


ANY-STORE 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 Marsala <i>With Pasta</i> <i>Steamed Broccoli</i>	1½ lbs boneless chicken breasts or tenders (½ t dried thyme, 1 T olive oil) ½ c diced onions 6 oz pre-sliced baby portabella mushrooms (¼ c Marsala wine, ½ c chicken broth) 1 packet mushroom gravy mix <hr/> <i>Egg noodles</i> <i>1 bag broccoli florets</i> <i>(Butter, salt)</i>	Sprinkle both sides of chicken with thyme. In large non-stick skillet, sauté onions and mushrooms in 1 T oil, 3-4 minutes. Move veggies to outer edge of pan. Add chicken in center. Cook 2-3 minutes on each side. Stir in wine & add remaining ingredients. Stir until blended. Simmer 6-8 minutes. <i>Cook needed number of servings of egg noodles as directed on package.</i> <i>Steam broccoli. Butter and salt to taste. Serve.</i>
Meal 2 Sesame Shrimp over Rice <i>Sugar Snap Peas</i>	(¼ c soy sauce., ½ t garlic powder, ¼ t lemon pepper) 4 T sesame oil – divided 1 lemon for 4 t juice 1 – 1½ lbs shrimp, peeled & deveined Hot cooked rice (2 T sesame seeds, toasted) <hr/> <i>Sugar snap peas</i>	In a zip top bag, mix soy sauce, garlic powder, lemon pepper; 2 T oil, & lemon juice. Add shrimp. Seal & turn to coat; refrigerate for 30 minutes. Drain & discard marinade. In skillet, sauté shrimp in remaining 2 T oil until shrimp turns pink, about 3 to 5 minutes. Serve over hot rice and sprinkle with toasted sesame seeds. <i>Steam sugar snap peas by package directions. Salt and pepper to taste.</i>
Meal 3 Hawaiian Ham & Cheese Sandwiches <i>Potato Chips</i> <i>Celery Sticks</i>	8 to 12 slices bread for 4 to 6 sandwiches 12 to 16 oz deli slices ham 4 to 6 slices Cheddar cheese 4 to 6 slices canned pineapple (3 T softened butter, mustard) <hr/> <i>1 bag potato chips</i> <i>Celery sticks</i> <i>(Ranch dressing)</i>	Layer ham slices, 1 slice cheddar cheese & 1 pineapple slice on half of bread slices. Spread remaining bread slices with mustard. Put sandwiches together & spread outsides of bread with butter. Fry in skillet for 2 minutes per side, until golden. <i>Serve chips on the side along with celery sticks w/Ranch dressing.</i>
Meal 4 North Country Stew <i>Roasted Zucchini</i> <i>Garlic Bread Sticks</i>		
Meal 5 <i>Crock Pot</i> Creamy Herb Pork Chops <i>Steamed Rice</i> <i>Green Beans</i> <i>Dinner Rolls</i>		
Meal 6 Taco Calzones <i>Tomato Caesar Salad</i>		
Meal 7 Cheez-It® Chicken <i>Mashed Potatoes</i> <i>Roasted Asparagus</i>		

(Staples in parenthesis)

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ANY STORE GROCERY LIST

*To eliminate a particular meal, cross out each grocery item with that corresponding meal number.

MEAL #	X	GROCERY ITEM	OTHER GROCERIES I NEED:	X
-----	X	DELI / BREAD		
3		1 loaf sandwich sliced bread		
3		12 to 16 oz sliced deli ham		
5		1 package dinner rolls		
-----	X	PRODUCE		
1,4		2 onions		
1		6 oz pre-sliced baby portabella mushrooms		
1		1 bag pre-cut broccoli florets		
2		1 lemon for 4 t juice		
3,4		1 bunch celery		
4		1 to 2 lb zucchini, or buy frozen slices if desired		
6		1 bunch cilantro, optional		
6		1 Caesar salad kit		
6		1 large tomato		
7		1 bunch asparagus		
-----	X	MEATS		
1,7		3 lbs boneless chicken breasts or tenders		
2		1 to 1½ lbs fresh or frozen uncooked shrimp		
4		12 oz pork sausage links, Little Sizzlers		
5		6 pork chops		
6		1 lb ground beef		
-----	X	DAIRY/REFRIG.		
3		8 oz cheddar cheese slices		
5,6,7		16 oz sour cream		
6		2 cans pizza dough		
6		8 oz shredded cheddar		
7		1 tub prepared mashed potatoes		
-----	X	FROZEN		
2		1 package sugar snap peas, enough for your family		
4		1 package garlic bread sticks		
5		1 bag whole green beans		
-----	X	CANNED / BOTTLED		
2		1 small bottle sesame oil, need 2 oz		
3		8 oz can pineapple slices		
4		4 oz jar or can sliced mushrooms		
4		10 oz can cream of mushroom soup		
5		10 oz can cream of chicken soup		
-----	X	PACKAGED		
1		1 packet mushroom gravy mix		
1		16 oz bag egg noodles		
2,5		2 lb bag rice		
3		1 bag potato chips		
4		1 box wild rice mix, to make 2 cups prepared		
5		1 packet Lipton herb dry seasoning mix		
6		1 packet taco seasoning		
7		1 box Cheez-it [®] crackers		

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Staples Needed For Each Meal:

Meal 1

½ t Thyme
1 T Olive oil
¼ c Marsala wine
½ c Chicken broth
Butter

Meal 2

¼ c Soy sauce
½ t Garlic powder
¼ t Lemon pepper

Meal 3

3 T Butter
Mustard
Ranch dressing

Meal 4

Italian seasonings
1 beef bouillon cube
2 T Olive oil

Meal 5

Butter

Meal 6

Salsa

Meal 7

½ c butter
2 T olive oil
Coarse salt