


RALPHS MEAL PLAN

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>
Meal 1 Chicken Piccata <i>Fettuccine Alfredo</i> <i>Peas</i> <i>Warm French Bread</i>	1.25 lbs boneless chicken breasts, pounded (½ c flour, zip bag, 1 t salt, 1 t pepper) (3 T butter, 1 T olive oil, 1 minced garlic clove) (½ c dry white wine or chicken broth) 1 T lemon juice, or to taste (2 t capers, optional) <hr/> <i>1 - 2 boxes fettuccine Alfredo (butter, milk as directed)</i> <i>1 bag peas</i> <i>1 loaf French bread (butter)</i>	Cut pounded chicken breasts in half. Combine flour, salt, pepper in bag. Add chicken & gently shake to coat each piece. Melt butter in skillet; add oil. Sauté garlic. Add chicken to skillet & brown quickly on both sides. Cook covered 15 minutes on low-med heat. Remove lid, add wine & bring to a boil. Cook about 5 minutes. Remove meat. Boil down the wine about 1-2 minutes; add lemon juice & capers. Heat 1 minutes. Spoon sauce over chicken & serve. <i>Prepare Alfredo pasta according to pkg instructions.</i> <i>Heat peas. Heat bread in oven 10 minutes; butter and serve.</i>
Meal 2 Crock-Pot Meal Beef Burgundy <i>Egg Noodles</i> <i>Steamed Broccoli</i>	1.5 lb top round steak, cut into 1½" cubes (½ c all-purpose flour) (2 garlic cloves, minced) ⅔ of 14 oz can beef broth (½ c red wine) 2 T tomato paste (½ t dried thyme, ½ t salt, ¼ t pepper) 12 oz bag onions, thawed & drained 8 oz ctn fresh sliced mushrooms <hr/> <i>Egg noodles, enough for your family</i> <i>1 lb broccoli crowns, chopped (salt, pepper to taste)</i>	Heat lightly greased non-stick skillet on high. Add steak; sauté 2 minutes. Reduce heat to med-high; cook steak 5 more minutes until browned. Drain. In crock-pot, whisk together flour, garlic, broth, wine, tomato paste, thyme, salt & pepper, stirring until smooth. Add in steak, onions, and mushrooms, stirring well. Cover and cook on HIGH 1 hour; reduce temp to LOW and cook 5 additional hours until meat is tender. <i>Prepare noodles according to pkg directions. Serve meat over noodles.</i> <i>Steam broccoli and season to taste w/ salt & pepper.</i>
Meal 3 Enchilada Pie <i>Green Salad</i>	1 lb ground beef 14 oz can diced tomatoes, undrained 1 envelope taco seasoning mix ½ c sliced green onions 1 small can sliced black olives, drained 4 - 6 large flour tortillas 8 oz shredded cheddar cheese <hr/> <i>1 bag salad (favorite dressing)</i> <i>1 cucumber, peeled & sliced</i>	In large skillet, brown beef; drain. Add in tomatoes, taco seasoning, onion and olives; combine well. Layer, in a pie plate, meat mixture, tortilla, meat mixture and cheese – repeat 3 to 6 times. End with cheese on top. Cook @ 425°, 30 minutes, uncovered. <i>Toss salad greens with cucumber & dressing.</i>
Meal 4 Chicken Cobbler <i>Baked Potatoes</i>		
Meal 5 Black Bean Pasta Rolls <i>Mexican Rice</i> <i>Avocado Salad</i>		
Meal 6 Crock-Pot Sausage & White Bean Stew <i>Corn Muffins</i>		
Meal 7 Quick Meal! EZ Pasta Salad <i>Sliced Oranges</i>		



RALPHS Grocery List

*Sale prices are good for this time period only. Prices may vary slightly from store to store. To eliminate a particular meal, cross out each grocery item with that corresponding meal number.

Sale prices & Everyday Low Prices are in Italics & printed in Red. Don't forget to use your RALPHS/KRG Plus card for extra savings!

