





Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 1 Quick and Easy</p> <p>Mexican Chicken Skillet</p> <p><i>Baked Creamy Rice and Green Beans</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>15m</td> <td>15m</td> <td>30m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	15m	15m	30m	<p>1 Tbsp olive oil ½ (14-oz bag) frozen seasoning blend 2 cloves garlic, minced 1 (16-oz) pkg lean ground turkey 1 Tbsp chili powder ½ tsp ground coriander ¼ tsp pepper ½ (14.5-oz) can diced tomatoes 2 Tbsp chopped fresh cilantro (optional)</p> <hr/> <p><i>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 ½ (16-oz) bag green beans</i></p>	<p>Heat oil in a skillet over medium-high heat. Add seasoning blend and garlic; sauté 5 minutes or until tender, stirring frequently. Add ground turkey, chili powder, coriander and pepper; cook 5 minutes or until done. Stir in tomatoes and, if desired, cilantro; cook 4 minutes or until thoroughly heated. Serve over creamy rice.</p> <hr/> <p><i>Preheat oven to 350°F. Cook rice according to directions. Spray 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 until cheese is browned and bubbly. Reserve half (for Garlic Roast Beef and Onions recipe). Serve remaining with this meal. Cook beans according to package directions. Season as desired.</i></p>
Prep	Cook	Total						
15m	15m	30m						
<p>Meal 2 Classic Favorite</p> <p>Chicken and Rice Soup</p> <p><i>Cheesy Cornbread Muffins</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>10m</td> <td>45m</td> <td>55m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	10m	45m	55m	<p>1 Tbsp butter ½ (14-oz bag) frozen seasoning blend 2 (14.5-oz) cans chicken broth ½ cup uncooked rice ¼ tsp garlic salt ¾ lb cooked chicken (from Easy Garlic Chicken Strips recipe) ¼ cup flour ½ tsp salt, ¼ tsp pepper ¼ cup butter 1 cup milk</p> <hr/> <p><i>1 (6-oz) pkg buttermilk cornbread-and-muffin mix ½ cup shredded Cheddar cheese</i></p>	<p>In a soup pot, melt butter and sauté seasoning blend 4 minutes. Add broth, 1 cup water, rice and garlic salt. Bring to a boil. Reduce heat to medium; cover and cook 30 minutes. Add cooked chicken. Meanwhile, mix flour with salt and pepper. Melt butter in a small saucepan. Whisk in flour mixture, 1 Tbsp at a time until combined. Cook 2 minutes. Add milk to flour mixture, whisking until smooth. Add to soup. Shred the chicken in the soup with 2 forks. Cover and cook 15 minutes longer. Add salt and pepper to taste.</p> <hr/> <p><i>Prepare cornbread batter as directed on package for muffins; stir cheese into batter. Bake according to package directions. Reserve half the muffins (for Sausage and Cornbread Panzanella recipe). Serve remaining muffins with soup.</i></p>
Prep	Cook	Total						
10m	45m	55m						
<p>Meal 3</p> <p>Sausage and Cornbread Panzanella</p> <p><i>Cup of Soup</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>15m</td> <td>0m</td> <td>15m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	15m	0m	15m	<p>2 sausage links (6-oz), chopped 2 Roma tomatoes, diced ½ onion, thinly sliced 1 small cucumber, peeled and chopped 2 Tbsp red wine vinegar ¼ tsp salt, ¼ tsp seasoned pepper ¼ cup olive oil 2 to 3 baked corn muffins (reserved from Chicken and Rice Soup recipe) ¼ cup loosely packed fresh basil leaves</p> <hr/> <p><i>Serve any leftover Chicken and Rice soup with Panzanella</i></p>	<p>Heat a small skillet, sprayed with cooking spray. Sauté chopped sausage in skillet until browned. Drain on a paper towel. Place tomatoes, onion, cucumber and sausage in a serving bowl. Whisk together vinegar, salt and pepper; whisk in oil, and drizzle over salad. Cut cornbread into cubes to equal about 1½ cups; add to meat a vegetable mixture with basil leaves, and gently toss together.</p>
Prep	Cook	Total						
15m	0m	15m						

