



VACATION MEAL PLAN FROM EMEALS (Serves 12)

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>
<p>Meal 1</p> <p><i>A Kid Favorite!</i></p> <p>Tacos in a Bag <i>Easy Corn and Zucchini</i> <i>Cantaloupe Slices</i></p>	<p>2 lb ground beef 2 packets taco seasoning 12 count snack pack corn chips 12 count snack pack Cheetos® 8 oz fiesta blend shredded cheese 16 oz carton sour cream 12 oz bag shredded lettuce 2 large tomatoes, finely chopped <hr/>3 zucchini, chopped 16 oz bag frozen corn ½ cup finely chopped onion ½ teaspoon salt ¼ teaspoon pepper 2 cantaloupes, chilled and sliced</p>	<p>Brown ground beef. Drain. Add taco seasoning and water as directed on the package. Simmer until liquid is absorbed. Assemble Tacos as follows: Open bag of chips. Add a spoonful of seasoned meat, cheese, sour cream, lettuce and tomatoes. Eat it right out of the bag!</p> <p><i>In a microwave-safe dish, toss together zucchini, corn, onion, salt, and pepper. Add ¼ cup water. Cover with plastic wrap; vent one corner. Cook on High 3 minutes. Stir and test corn for doneness. Cook 1 minute longer if needed. Serve hot. Serve chilled cantaloupe slices on the side.</i></p>
<p>Meal 2</p> <p><i>Light Fare!</i></p> <p>Summer Fruit and Chicken Salad <i>Sugar Snap Peas</i> <i>Jell-O Salad</i></p>	<p>½ cup bottled poppy seed dressing 2 teaspoons grated fresh ginger (optional) 2 avocados, thinly sliced 5 cups packed arugula or baby spinach 2 cups halved seedless red grapes 2 ripe mangoes, chopped 2 cups sliced fresh strawberries ¼ cup thinly sliced green onions ¼ cup chopped fresh cilantro 1 rotisserie chicken, shredded or chopped <hr/>1 ½ lb sugar snap peas, trimmed 1 ½ tablespoons olive oil 2 (6 oz) boxes strawberry Jell-O 2 (15.25 oz) cans sliced pears, drained 12 oz container frozen whipped topping, thawed</p>	<p>Whisk together dressing and ginger in a large bowl. Cut avocado slices in half crosswise; toss with dressing. Add arugula, grapes, mangoes, strawberries, green onions, cilantro, and chicken. Toss gently to coat. Serve immediately. Serve with additional poppy seed dressing, if desired.</p> <p><i>Sauté sugar snap peas in hot oil in a large skillet 2 to 3 minutes. Season with salt and pepper.</i></p> <p>Make Ahead: <i>Prepare Jell-O according to package directions; add pears. Refrigerate until firm. Spread whipped topping in a thin layer on top. Refrigerate until ready to serve.</i></p>
<p>Meal 3</p> <p><i>Beach Favorite!</i></p> <p>Low Country Boil <i>Crusty Garlic Bread</i></p>	<p>2 large sweet onions, quartered 4 lemons, cut in half 3 oz box shrimp/crab boil seasoning pouch 12 new potatoes 2 lb kielbasa or Andouille sausage, sliced into 1-inch pieces 8 to 10 ears fresh corn on the cob, halved 2 lb raw, unpeeled large shrimp 1 cup cocktail sauce 16 oz carton sour cream 2 tablespoons butter <hr/>3 loaves frozen garlic bread</p>	<p>Bring 3 quarts water, onions, lemons and seasoning pouch to a rolling boil in a large stockpot. Add potatoes and sausage. Return to a boil. Cook 10 minutes. Add corn. Cook 10 minutes. Add shrimp; cook 3 to 5 minutes or until shrimp turn pink. Drain all in colander; serve all on a large platter. Peel shrimp; serve with cocktail sauce. Serve potatoes with sour cream and butter.</p> <p><i>Preheat oven and bake garlic bread according to package directions.</i></p>

