

Meals: Side dishes are in ITALICS	Ingredients:	Instructions:
Mexican Chicken Skillet Baked Creamy Rice and Green Beans Prep Cook Total 20m 25m 45m	2 Tbsp olive oil 1 lb boneless chicken thighs, chopped ½ (14-oz bag) frozen seasoning blend (diced onion, bell pepper and celery) 4 cloves garlic, minced 2 Tbsp chili powder 2 tsp ground cumin ½ tsp salt and pepper 1 (14.5-oz) can diced tomatoes ¼ cup chopped fresh cilantro (or 2 Tbsp dried) 1½ cups uncooked white rice ½ (8-oz) pkg cream cheese, room temperature ½ cup sour cream 1 (4-oz) can chopped green chiles, with juices 1 cup shredded Cheddar cheese 1 (16-oz) bag whole green beans	Heat oil in a large skillet over medium-high heat. Add chopped chicken, seasoning blend and garlic. Cook 6 minutes or until chicken is cooked through and veggies are tender, stirring frequently. Add chili powder, cumin, salt and pepper. Cook until heated through. Stir in tomatoes and cilantro; cook 4 minutes or until thoroughly heated. Serve over creamy rice. Preheat oven to 350°F. Cook rice according to directions. Spray a 2-quart baking dish with cooking spray. Combine cooked rice, cream cheese, sour cream, green chiles. Top with shredded cheese. Bake 15 to 20 minutes or until cheese is browned and bubbly. Cook beans according to package directions. Season as desired.
Garlic Roast Beef and Onions Red Potatoes and Steamed Peas Prep Cook Total 15m 7h 10m 7h 25m	1 cup beef broth, from bouillon 2 sweet onions, cut into wedges 4 cloves garlic, minced 3 lb chuck roast 1 tsp salt and pepper 1 (10½-oz) can cream of mushroom soup 6 red potatoes 1 (12-oz) bag steamer frozen peas	Dissolve 1 bouillon cube in 1 cup boiling water to create broth; set aside. Spread onion and garlic on bottom of a 5- to 6-quart slow cooker. Rub roast with salt and pepper. Place beef over onions in slow cooker. Mix together broth and soup. Pour over beef. Cover and cook on LOW 7 to 8 hours or until beef is tender. (Reserve half the cooked beef for Creamy French Dip Sandwiches.) Serve remaining beef with onions and gravy. Cover potatoes with water in a deep pot. Bring to a boil. Reduce heat to medium and cook 20 minutes, until knife tender. Serve with roast and gravy. Cook peas according to package directions. Season with butter, salt and pepper.
Chicken and Rice Soup Cheesy Cornbread Muffins Prep Cook Total 10m 15m 25m	1 (32-oz) box chicken broth 1½ lb boneless, skinless chicken breasts ½ (14-oz bag) frozen seasoning blend(diced onion, bell pepper and celery) 1 cup uncooked rice 1 tsp garlic salt ½ cup flour 1 tsp salt, ½ tsp pepper ½ cup butter 2 cups milk 2 (6-oz) pkg buttermilk cornbread-and-muffin mix 1 cup shredded Cheddar cheese	Combine broth, 2 cups water, chicken, seasoning blend, rice and garlic salt in a 4- to 6-quart slow cooker. Cover and cook on High 4 hours. Shred chicken when it is tender. Mix flour with salt and pepper. Melt butter in a small saucepan. Whisk in flour mixture, 1 Tbsp at a time, until all is combined. Cook 2 minutes. Add milk to flour mixture, whisking until smooth. Add to soup. Cover and cook 15 minutes longer. Salt and pepper to taste. Prepare cornbread batter as directed on package for muffins; stir cheese into batter. Bake, in a 12-count muffin tin, according to package directions. Serve with butter.



