



SAMPLE PLAN

Any Store for Two 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 Creamy Roast Beef Sandwiches <i>Celery n' Dip</i>	2 to 4 English muffins, toasted ½ lb thinly sliced roast beef, warmed 1 to 2 Roma tomatoes - sliced SAUCE: 4 oz cream cheese, ¼ c finely chopped onion (1 T butter, ¼ c milk, 1 t horseradish, salt) <hr/> <i>Celery slices</i> <i>(Ranch dressing)</i>	Cut each muffin in half and fill bread with warm meat & tomatoes. Drizzle warm sauce. For sauce: Combine cream cheese, onion, milk, horseradish and salt to taste in small saucepan. Stir and heat on low until melted. <i>Serve w/ celery sticks and Ranch dressing.</i>
Meal 2 Taco Calzones <i>Caesar Salad</i>	½ lb ground beef, browned ½ pkt taco seasoning 13 oz can refrigerated pizza dough 1 c shredded cheddar Salsa, to taste Sour cream, to taste <hr/> <i>½ Caesar salad kit</i>	Cook ground beef. Stir in ¼ c water and ½ pkt taco seasoning. Cook 4 minutes & set aside. Divide dough into 2 squares. Divide meat and cheese on each; fold over and seal. Bake on cookie sheet @375°, 20-25 minutes. Serve w/ salsa & sour cream. <i>Prepare salad as package directs.</i>
Meal 3 Spiced Honey Broiled Thighs <i>Caesar Salad</i> <i>Stuffing</i>	(2 t garlic powder, 2 t chili powder, 1 t cumin, 1 t paprika, ½ t ground red pepper) 1 package chicken tenderloins (Cooking spray, 6 T honey, 2 t cider vinegar) <hr/> <i>½ bag of Caesar salad</i> <i>6 oz box stuffing</i>	Combine garlic powder, chili powder, ground cumin, paprika, & ground red pepper in a large bowl. Add chicken to bowl; toss to coat. Place chicken on a broiler pan coated with cooking spray. Broil chicken 5 minutes on each side. Combine honey and vinegar in a small bowl, stirring well. Remove chicken from oven; brush ¼ c honey mixture on chicken. Broil 1 minute; remove chicken from oven and turn over. Brush chicken with remaining honey mixture. Broil 1 more minute or until chicken is done <i>Toss Caesar salad as directed on package. Make stuffing according to package directions as well and serve on the side.</i>
Meal 4 Quick Biscuit Pizza <i>Grapes</i>		
Meal 5 Awesome Nachos		
Meal 6 Cream Cheese Chicken Pockets <i>Celery & Dip</i> <i>Chips</i>		
Meal 7 Beef Tips <i>Mashed Potatoes</i> <i>Green Beans</i> <i>Salad</i>		

(Staples are in parenthesis)

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SAMPLE PLAN

Any Store for Two GROCERY LIST

MEAL #	X	GROCERY ITEM	OTHER ITEMS:	X
-----	X	DELI & BAKERY & BREAD		
1		12 oz pkg English muffins		
-----	X	PRODUCE		
1,5		3 Roma tomatoes		
1		1 onion		
1,6		1 bunch celery		
2,3		11 oz bag Caesar salad mix		
5		½ lb grapes		
5,7		8 oz bag shredded lettuce		
-----	X	MEATS		
1		7 oz pkg roast beef		
2,5		1 lb ground beef		
3		20 oz pkg chicken tenderloins		
7		1 lb stew meat		
-----	X	DAIRY/REFRIG		
1,6		8 oz cream cheese		
2		13 oz can refrigerated pizza dough		
2,5		8 oz shredded cheddar cheese		
2,5		8 oz sour cream		
4		6 oz pkg pepperoni		
4		8 oz mozzarella cheese		
6		8 oz can crescent rolls		
-----	X	FROZEN		
-----	X	CANNED/BOTTLED		
2,5		1 small jar salsa		
4		14 oz jar pizza sauce		
5		15 oz can refried beans		
5		2 oz can black olives		
6		12 oz can chicken		
7		10 oz can cream of mushroom soup		
7		14 oz can green beans		
-----	X	PACKAGED		
2,5		1 pkt taco seasoning		
3		6 oz box stuffing mix		
4		1 pkg Bisquick buttermilk biscuit mix		
5,6		13 oz bag tortilla chips		
7		2 oz box onion soup mix, need one pkt		
7		2 oz pkg instant mashed potatoes, Idahoan		

STAPLES NEEDED FOR EACH MEAL:

MEAL 1

Butter
Milk
Horseradish
Ranch dressing

MEAL 2

MEAL 3

Garlic powder
Chili powder
Cumin
Ground red pepper
Paprika
Cooking spray
Honey
Cider vinegar

MEAL 4

MEAL 5

MEAL 6

Butter
Milk
Onion powder
Ranch dressing

MEAL 7

Ranch dressing

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