

Publix Meal Plan

Aug 23 - 29, 2006

*Prices are good for these dates; HOWEVER, check your area to find out if these prices begin on WED or THURS. Prices may vary slightly.

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 Rotisserie Chicken <i>Delicious Salad</i> <i>Garlic Bread</i>	Fresh rotisserie chicken <hr/> <i>1 bag salad</i> <i>1 tomato, diced</i> <i>1 cucumber, sliced</i> <i>(Italian salad dressing & croutons)</i> <i>White Mountain bread (butter, garlic salt)</i>	Keep chicken warm to serve. <i>Heat oven to 400 degrees. Cut bread in half, horizontally. Spread butter on both sides, sprinkle with garlic salt. Close; cut into slices. Wrap in foil and heat in oven for 15 minutes.</i> <i>Toss salad (except croutons) and use a generous amount of dressing. Let it sit at room temperature for 10 minutes before serving. Toss croutons in last.</i>
Meal 2 Portabella Pot Roast <i>Green beans</i> <i>Wide Egg Noodles</i>	4 lb bottom round roast (3 tsp beef bouillon granules, ½ c water) 1 can cr of mushroom soup 6 oz sliced portabella mushrooms <hr/> <i>2 cans green beans</i> <i>Wide egg noodles</i>	In crock-pot, combine bouillon, water, cream of mushroom soup & portabella mushrooms. Add roast to crock pot and cook on low 6-8 hours. <i>Cook noodles as directed; drain. Serve sliced roast and mushroom gravy over cooked noodles.</i> <i>Serve with heated beans.</i> <i>(Dice leftover beef and save for meal #7.)</i>
Meal 3 <i>(Great for Company)</i> Easiest Tortilla Chicken Casserole Ever <i>Crispy Mexi-Veggies</i> <i>Watermelon</i>	1 pkg chicken leg quarters, – cooked, de-boned, cut up 1 can cream of mushroom soup 1 can cream of chicken soup 2 bags 8 oz shredded Mexi-blend cheese 1 can Ro-Tel tomatoes 1 10-pack flour tortillas <hr/> <i>2 zucchini, 1 small can corn</i> <i>¼ C onion, finely chopped (salt, pepper)</i> <i>½ watermelon</i>	Heat first five ingredients together in large saucepan. Layer five flour tortillas on bottom of 13x9 pan, then ½ of mixture, then five more tortillas, then the other ½ of mixture. Cover and heat @350 for 30 min. Reserve 1 cup of cheese to melt on the top. <i>Cut zucchini into small chunks. Drain corn. In a microwave safe dish, combine corn and zucchini; toss with chopped onion, salt and pepper. Add 2 T water, cover with plastic wrap and microwave on High for 5 minutes.</i> <i>Cut watermelon and serve.</i>
Meal 4 Open-Faced Chili Cheese Burgers <i>Potato Salad</i> <i>Pickles</i>		
Meal 5 Grilled Sausage on Buns w/ Onion Relish <i>Chips</i> <i>Watermelon</i>		
Meal 6 Loaded Chicken Kabobs <i>Mashed Potatoes</i> <i>Peas</i>		
Meal 7 Beef and Wild Rice <i>Steamed Asparagus</i>		

(Staples are in parenthesis)

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Publix Grocery List

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MEAL #	X	GROCERY ITEM:	PRICE	OTHER GROCERIES:	X
-----	X	PRODUCE/ DELI/ BREAD	-----		
4		Deli Southern Style Potato Salad	3.29		
1		1 Rotisserie chicken	6.19		
1		White Mountain bread	1.69		
5		PX hot dog buns	.97		
1,4		2 Campari Tomatoes (1 for burgers, if desired)	1.00		
3,5,7		2 lg onions	1.20		
1		1 bag salad	2.00		
4		1 head lettuce (for burgers, if desired)	.99		
1		1 cucumber	.65		
2		6 oz pkg sliced portabella mushrooms	2.00		
6		5 lb bag white potatoes	2.49		
7		1 lb fresh asparagus	2.69		
3		2 zucchini	1.89		
3,5		1 watermelon .49/ lb	2.50		
-----	X	MEATS	-----		
6		1 pkg pre-made chicken kabobs	10.79		
5		1 lb PX mild or hot Italian sausage	2.49		
2,7		4 lb bottom round roast (for 2 meals)	8.76		
4		Grill Ready Classic burgers, 32 oz box	4.99		
3		1 pkg chicken thighs	1.98		
-----	X	DAIRY/REFRIG.	-----		
4		Kraft American Singles	1.50		
3		1 pkg flour tortillas, Azteca	1.33		
3		2 pkgs 8 oz Kraft Mexi-blend cheese	3.32		
-----	X	FROZEN	-----		
-----	X	CANNED/BOTTLED/PACKAGED	-----		
6		2 cans Green Giant peas	.99		
2		2 cans Green Giant green beans	.99		
3		1 can Green Giant corn	.50		
4		2 cans PX Chili Style beans	1.14		
3		1 can Ro-Tel tomatoes	1.09		
2		12 oz egg noodles	.99		
7		1 box PX wild rice	1.39		
6		Lawry's 30 Minute Marinade (Caribbean variety)	1.14		
3,2,7		1 can PX cr of chicken & 3 cans PX cr of mushroom	3.45		
4		Jar Claussen Dill pickles	2.00		
5,7		Lays potato chips	1.50		
-----	X	TOTAL COST (approx)	79.89	Sale prices in red!	

Staples w/ Meal #:

Meal 1

Garlic salt
Butter
Italian drsng
Croutons

Meal 2

3 tsp beef bouillon
granules

Meal 3

Meal 4

Meal 5

Balsamic vinaigrette
Brown sugar
Rubbed sage
1 T sour cream
Mustard

Meal 6

2 C long grain rice
3 T chicken bullion
Onion powder

Meal 7

3 stalks celery
Lemon juice
Worcestershire
Dry mustard