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Creamy French Dip Sandwiches French Fries with Kicked-Up Ketchup Prep Cook Total	1½ lb reserved cooked roast beef with gravy (from Garlic Roast Beef and Onions recipe), shredded 3 cups beef broth, made with bouillon 2 Tbsp dried onion flakes 1 tsp onion powder ¼ tsp pepper 1 (6 to 8-count) pkg sandwich rolls ½ bag frozen French fries	Preheat oven to 400°F. Place shredded beef/gravy in a microwave-safe dish and cover with plastic wrap. Heat on HIGH for 2 minutes. In a saucepan, dissolve 3 bouillon cubes in 3 cup boiling water to create broth. Add onion flakes, and spices. Reduce heat, cover and simmer. Mound shredded beef on sandwich rolls. Close and wrap in foil. Heat in the oven 12 minutes or until thoroughly heated. Serve with heated savory broth for dipping.	
10m 15m 25m	1 cup ketchup ½ tsp dried mustard ½ tsp garlic powder ¼ tsp cayenne pepper 1 tsp dried oregano	Bake fries according to package directions. Sprinkle salt over hot fries, and toss. Combine ketchup and spices to create dip.	
Meal 5 Kid-Friendly Easy Garlic Chicken	1 (1½-lb) pkg boneless chicken breasts 2 tsp garlic salt 1 tsp pepper 2 Tbsp olive oil	Slice chicken breasts into long strips (about 2-inches wide and 4 to 5 inches long). Season with garlic salt and pepper. Heat oil in a large skillet, or on a griddle, over medium-high heat.	
Strips Homemade Macaroni 'n Cheese and Broccoli	1½ cups uncooked elbow macaroni 3 large eggs 1 cup milk 1 tsp salt 2 cups shredded Cheddar cheese ½ (8-oz) pkg cream cheese, cut into cubes ½ cup crushed potato chips or crackers 3 Tbsp butter, cut into small pieces 1 to 2 (12-oz) bags steamable broccoli florets	Cook on one side until crispy and browned. Flip and cook 2 minutes on the other side. Place on a plate, and cover to keep warm. Note: Cook chicken while side dish bakes in the oven.	
Prep Cook Total 5m 45m 50m		Preheat oven to 350°F. Cook macaroni according to package directions; drain. Mix together eggs, milk, and salt. Layer half of cooked macaroni and half of Cheddar and cream cheese in a greased 8- x 8-inch baking dish. Repeat layers. Pour egg mixture over macaroni. Top with crushed potato chips or crackers and butter. Bake, uncovered, 45 minutes. Cook broccoli according to package directions. Season to taste. Note: Prep Ahead Tip: Cook macaroni noodles ahead of time and store in a zip-top bag in the refrigerator until ready to make side dish.	
Real Taco Pie Smoky Corn Prep Cook Total 10m 20m 30m	3 cups frozen French fries, thawed and chopped 1 package taco seasoning mix, divided 1 lb ground beef ½ cup chopped onion ½ cup salsa 1 cup shredded Cheddar cheese 2 cups shredded lettuce 2 medium tomatoes, chopped ½ cup sour cream	Preheat oven to 350°F. Toss fries with 2 Tbsp taco seasoning. Press mixture into bottom of a 10-inch pie plate. Bake 7 to 10 minutes until just barely brown. Brown beef and onion in a skillet; drain. Stir in salsa and remaining taco seasoning. Cook until bubbly. Pour beef mixture into crust. Bake 15 minutes or until crust is golden brown. Let cool 5 minutes. Top with cheese, lettuce, and tomatoes. Cut into wedges, and serve topped sour cream.	
	1 (16-oz) bag corn ½ tsp paprika 1 tsp ground cumin 2 Tbsp butter	Cook corn according to package instructions; drain. Toss with paprika, cumin, butter and salt and pepper to taste.	