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<p>Meal 4</p> <p><i>Slow Cooker!</i></p> <p>Pulled Pork Sandwiches <i>Magic Dust Grilled Veggies</i> <i>Classic Coleslaw</i></p>	<p>5 lb pork roast, trimmed of fat 2 (18 oz) bottles favorite barbecue sauce 2 (8 count) packages hamburger buns 46 oz jar sandwich pickles</p> <hr/> <p><i>2 zucchini</i> 2 yellow squash 2 red bell peppers 1 green bell pepper 1 yellow bell pepper 1 lb fresh asparagus ¼ cup olive oil ¼ teaspoon salt ¼ cup sugar 2 bags coleslaw mix 1 cup mayonnaise ¼ cup vinegar ¼ cup sugar</p>	<p>Place roast in a lightly greased 5- to 7-quart slow cooker. Sprinkle with salt and pepper. Cover and cook on Low 8 hours or until very tender. Drain and cool pork. Shred pork with 2 forks. Pour sauce over shredded pork. Keep warm in slow cooker on Low. Serve on buns with pickles.</p> <p><i>Cut all vegetables into bite-size pieces. In a large bowl, toss vegetables with oil. Combine salt and ¼ cup sugar to make "Magic Dust". Preheat grill to medium-high. Using a mesh metal grill pan or aluminum foil, spread veggies out on pan. Sprinkle with salt and sugar mixture. Grill 10 to 14 minutes or until crisp-tender. Season with more "Magic Dust" to taste.</i></p> <p><i>Place coleslaw mix in a large bowl. Mix together mayonnaise, vinegar and ¼ cup sugar. Toss with coleslaw mix. Chill until ready to serve.</i></p>
<p>Meal 5</p> <p><i>Grill!</i></p> <p>Grilled Chicken on Salad Greens <i>Grilled Corn</i> <i>Watermelon</i></p>	<p>2 cups oil-and-vinegar dressing, divided 3 lb boneless, skinless chicken breasts 6 Roma tomatoes, finely chopped 2 large red onions, sliced ¼-inch thick, do not separate rings 2 (10 oz) bags mixed salad greens 1 English cucumber, cut in half lengthwise and thinly sliced crosswise</p> <hr/> <p><i>8 to 12 ears corn, shucked</i> 1 large watermelon, cut into chunks</p>	<p>Preheat grill. Pour 1 cup dressing over chicken; marinate 15 minutes. Pour 1 cup dressing over tomatoes; toss and set aside. Spray onion slices with cooking spray. Grill onions 8 to 10 minutes or until tender, turning once. Remove from grill. Grill chicken 5 to 7 minutes per side or until done. Slice chicken into strips. In a large bowl, combine salad greens and cucumber. Top with chicken and grilled onions. Drizzle with tomato vinaigrette.</p> <p><i>Coat grill rack with cooking spray and preheat grill. Grill corn 12 minutes or until tender, turning occasionally. Season with butter, salt and pepper. Refrigerate watermelon until ready to serve.</i></p>
<p>Meal 6</p> <p><i>Quick and Delicious!</i></p> <p>Classic Spaghetti <i>Garlic Bread</i> <i>Simple Italian Salad</i></p>	<p>2 lb ground beef 1 medium onion, chopped 1 ½ lb uncooked spaghetti 40 oz jar pasta sauce ¼ cup grated Parmesan cheese</p> <hr/> <p><i>2 loaves fresh baked French bread</i> ¼ cup softened butter 2 tablespoons garlic salt 2 bags shredded lettuce 1 green pepper, sliced 1 tomato, chopped ½ cup Italian dressing</p>	<p>In a large skillet, brown ground beef and onion; drain. Add pasta sauce; heat thoroughly. Cook pasta according to package directions. Serve spaghetti sauce over pasta. Sprinkle with Parmesan cheese.</p> <p><i>Cut bread in half lengthwise. Spread butter over cut sides of each half. Sprinkle with garlic salt. Close. Cut into slices. Wrap in foil. Bake in 350° oven for 15 minutes. Toss lettuce with green pepper and tomato. Drizzle with dressing.</i></p>
<p>Meal 7</p> <p><i>Family Friendly Crowd Pleaser!</i></p> <p>Cheesy Chicken and Rice Casserole <i>Sugared Peaches</i> <i>Steamed Broccoli</i></p>	<p>4 boneless, skinless chicken breasts 8.8 oz pouch microwavable rice 2 tablespoons butter 1 sweet onion, finely chopped 2 cups frozen peas, thawed 2 cups shredded Cheddar cheese 1 ¼ cups mayonnaise 10 ¾ oz can cream of chicken soup 8 oz can sliced water chestnuts, drained 4 oz jar pimientos, drained 4 cups coarsely crushed ridged potato chips</p> <hr/> <p><i>8 to 10 peaches</i> 2 teaspoons sugar 1 teaspoon lemon juice 2 (12 oz) bags broccoli florets 2 tablespoons butter 1 lemon, cut in half</p>	<p>Preheat oven to 350°. Boil chicken in water for 20 minutes or until cooked; cool and chop. Cook rice in microwave according to package directions. Melt butter in a skillet over medium heat. Sauté onion in butter 5 minutes or until tender. Combine onion, rice, chicken, peas, cheese, mayonnaise, soup, water chestnuts and pimientos in a large bowl. Stir gently until blended. Spoon mixture into a lightly greased 3-quart or other large baking dish. Top with crushed chips. Bake uncovered 20 to 25 minutes or until bubbly. Serve hot.