth		

STAPLES NEEDED FOR EACH MEAL #:

Meal 1

Ranch dressing
Ketchup

Meal 2

Meal 3

Butter
BBQ sauce
Aluminum foil

Meal 4

Olive oil
2 eggs

Meal 5

Sugar
Vanilla
Butter
Cinnamon/sugar
Confectioner's sugar

Meal 6

Meal 7

Butter