



**SAMPLE PLAN**

**KROGER REGION 1: Atlanta Region**

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>
<b>Meal 1</b> <b>Fish &amp; Chips</b> <i>French Fries</i> <i>Sweet Peas</i>	1.5 - 2 lbs fresh catfish filets (2 T lemon pepper) 2 c crushed potato chips <hr/> 1 bag <i>French fries</i> ( <i>Ketchup</i> ) 1 bag <i>sweet baby peas</i> ( <i>butter, salt &amp; pepper</i> )	Combine lemon pepper with crushed potato chips. Firmly press both sides of filets into chips and place in a greased 9x13" pan. Sprinkle remaining chips over top. Bake @ 400°, 20 minutes. <i>Bake French fries as directed. Serve w/ ketchup.</i> <i>Steam peas and season to taste w/ butter, salt &amp; pepper.</i>
<b>Meal 2</b> <b>Rosemary Pork Chops</b> <i>Spinach 'n Bacon Salad</i> <i>Pasta Side</i>	1.5 lbs (4 - 6 or more) pork chops (Salt, pepper, dried rosemary to taste) (3 - 4 T bacon grease) <hr/> 1 pkg <i>bacon, cooked, crumbled, save 3 - 4 T grease</i> 3 eggs, <i>hard boiled, sliced</i> 1 bag <i>baby spinach</i> <i>Balsamic vinaigrette dressing</i> <i>Pasta side, your choice</i>	<i>Fry bacon to crisp. Drain, reserving 3-4 T grease to cook pork chops.</i> Heat reserved grease to med high in skillet. Season chops w/ salt, pepper & rosemary. Fry each side 4 minutes. Don't overcook! <i>In serving bowl, toss spinach w/ vinaigrette dressing. Top with crumbled bacon &amp; sliced eggs.</i> <i>Cook pasta side as directed on pkg.</i> <i>Serve salad &amp; pasta alongside pork chops.</i>
<b>Meal 3</b> <b>Nonnie's Mexican Casserole</b> <i>Buttery Corn</i>	1 lb ground chuck 1 can tomatoes & green chilies 1 can cheddar cheese soup 1 can ranch type beans ½ bag nacho cheese tortilla chips 2 c shredded cheddar cheese <hr/> 1 - 2 pkgs <i>buttery corn</i> ( <i>salt, pepper</i> )	Pre-heat oven to 350°. In medium skillet, brown ground beef; drain. Add tomatoes, cheddar cheese soup & beans to skillet. Mix well. Line bottom of 9x13" casserole w/ tortilla chips. Pour meat mixture over chips. Top w/ shredded cheese. Place in oven until cheese melts, approx 15 minutes. <i>Cook corn in microwave as directed, season as desired. Serve w/ casserole.</i>
<b>Meal 4</b> <b>Honey-Spice Chicken</b> <i>Chicken Flavored Rice</i> <i>Broccoli</i>	(This area is intentionally left blank for staples and is shaded with a diagonal line pattern.)	
<b>Meal 5 CROCK-POT</b> <b>Slow Cooker BBQ</b> <i>Baked Sweet Potatoes</i> <i>Slaw with a Kick</i> <i>Dinner Rolls</i>		
<b>Meal 6</b> <b>So Good Egg Casserole</b> <i>Sweet Rolls</i> <i>Sliced Strawberries</i>		
<b>Meal 7</b> <b>Broccoli &amp; Beef Calzones</b> <i>Corn Chips</i> <i>Drizzled Salad</i>		

(Staples in parenthesis)

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**SAMPLE PLAN**

**KOGER: REGION 1**

**\*Sale prices are marked in red. Prices may vary slightly from store to store.**

**This meal plan applies to stores in these southeast regions: AL, GA, SC, and Knoxville, TN.**

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 KRG Plus card for extra savings!**