</p> <p><i>Slice peaches. Sprinkle with sugar; drizzle with 1 teaspoon lemon juice. Chill until ready to serve. Cook broccoli, one bag at a time, in microwave according to package directions. Toss broccoli with butter in a serving bowl. Squeeze lemon over broccoli. Season with salt and pepper to taste.</i></p>

MEAL #	X	GROCERY ITEM WM / GV = Walmart / Great Value	PRICE:	STAPLES NEEDED FOR EACH MEAL:
		DELI/BAKERY		MEAL 1
4		2 (8 count) packages sandwich buns, Great Value™	2.26	Plastic wrap
6		2 loaves fresh baked French bread, Great Value™	3.00	½ cup finely chopped onion
		PRODUCE		MEAL 2
1,6		3 large tomatoes	3.76	1 ½ T olive oil
1,6		3 (12 oz) bags shredded lettuce, Marketside®	3.00	¼ cup chopped fresh cilantro
1,4		5 large zucchini	5.21	¼ cup chopped green onion
1		2 cantaloupes	3.96	2 teaspoons grated fresh ginger
2		2 avocados	1.36	MEAL 3
2		10 oz bag arugula or baby spinach, for 5 cups	4.48	1 cup cocktail sauce
2		1 lb grapes, for 2 cups	1.98	Aluminum foil
2		2 ripe mangoes	1.36	2 tablespoon butter
2		16 oz package strawberries	1.78	MEAL 4
2		1 ½ lb sugar snap peas	2.82	¼ cup olive oil
3,7		5 lemons	1.65	½ cup sugar
3		12 medium new or red potatoes	3.77	1 cup mayonnaise
3,7		3 large sweet onions	1.75	¼ cup vinegar
3,5		16 to 22 ears of corn	6.00	MEAL 5
4,6		2 green bell peppers	1.38	Cooking spray
4		2 yellow squash	1.38	2 cups Oil and Vinegar dressing
4		2 red bell peppers	3.96	MEAL 6
4		1 yellow bell pepper	1.98	¼ cup grated Parmesan cheese
4		1 lb asparagus	1.89	Aluminum foil
4		2 (10 oz) bags Coleslaw mix, Fresh Express®	3.96	2 tablespoon garlic salt
5		6 Roma tomatoes	3.50	½ cup Italian dressing
5		2 large red onions	1.25	¼ cup butter
5		2 (10 oz) bags mixed greens, Marketside®	8.96	1 medium onion
5		1 English cucumber	1.86	MEAL 7
5		7 to 10 lb watermelon	4.50	Cooking spray
7		8 to 10 peaches	1.56	1 teaspoon lemon juice
7		2 (12 oz) bags broccoli florets	4.76	2 teaspoon sugar
		DAIRY		¼ cup butter
1		8 oz bag fiesta blend shredded cheese, Great Value™	2.32	1 ¼ cups mayonnaise
1,3		2 (16 oz) containers sour cream, Great Value™	2.61	
7		8 oz bag shredded Cheddar cheese, Great Value™	2.24	
		MEATS		
1,6		4 lb ground beef	9.92	
2		1 rotisserie chicken	5.49	
3		2 lbs smoked kielbasa sausage, Eckrich®	5.00	
3		2 (16 oz) packages raw, unpeeled shrimp	10.00	
4		5 lb pork loin roast, Great Value™	11.40	
5,7		5 lb boneless, skinless chicken breasts, Tyson®	11.62	
		FROZEN FOODS		
1		16 oz bag frozen corn, Great Value™	.99	
3		3 (16 oz) loaves garlic bread, Great Value™	5.91	
7		16 oz bags frozen sweet peas, Great Value™	.98	
2		12 oz container frozen whipped topping, Great Value™	1.56	
		PACKAGED/BOXED/CANNED		
1		2 packets taco seasoning mix, Great Value™	1.48	
1		2 (6 count) corn chip snack bags, Fritos®	4.36	
1		2 (6 count) snack bags, Cheetos®	4.36	
2		14 oz bottle poppy seed dressing, Brianna's®	3.12	
2		2 (6 oz) boxes strawberry Jell-O®	2.00	
2		2 (15 oz) cans sliced pears, Great Value™	2.00	
3		2 oz box shrimp/crab boil seasoning pouch, Zaterain's®	1.18	
4		2 (18 oz) bottles barbecue sauce, Great Value™	1.76	
4		46 oz jar sandwich pickles, Mt. Olive®	2.42	
6		2 (16 oz) packages spaghetti, for 24 oz, Great Value™	1.44	
6		40 oz jar pasta sauce, Ragu®	2.50	
7		8.8 oz pouch ready rice, Uncle Ben's®	1.84	
7		10 ¾ oz can cream chicken soup, Great Value™	1.25	
7		8 oz can sliced water chestnuts, Dynasty®	.67	
7		4 oz jar pimentos, Great Value™	1.20	
7		12 oz bag ridged potato chips, for 4 cups crushed	1.98	
		TOTAL APPROXIMATE COST:	\$192.68	Copyright © 2013, eMeals, Inc.