

Wal Mart Meal Plan

SEPT 11-17, 2008

| | | |
|---|--|---|
| Meal 1 Crock Pot Meal Easy Does It Spaghetti Caesar Salad Toasted Garlic Bread | 1.5 lbs ground beef, cooked 1 15-oz can tomato sauce 3 c tomato juice ½ c diced onion (2 t minced garlic) (3 t Italian seasoning) (¾ t salt, ¼ t pepper) 8 oz spaghetti, broken in half (Parmesan cheese) 1 loaf fresh baked French bread (Butter & garlic salt) 1 bag Romaine Caesar salad dressing Croutons | Combine all ingredients in crock-pot, except spaghetti and cheese. Cover and cook on low 6-8 hours (or high 3-5 hours). Turn to High during last 30 minutes and stir in dry spaghetti. Serve topped with Parmesan cheese. On a cookie sheet, slice bread in half lengthwise. Butter each half, sprinkle with garlic salt, close and slice. Toast @350°. Serve with tossed salad. |
| Meal 2 Almond Rice Chicken Peas | 1 pkg boneless chicken breasts, pounded 1 c finely minced onion (2 T parsley, ¼ c olive oil) 2 c long-grain rice (½ t salt) 3 ½ c chicken broth 2-4 oz. slivered almonds, lightly toasted Juice of 1 lime Frozen peas (butter, salt and pepper) | Cut pounded chicken breast into strips and then cut strips in half. Season with salt and pepper; set aside. In a saucepan, heat 2 T oil, add onion and parsley; cook for 3 minutes. Stir in rice, salt and broth. Bring to a boil. Cover and simmer for 15 minutes. Meanwhile, heat remaining oil in skillet. Sauté chicken for 3 minutes on each side. Add rice and cook 5 more minutes. Squeeze limejuice over rice; add toasted almonds. Toss well. Serve cooked peas on the side, |
| Meal 3 Kid's love 'em! Fish Stick Po' Boys Chips | 20 oz package frozen fish sticks (½ c mayo) (2 t hot sauce) Juice from one lemon 4-6 sandwich buns, opened, toasted Shredded lettuce 2-3 tomatoes, sliced Chips | Preheat oven to 475°. Cook the fish sticks on a baking sheet according to package instructions. In a small bowl, stir mayo, hot sauce and lemon juice. Before fish sticks are done, place open buns on a baking sheet and toast in oven, if desired. Assemble sandwiches with mayo mixture, fish sticks, lettuce and tomato. Serve chips on the side. |
| Meal 4 Beef Cubed steak Mashed Potatoes and Gravy Broccoli | 1.5-2 lbs beef cubed steaks, pounded (Salt, pepper, flour, oil) Brown gravy packet Tub prepared mashed potatoes (Butter, salt, pepper) Frozen broccoli (Lemon pepper, salt, butter) | Pound steaks to tenderize. Season with salt and pepper; dredge in flour. In a skillet, heat 2-3 T oil and cook steaks until browned; 4-5 minutes each side. Keep warm. In a separate saucepan, prepare gravy as directed. Serve over steak. Heat potatoes as directed. Serve with butter and gravy. Steam broccoli until just crisp-tender. Drain. Add butter, salt and lemon pepper to serve. |
| Meal 5 Sliced Top Sirloin w/Chili Beans Apple Cole Slaw Combread | 1.5-2 lbs top sirloin steak (Steak seasonings) 2 cans chili beans 1 bag broccoli slaw 3 apples, cut up 1 small bag peanuts (½ c mayo, 2 t vinegar, 1 t sugar) Jiffy combread mix (2 eggs, ¼ c oil, 1/3 c milk) | Season sirloin on both sides with seasonings. Broil 5-7 minutes on each side to desired doneness. Slice to serve. Bake combread as directed. Serve with butter, if desired. Heat beans in saucepan and serve over steak slices. Combine mayo, vinegar and sugar for slaw dressing. Toss with slaw and apples. Add peanuts last. |
| Meal 6 Simple Meal Black Beans and Rice Buttery Corn Cantaloupe | 1.5 lbs ground beef 1 can black beans 1 ½ c Picante sauce or salsa Long grain rice Bag frozen corn (butter, salt, pepper) 1 cantaloupe, sliced | Cook ground beef. Drain. Add Picante sauce and undrained beans. Heat thoroughly. Cook a generous amount of rice. Serve beef and bean mixture over rice. Cook corn until tender. Drain. Add butter, salt and pepper. Serve chilled cantaloupe on the side. |
| Meal 7 EZ Meal Chicken Pasta Salad Fresh Hot Bread | 1 lb pasta spirals 12 oz can chicken, drained Small can sliced black olives, drained 1 cucumber, diced ½ c diced purple onion 2 Roma tomatoes, diced Cheese blocks (Italian dressing) 1 loaf fresh baked French bread (Butter, garlic salt) | Slice bread lengthwise; spread butter and sprinkle w/garlic salt on both sides. Close; slice. Wrap in foil and place in hot oven for 20 min. In a large pot of boiling water, cook pasta as directed. Drain. Toss in chicken, olives, cucumber, onions, tomatoes and cheese. Toss with Italian dressing and serve immediately. |