MEAL #	X	GROCERY ITEM	PRICE:	OTHER GROCERIES I NEED:	X
_____	X	PRODUCE		® = Suggested brands	
2		8 oz ctn fresh sliced mushrooms	<i>2.50</i>		
2,4		3 lbs broccoli	<i>2.97</i>		
3		1 bunch green onions	.89		
1		1 lemon	.79		
3,5,7		3 bags salad, Fresh Selections®	<i>5.37</i>		
5		1 avocado	<i>1.00</i>		
3		1 cucumber	.99		
4		10 lb bag russet potatoes	<i>.99</i>		
6		1 large onion	<i>.25</i>		
7		1 lb oranges	<i>.99</i>		
_____	X	DELI / MEATS			
2		1.5 lb top round steak <i>50% off</i>	<i>4.50</i>		
3		1 lb ground beef	<i>3.79</i>		
6		1 lb Italian sausage, Johnsonville®	<i>3.99</i>		
_____	X	DAIRY / REFRIG			
3		8 oz pkg shredded cheddar cheese Ralphs	<i>2.50</i>		
5		8 oz pkg shredded Monterey Jack cheese Ralphs	<i>2.50</i>		
5		15 oz ctn ricotta cheese Ralphs	<i>3.29</i>		
_____	X	FROZEN			
1,4		2.5 lb bag boneless chicken breasts, Tyson®	<i>7.99</i>		
2		12 oz bag small onions or diced onions Ralphs	<i>.99</i>		
1		12 oz bag peas Ralphs	<i>.99</i>		
_____	X	CANNED / BOTTLED / PACKAGED / BAKERY			
6		1 - 2 boxes corn muffin mix, Jiffy®	<i>.49</i>		
3		8 ct pkg large flour tortillas, Guerrero®	<i>3.29</i>		
2		14 oz can beef broth Ralphs	<i>.79</i>		
4		16 oz jar Alfredo sauce, Ragu®	<i>1.99</i>		
7		2 boxes salad pasta mix, Ranch variety, Suddenly Salad®	6.38		
2		16 oz pkg egg noodles Ralphs	<i>1.00</i>		
1		1 - 2 boxes fettuccine Alfredo, Pasta Roni®	<i>1.29</i>		
5		16 oz pkg lasagna noodles Ralphs	<i>1.00</i>		
5		1 box rice, Mexican flavor, Rice a Roni®	<i>.99</i>	General staples:	
6		2 - 15 oz cans great Northern beans Ralphs	<i>1.98</i>	Favorite dressing	
5		15 oz can black beans Ralphs	<i>.99</i>	Sea or kosher salt/pepper	
2		6 oz can tomato paste Ralphs	<i>.79</i>	Garlic salt	
3		14 oz can diced tomatoes Ralphs	<i>.88</i>	Cooking spray, regular & olive oil	
6		28 oz can diced tomatoes Ralphs	<i>1.69</i>	Olive oil	
7		12.5 oz can chicken breast Ralphs	<i>2.99</i>	Vegetable oil	
4		12 oz jar roasted red peppers Ralphs	<i>3.49</i>	Milk	
5		16 oz jar salsa or picanté sauce Ralphs	<i>1.99</i>	Flour	
3		1 envelope taco seasoning mix, Kroger®	<i>.79</i>	Butter	
3		2.5 oz can sliced black olives Ralphs	<i>1.19</i>	Vinegar, regular & balsamic	
5		4.5 oz can chopped green chilies Ralphs	<i>.99</i>	Sugar	
1,4		2 loaves deli French bread	<i>2.94</i>	Mayo	
		APPROXIMATE COST: (without tax)	85.21		

Staples needed for each Meal #:

Meal 1

½ c flour
Minced garlic
Dry white wine or chicken broth
Capers
Zip bag

Meal 2

⅓ c flour
2 cloves garlic
½ c red wine
Dried thyme

Meal 3

Meal 4

¼+ c butter
½ c Parmesan cheese
Italian seasoning
½+ c sour cream
Red wine

Meal 5

Chili powder
Favorite dressing

Meal 6

2 cloves garlic
Dried thyme
1 egg
⅓ c milk

Meal 7

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