

Wal Mart Meal Plan

August 17-23, 2006

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 <i>Delicious!</i> Swiss Chicken <i>Steamed Rice</i> <i>Whole Green Beans</i> <i>Mandarin-Orange-Spinach Salad</i>	4-6 boneless chicken breasts, pounded (¼ c white cooking wine) 1 can cream of chicken soup Swiss cheese slices 1 C Herb stuffing mix, (¼ C melted butter) <hr/> <i>Steamed white rice - enough for your family</i> <i>1 bag whole green beans (butter & salt)</i> <i>1 bag baby spinach</i> <i>Chopped green onions</i> <i>1 can mandarin oranges, drained</i> <i>Balsamic vinaigrette dressing</i>	Mix wine and chicken soup. Mix butter and herb stuffing. Layer chicken, cheese, soup mixture and then stuffing mix. Bake @350, 45 min, uncovered. Serve over steamed rice. <i>Serve with steamed beans. Season to serve.</i> <i>Toss salad with onions, mandarin oranges and dressing.</i>
Meal 2 <i>Crock pot</i> Sirloin Tip Roast <i>Scalloped Potatoes</i> <i>Buttery Corn</i> <i>Rolls</i>	3 lb sirloin tip roast 1 can beef broth 1 packet Golden Mushroom soup mix <hr/> <i>Box scalloped potatoes (butter, milk)</i> <i>Frozen corn (butter, salt, pepper)</i> <i>Canned rolls</i>	Place roast in crock pot. Add beef broth and sprinkle with soup mix. Baste occasionally. Cook 6 hours. <i>Prepare potatoes as directed.</i> <i>Heat corn; season and serve.</i> <i>Bake rolls as directed.</i> (Save leftover meat for meal #6)
Meal 3 White BBQ Chicken <i>Mixed Vegetables</i> <i>Chilled Pear Salad</i>	(1 C mayo, 1 T pepper, 2 tsp salt, 3 T lemon juice, 3 T vinegar, 2 tsp sugar) 4-6 chicken breasts, pounded slightly <hr/> <i>1 bag mixed vegetables</i> <i>Large can pear halves</i> <i>Lettuce leaves</i> <i>Shredded cheese (mayo)</i>	Blend all ingred (except chicken) together until smooth. Place chicken in a greased baking dish. Pour sauce over chicken. Cover & bake @350, 40 min. Check for doneness. <i>Steam veggies and season to taste.</i> <i>For a single serving, arrange 1-2 pear halves on a bed of lettuce, top with a dollop of mayo. Sprinkle with cheese.</i>
Meal 4 Crunchy Tilapia <i>Macaroni and Cheese</i> <i>Steamed Broccoli</i>		
Meal 5 Curry Turkey Salad <i>Crescent Rolls</i>		
Meal 6 Sirloin Stroganoff <i>Butter Noodles</i> <i>Peas</i>		
Meal 7 Millie's Grilled Pimiento Cheese <i>Strawberry Grape Salad</i> <i>Chips</i>		

(Staples are in parenthesis)

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Wal Mart Grocery List

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Prices and availability of grocery items may vary slightly from store to store.

MEAL #	X	GROCERY ITEM	PRICE	OTHER GROCERIES:	X
	X	PRODUCE/DELI	-----		
7		1 carton strawberries	2.77		
3,5		2 bags salad	4.16		
1		1 bag baby spinach	2.74		
6		8 oz mushrooms	1.68		
1		1 bunch green onions	1.12		
7		1 tomato	.85		
5,7		1 lb grapes	1.48		
5		2 avocados, optional	1.00		
	X	DAIRY	-----		
2,5		GV dinner (Texas) rolls, crescent rolls	2.44		
3,7		2- 8 oz. GV shredded cheddar cheese	3.00		
7		1 8 oz GV shredded MILD cheddar cheese	1.50		
1		GV Swiss cheese slices	1.96		
7		8 oz GV soft cream cheese	1.25		
6		GV 8 oz sour cream	1.98		
7		Small GV vanilla yogurt	.52		
	X	MEATS/DELI	-----		
2,6		3 lb sirloin tip Roast	10.02		
4		1 bag frozen tilapia filets	4.14		
5		Honeysuckle White Turkey breast cutlets 1.5 lbs	5.60		
1,3		2 pkgs boneless skinless chicken breasts	10.70		
	X	FROZEN FOODS			
6		1 bag GV peas	1.50		
2		1 bag GV corn	.78		
1		1 bag Pictsweet whole green beans	1.33		
3		1 bag GV mixed vegetables	1.34		
4		1 bag GV broccoli	.88		
	X	PACKAGED/BOXED/BOTTLED	-----		
7		GV sliced bread	1.07		
1		Ken's Balsamic vinaigrette dressing	1.07		
7		4 oz jar Pimento	.62		
5,7		2 oz. bag Fisher's sliced almonds	.92		
1		1 large can GV mandarin oranges	.68		
5		1 small can GV pineapple tidbits	.50		
3		Large can GV pear halves	1.17		
1		GV long grain rice	.88		
4		Family size GV macaroni and cheese	.65		
6		12 oz. bag GV wide egg noodles	.77		
2		GV scalloped potatoes	.87		
2		Lipton Golden Mushroom Soup Mix	1.24		
1		1 GV cream of chicken soup	.62		
2,6		2 cans GV beef broth	.94		
1		GV box herbed stuffing mix	.96		
4,7		1 bag GV potato chips	1.50		
	X	TOTAL COST (approx)	79.20	Copyright 2006, E-mealz.com	

STAPLES:

MEAL 1

White cooking wine
Butter

MEAL 2

butter
milk

MEAL 3

mayo
lemon juice
Vinegar
Sugar

MEAL 4

Lemon pepper
butter
milk

MEAL 5

2 stalks celery
Mayo
curry powder
Lemon juice
Soy sauce

MEAL 6

butter
flour

MEAL 7

mayo
cayenne pepper