

Meal Plan for Two

March 6 - 12, 2009

Walmart

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> Creamy Crock Pot Chicken <i>Steamed White Rice</i> <i>Steamed Broccoli</i> <i>Rolls</i>	2 or 3 split chicken breasts, skins off ½ can cr of mushroom soup 4 oz cream cheese ½ pkt dry Italian seasoning (½ c dry white wine or cooking wine) <hr/> <i>(White rice)</i> <i>8 oz broccoli florets</i> <i>Dinner rolls</i>	Soften cream cheese in microwave. Mix cream cheese, cr of chicken soup, Italian seasoning and wine until smooth in crock pot. Add chicken. Cook on low 6 hrs. Serve chicken and creamy gravy over rice. <i>Serve with steamed broccoli and rolls.</i>
Meal 2 <i>Easy Meal</i> Broccoli Cauliflower Cheese Soup <i>Bakery Muffins</i> <i>Sliced Peaches</i>	8 oz frozen broccoli florets 8 oz frozen cauliflower cuts ½ small onion, diced (3 chicken bouillon cubes, 3 c water) 4 oz Velveeta cheese, cubed <hr/> <i>2 large bakery muffins</i> <i>(Butter)</i> <i>2-3 peaches</i>	In soup pot, combine all but cheese. Bring to a boil. Reduce and simmer for 20 min. Using a potato masher, mash veggies to desired consistency. Add cheese. Cover 5 min to melt cheese. Then stir until well blended. Salt to taste. <i>Serve w/ muffins/butter and sliced peaches.</i>
Meal 3 <i>Skillet Meal</i> Sausage and Zucchini Sauté <i>Wild Rice</i> <i>Dinner Rolls</i>	1 lb kielbasa sausage, sliced 1 zucchini, sliced (1 T butter, 1 T minced onion, ¼ t oregano, ¼ t garlic salt, ¼ t pepper) 1 tomato <hr/> <i>1 box wild rice mix</i> <i>Dinner rolls</i> <i>(Butter)</i>	In a large non-stick skillet, sauté sausage. Remove sausage, melt margarine, then add zucchini and spices. Cook until zucchini is tender/crisp. Return sausage to the skillet and heat all. Add chopped tomatoes on top of ingredients. <i>Cook wild rice while sausage is browning.</i> <i>Serve w/ rolls and butter.</i>
Meal 4 Tator Tot Casserole <i>Green Beans</i>		
Meal 5 <i>Lazy Meal</i> Country Style B'que Ribs <i>Tator Tots</i> <i>Corn on the Cob</i> <i>Cheesy Cauliflower</i>		

(Staples are in parenthesis)

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Walmart Grocery List

Note: To eliminate a particular meal, cross out each grocery item with that corresponding meal number. Prices and availability of grocery items may vary from store to store.

MEAL #	X	GROCERY ITEM	WM / GV = Walmart / Great Value	PRICE	OTHER ITEMS :	X
-----	X	DELI & BAKERY & BREAD				
1,3		1 pkg dinner rolls		2.50		
2		2 bakery muffins, freeze extra		1.50		
-----	X	PRODUCE				
2		1 small onion		.69		
2		2 to 3 peaches, or any fruit to slice		1.50		
3		1 zucchini		.75		
3		1 tomato		.78		
4		½ lb green beans		.75		
5		2 ears corn on the cob		.66		
-----	X	MEATS				
1		1 lb split chicken breasts		2.26		
3		1 lb kielbasa sausage, Eckrich		2.50		
4		1 lb ground beef, freeze remainder		3.54		
5		2 lbs pork ribs		5.16		
-----	X	DAIRY/REFRIG				
1		8 oz cream cheese, use half		1.56		
2		16 oz Velveeta cheese, GV, use ¼th		3.36		
4,5		8 oz shredded cheddar		1.78		
-----	X	FROZEN				
1,2		16 oz bag broccoli florets, GV		1.34		
2,5		16 oz bag cauliflower cuts, GV		1.34		
4,5		1 bag tator tots, GV		2.12		
-----	X	CANNED/BOTTLED				
1,4		1 can cr of mushroom soup, GV		.98		
5		1 bottle Barbeque sauce, GV		.88		
-----	X	PACKAGED				
1		1 pkt dry Italian seasoning, Good Seasons		1.08		
3		1 box wild rice mix, Uncle Ben's		1.00		
4		1 pkt taco seasoning, GV		.42		
		TOTAL COST: approx		38.45		

STAPLES NEEDED FOR EACH MEAL #:

Meal 1
½ c white wine
White rice

Meal 2
Butter
3 chicken bouillon
cubes

Meal 3
Butter
Minced onion
Oregano
Garlic salt

Meal 4

Meal 5
Butter