MEAL #	X	GROCERY ITEM	PRICE:	OTHER GROCERIES I NEED:	X
-----	X	<b>DELI / PRODUCE</b>	-----	® = Suggested brands	
5		4 sweet potatoes <i>.69 lb</i>	<i>1.40</i>		
5		1 bag 3-color coleslaw, Fresh Selections®	1.80		
6		1 ctn strawberries	3.99		
7		1 small onion	<i>.75</i>		
2		1 bag spinach, Popeye®	2.69		
7		1 head lettuce	<i>1.29</i>		
-----	X	<b>MEATS</b>	-----		
1		1.5 - 2 lbs catfish filets <i>4.99 lb</i>	<i>7.00</i>		
2		1.5 lbs assorted pork chops <i>2.99 lb</i>	<i>4.50</i>		
2		16 oz pkg bacon, Oscar Mayer®	<i>3.99</i>		
3,7		2 lbs ground chuck	<i>7.00</i>		
4		1.5 lbs boneless chicken breasts, Tyson® <i>1.99 lb</i>	<i>3.00</i>		
5		3 lbs Boston butt roast	<i>9.00</i>		
6		1 lb breakfast sausage KRG	<i>2.00</i>	<i>4 day sale -- Sun-Wed</i>	
-----	X	<b>DAIRY / REFRIG</b>	-----		
3,6		2 - 8 oz shredded cheddar cheese KRG <i>BOGO</i>	<i>3.59</i>		
7		8 oz shredded mozzarella cheese KRG <i>BOGO</i>	<i>1.80</i>		
6		1 can sweet rolls, Pillsbury® <i>3/\$5</i>	<i>1.67</i>		
7		2 cans crescent rolls, Pillsbury® <i>3/\$5</i>	<i>3.34</i>		
2,6,7		2 dozen large eggs <i>1.28 each</i>	<i>2.58</i>		
5,6,7		16 oz carton sour cream KRG <i>4/\$5</i>	<i>1.25</i>		
-----	X	<b>FROZEN</b>	-----		
1		32 oz bag French fries, Ore-Ida®	<i>3.00</i>		
1		12 oz bag green peas KRG	<i>1.00</i>		
3		1 - 2 pkgs buttery corn, Bird's Eye®	<i>1.00</i>		
4		12 oz bag broccoli KRG	<i>1.00</i>		
7		12 oz bag chopped broccoli KRG	<i>1.00</i>		
-----	X	<b>CANNED / BOTTLED / PACKAGED</b>	-----		
5		1 pkg brown 'n serve dinner rolls KRG	<i>1.00</i>		
4		1 box chicken flavored rice mix, Rice a Roni®	<i>1.09</i>	<b>Staples to have on hand:</b>	
3		1 can ranch type beans, Ranch Style®	<i>1.09</i>	Zip bag	
3		1 can tomatoes & green chilies, Rotel®	<i>1.00</i>	Salt & pepper	
3		1 can cheddar cheese soup, Campbell's®	1.69	Butter	
2		1 box pasta side, Pasta Roni®	<i>1.09</i>	Vegetable oil	
5		18 oz bottle BBQ sauce KRG	<i>1.25</i>	Olive oil	
2		1 bottle balsamic vinaigrette dressing KRG	1.79	Vinegar	
3		1 bag nacho cheese tortilla chips, Dorito's®	3.29	Sugar	
7		1 bag corn chips, Frito's®	<i>2.00</i>	Cooking spray	
1		1 bag plain potato chips KRG	<i>1.00</i>	Flour	
-----	X	<b>APPROXIMATE TOTAL: (without tax)</b>	<b>85.93</b>		

**Staples Needed For Each Meal :**

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Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7
Lemon pepper Ketchup	Dried rosemary	-----	Garlic powder Chili powder Ground cumin Paprika Ground red pepper Honey Cider vinegar	12 oz can cola Brown sugar Cinnamon Mayo Prepared horseradish Aluminum foil	-----	Creamy dressing Parmesan cheese