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 4 Slow Cooker</p> <p style="text-align: center;">Garlic Roast Beef and Onions</p> <p style="text-align: center;"><i>Fried Creamy Rice Squares and Green Beans</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="padding: 2px 5px;">Prep</th> <th style="padding: 2px 5px;">Cook</th> <th style="padding: 2px 5px;">Total</th> </tr> </thead> <tbody> <tr> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">7h</td> <td style="padding: 2px 5px;">7h 10m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	10m	7h	7h 10m	<p>1 cup beef broth 1 sweet onion, cut into wedges 2 cloves garlic, minced 1½ lb chuck roast ½ tsp salt and pepper 1 (10½-oz) can cream of mushroom soup</p> <hr/> <p><i>Leftover Baked Creamy Rice (from Mexican Skillet Chicken recipe)</i> 2 Tbsp butter ½ (16-oz) bag green beans</p>	<p>Dissolve beef bouillon cube in 1 cup boiling water to create broth; set aside. Spread onion and garlic on bottom of a 3- to 4-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 recipe.) Serve remaining beef with onions and gravy.</p> <hr/> <p><i>Spoon the creamy rice on a cutting board. Pat into a 1½-inch thick cake. Cut into squares. Melt butter in a skillet over medium heat. Using a metal spatula, pick up patties and place in skillet. Fry until browned. Flip and brown on the other side. Serve with beef and gravy. Cook beans according to package directions. Season with butter, salt and pepper, as desired.</i></p>
Prep	Cook	Total						
10m	7h	7h 10m						
<p>Meal 5 Oven Baked</p> <p style="text-align: center;">Creamy French Dip Sandwiches</p> <p style="text-align: center;"><i>Roasted Potato Wedges with Kicked-Up Ketchup</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="padding: 2px 5px;">Prep</th> <th style="padding: 2px 5px;">Cook</th> <th style="padding: 2px 5px;">Total</th> </tr> </thead> <tbody> <tr> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">25m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	10m	15m	25m	<p>¾ lb roast beef with gravy (reserved from Garlic Roast Beef and Onions recipe), shredded 1½ cup beef broth from bouillon 1 Tbsp dried onion flakes ½ tsp onion powder ⅛ tsp pepper ½ loaf fresh baked French bread, cut into 1½-inch thick slices</p> <hr/> <p><i>2 to 3 red potatoes</i> 1 Tbsp olive oil 2 Tbsp grated Parmesan cheese, from a can ½ tsp garlic salt ½ cup ketchup ¼ tsp dried mustard ¼ tsp garlic powder ⅛ tsp cayenne pepper ½ tsp dried oregano</p>	<p>Heat oven to 400°F. Place shredded beef and gravy in a microwave-safe dish and cover with plastic wrap. Heat on HIGH 2 minutes. In a saucepan, combine 1½ cups water, bouillon, onion flakes, and spices. Bring to a boil; reduce heat, cover and simmer to dissolve bouillon. Mound shredded beef on sliced bread. Close and wrap in foil. Bake in oven 12 minutes. Serve with heated savory broth for dipping.</p> <hr/> <p><i>Cut red potatoes into wedges. Place on rimmed baking sheet. Drizzle with oil and season with Parmesan cheese, garlic salt and pepper. Bake in a 400°F oven 25 to 30 minutes until browned and crisp on the edges. Combine ketchup and spices to create dip.</i></p>
Prep	Cook	Total						
10m	15m	25m						
<p>Meal 6 Classic Favorite</p> <p style="text-align: center;">German French Toast</p> <p style="text-align: center;"><i>Chicken Sausage</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="padding: 2px 5px;">Prep</th> <th style="padding: 2px 5px;">Cook</th> <th style="padding: 2px 5px;">Total</th> </tr> </thead> <tbody> <tr> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">40m</td> <td style="padding: 2px 5px;">50m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	10m	40m	50m	<p>½ loaf Fresh baked French bread, cut into cubes 4 eggs 1½ cups milk 2 tsp sugar ½ tsp salt 2 tsp vanilla 2 Tbsp butter, melted ⅓ cup confectioners sugar ½ lemon</p> <hr/> <p><i>2 sausage links (6-oz)</i></p>	<p>Arrange bread cubes in a lightly greased 8- x 8-inch baking dish. Beat eggs, milk, sugar, salt and vanilla, in a bowl until frothy. Drizzle slowly over bread. Cover with plastic wrap and refrigerate 6 to 36 hours. Preheat oven to 350°F. Remove plastic wrap, and loosely cover with foil. Bake 30 to 35 minutes. Baste with melted butter and sprinkle with confectioners sugar. Squeeze lemon juice over sugar. Bake 5 minutes longer.</p> <hr/> <p><i>Cook sausage links in a skillet with oil until browned.</i></p>
Prep	Cook	Total						
10m	40m	50m						