(Staples are in parenthesis)

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

GV = Great Value, WAL MART'S brand name. Prices may vary slightly from store to store.

| MEAL # | X | GROCERY ITEM | PRICE | OTHER GROCERIES: |
|--------|---|--|--------------|---------------------------|
| ----- | X | PRODUCE/ DELI/ BREAD | ----- | |
| 1,7 | | 2 loaves fresh baked French bread | 3.00 | |
| 3 | | Bakery hot dog buns | 2.50 | |
| 1 | | 1 bag Romaine blend | 2.17 | |
| 2 | | 1 lime | .25 | |
| 3 | | 1 lemon | .58 | |
| 3,7 | | 5 Roma tomatoes | 2.00 | |
| 5 | | 1 bag broccoli slaw | 1.48 | |
| 5 | | 3 apples | 2.50 | |
| 3 | | 1 bag Fresh Express® 'Shreds' | 1.58 | |
| 7 | | 1 cucumber | .82 | |
| 7 | | 1 purple onion, small | 1.00 | |
| 6 | | Cantaloupe | 1.38 | |
| ----- | X | MEATS | | |
| 4 | | 1 tub Bob Evans® prepared mashed potatoes | 2.62 | |
| 1,6 | | 3 lbs ground round | 8.88 | |
| 2 | | 1 pkg boneless chicken breasts | 5.00 | |
| 4 | | 1.5-2 lbs beef cubed steak | 5.57 | |
| 5 | | 1.5-2 lbs boneless top sirloin steak | 7.00 | |
| ----- | X | DAIRY | | |
| 7 | | Natural whole milk soft mozzarella cheese GV | 3.22 | |
| ----- | X | FROZEN | | |
| 2 | | 16 oz frozen peas GV | 1.12 | |
| 6 | | 16 oz frozen corn GV | .94 | |
| 4 | | 16 oz frozen broccoli florets GV | .98 | |
| 3 | | 24.07 oz bag breaded fish sticks GV | 3.28 | |
| 1,2 | | 12 oz bag Pictsweet® chopped onion | 1.26 | |
| ----- | X | CANNED/BOTTLED/PACKAGED | | General Staples: |
| 1 | | 46 oz tomato juice (enough for 3 c) GV | 1.12 | Cooking Spray |
| 1 | | 15 oz can tomato sauce GV | .42 | Vegetable oil |
| 5 | | 2 cans chili beans GV | 1.00 | Sea or kosher salt/pepper |
| 6 | | 1 can black beans GV | .53 | Vinegar |
| 6 | | Sam's salsa | 1.84 | Butter |
| 1 | | Spaghetti noodles GV | .92 | Mayo |
| 7 | | Pasta spirals GV | 1.12 | Sugar |
| 4 | | 1 envelope brown gravy mix GV | .38 | Flour |
| 2,6 | | Long grain rice (1 lb bag) GV | .94 | Milk |
| 1 | | Mrs. Cubbison's® Caesar croutons | .92 | Olive Oil |
| 1 | | Caesar salad dressing GV | 1.22 | |
| 2 | | 2 cans chicken broth GV | 1.08 | |
| 7 | | 1 small can sliced black olives GV | .68 | |
| 5 | | 1 box Jiffy® cornbread | .43 | |
| 2 | | 2 oz Fisher's® bag sliced almonds | .92 | |
| 3 | | Golden Flake® Potato chips | 1.49 | |
| 5 | | Small bag peanuts (in check-out isle) | .44 | |
| 7 | | 12 oz can chicken GV | 2.08 | |
| ----- | X | TOTAL COST (approx) | 76.66 | |

Staples w/ Meal #:

Meal 1

Minced garlic
Italian seasngs
Parmesan cheese
Garlic salt

Meal 2

Parsley
Minced garlic

Meal 3

Hot sauce
½ c mayo

Meal 4

Lemon pepper

Meal 5

Steak seasngs
2 eggs

Meal 6

Meal 7

Garlic salt
Italian drsng

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