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Meal 7 Chill Time	•	Arrange bread cubes in a lightly greased 13-
German French Toast Crispy Bacon Prep Cook Total 10m 50m 1h	8 eggs 3 cups milk 1 Tbsp sugar 1 tsp salt 1 Tbsp vanilla 1/4 cup butter, melted 2/3 cup confectioners sugar 1 lemon 1 lb bacon (or sausage)	x 9-inch baking dish. Beat eggs, milk, sugar, salt and vanilla in a bowl until frothy. Drizzle slowly over bread in dish, covering completely. Cover with plastic wrap and refrigerate 6 to 36 hours. Preheat oven to 350°F. Remove plastic wrap and loosely cover with foil. Bake 45 minutes. Baste with melted butter, and sprinkle with confectioner's sugar. Squeeze lemon juice over sugar. Bake 5 minutes longer. Cook bacon (or sausage) to desired doneness, and serve with French Toast.



Meal	✓	Grocery Items to Purchase	Price
		Produce	
1,2		1 head garlic, need 8 cloves	0.50
2		6 red potatoes	1.64
6		1 head lettuce	1.48
6		2 medium tomatoes	1.20
2,6		3 sweet onions, about 2 lbs	1.96
7		1 large lemon	0.60
		Meat & Seafood	
1		1 (1-lb) pkg boneless chicken thighs	3.00
2,4		3 lb chuck roast	16.50
3,5		1 (3-lb) pkg boneless chicken breasts, fresh or frozen	6.98
6		1 lb ground beef	4.58
7		1 lb bacon or sausage	3.50
		Refrigerated	
1,5		1 (8-oz) pkg cream cheese	1.96
1,3,5,6		1 (32-oz) bag shredded Cheddar cheese, need 5 cups, freeze remaining	7.94
1,6		1 (8-oz) carton sour cream	0.98
5,7		1 dozen large eggs	3.90
3,5,7		½ gallon milk, need 6 cups	2.00
		Frozen	
1		1 (16-oz) bag whole green beans	1.97
1,3		1 (14-oz bag) frozen seasoning blend (diced onion, bell pepper and celery)	1.28
2		1 (12-oz) bag frozen peas, Steamable	0.98
5		1 to 2 (12-oz) bags broccoli florets, Steamable	0.98
6		1 to 2 (12-oz) bags corn, Steamable	0.98
4,6		1 (32-oz) bag frozen French fries	2.00
		Canned & Packaged	
1		1 (4-oz) can chopped green chilies	1.08
1		1 (14.5-oz) can diced tomatoes	0.72
1,3		1 (32-oz) bag white rice, need 3 cups	1.18
2		1 (10½-oz) can cream of mushroom soup	1.25
3		1 (32-oz) box chicken broth	1.86
3		2 (6-oz) pkg buttermilk cornbread-and-muffin mix	1.00
4		1 (20-oz) container ketchup, need 1 cup	2.22
5		1 (16-oz) box elbow macaroni, need 1½ cups	1.00
6		1 pkg taco seasoning mix	0.50
		Bakery & Deli	
4		1 (6 to 8-count) pkg sandwich rolls	2.00
7		1 loaf fresh baked French bread	1.00
		Approximate Total	\$80.72

	Necessary Staples	
Meal 1		
2½ ¼ t 3 T ¼ 0	bsp chili powder tsp ground cumin sp ground red pepper bsp olive oil cup chopped fresh cilantro 2 Tbsp dried)	
Me	al 2	
1 b	eef bouillon cube	
Me	al 3	
1/2 (sp garlic salt cup flour cup butter	
Ме	al 4	
½ t ¼ t 3 b ½ t 4 ts 2 T	sp dried oregano sp dried mustard sp cayenne pepper eef bouillon cubes sp garlic powder sp beef bouillon powder bsp dried onion flakes sp onion powder	
Ме	al 5	
½ cra 3 T	sp garlic salt cup crushed potato chips or ckers bsp butter bsp olive oil	
Ме	al 6	
3 T ½ t	sp ground cumin bsp butter sp paprika cup salsa	
Ме	al 7	
1 T 1 T	cup confectioners sugar bsp sugar bsp vanilla cup melted butter	