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Meal 7	Kid-Friendly	<p>1 (1½-lb) pkg boneless chicken breasts 2 tsp garlic salt 1 tsp pepper 2 Tbsp olive oil</p> <hr/> <p><i>1 cup uncooked elbow macaroni</i> <i>2 large eggs</i> <i>¾ cup milk</i> <i>½ tsp salt</i> <i>1 cup shredded Cheddar cheese</i> <i>⅓ (8-oz) pkg cream cheese, cut into cubes</i> <i>⅓ cup crushed potato chips (or crackers)</i> <i>2 Tbsp butter, cut into pieces</i> <i>1 (12-oz) bag broccoli florets, Steamable</i></p>	<p>Slice chicken breasts into long chicken strips, about 2-inches wide and 4 to 5 inches long. Season generously with garlic salt and pepper. Heat oil in a large skillet or on a griddle, over medium-high heat. Cook on one side until crispy and browned. Flip and cook 2 minutes on the other side. Reserve half of chicken (for Chicken and Rice Soup recipe). Place remaining chicken on a plate, and cover to keep warm.</p> <p>Note: Start your side dish before cooking chicken. Bake time: 45 minutes.</p> <hr/> <p><i>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 1 quart, small baking dish. Repeat. Pour egg mixture over macaroni. Top with crushed potato chips and butter. Bake 45 minutes. Cook broccoli according to package directions. Season to taste.</i></p> <p>Note: Prep Ahead Tip: Cook macaroni noodles ahead of time and store in a zip-top bag in the refrigerator until ready to cook the dish.</p>						
<p>Easy Garlic Chicken Strips</p> <p><i>Homemade Macaroni 'n Cheese and Broccoli</i></p> <p> <table border="1"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>10m</td> <td>10m</td> <td>20m</td> </tr> </tbody> </table></p>		Prep	Cook	Total	10m	10m	20m		
Prep	Cook	Total							
10m	10m	20m							



Budget Friendly Plan For 2

Sample Plan

Meal	✓	Grocery Items to Purchase	Price
Produce			
3		Fresh basil leaves, for ¼ cup or use 2 Tbsp dried	1.25
3		1 small cucumber	0.68
3		2 Roma tomatoes	0.76
3,4		2 sweet onions	1.20
5		2 to 3 red potatoes	0.82
6		1 lemon	0.58
Meat & Seafood			
1		1 (16-oz) pkg lean ground turkey	3.36
4,5		1½ lb chuck roast	6.75
3,6		1 (12-oz) pkg chicken sausage (4 links)	2.96
2,7		1 (1½-lb) pkg boneless chicken breasts	6.50
Refrigerated			
1		1 (8-oz) carton sour cream, need ½ cup	0.98
1,7		1 (8-oz) pkg cream cheese	1.96
1,2,7		1 (16-oz) pkg shredded Cheddar cheese, need 2½ cups	4.72
6,7		½ dozen eggs	2.70
2,6,7		1 quart milk	2.00
Frozen			
1,2		1 (14-oz bag) frozen seasoning blend (chopped onion, celery, and peppers)	1.28
1,4		1 (16-oz) bag green beans	0.98
7		1 (12-oz) bag broccoli florets, Steamable	0.98
Canned & Packaged			
1		1 (4-oz) can chopped green chiles	1.08
1		1 (14.5-oz) can diced tomatoes, use half	0.72
1,2		1 (32-oz) bag white rice, need 2 cups	1.18
2		2 (14.5-oz) cans chicken broth	1.56
2,3		1 (6-oz) pkg buttermilk cornbread-and-muffin mix	0.50
4		1 (10½-oz) can cream of mushroom soup	1.25
7		1 (16-oz) box elbow macaroni, need 1 cup	1.00
Bakery & Deli			
5,6		1 loaf fresh baked French bread	1.00
Approximate Total			\$48.75

Necessary Staples
Meal 1
1 Tbsp olive oil 2 cloves garlic, minced 2 Tbsp chopped fresh cilantro (optional) 1 Tbsp chili powder ½ tsp ground coriander
Meal 2
¼ cup AND 1 Tbsp butter ¼ cup flour ¼ tsp garlic salt
Meal 3
2 Tbsp red wine vinegar ¼ cup olive oil
Meal 4
2 cloves garlic 2 Tbsp butter 1 beef bouillon cube
Meal 5
1½ cubes beef bouillon 1 Tbsp olive oil 1 Tbsp dried onion flakes ½ tsp onion powder ½ tsp garlic salt ½ cup ketchup ¼ tsp dried mustard ½ tsp dried oregano 2 Tbsp grated Parmesan cheese, from a can ¼ tsp cayenne pepper ¼ tsp garlic powder
Meal 6
2 tsp vanilla ⅓ cup confectioners sugar 2 Tbsp butter, melted 2 tsp sugar 1 tsp olive oil
Meal 7
2 tsp garlic salt 2 Tbsp olive oil ⅓ cup crushed potato chips or crackers 2 Tbsp butter