

PUBLIX MENU FOR TWO

Sale prices are good for these dates!

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 <i>Crock-Pot</i> Chicken Fajitas <i>Buttered Corn</i> <i>Fresh Strawberries</i>	1 red, yellow and green pepper, sliced ½ onion, sliced 2 chicken breasts ½ c chicken broth (½ t salt, 1 T cumin, 1 T chili powder, 1 t lime juice) 10 ct flour tortillas <hr/> ½ pkg strawberries, chilled 2 ears of corn (Salt, pepper, & butter)	Place sliced peppers and onions on bottom of a greased crock-pot. Lay chicken on top of veggies; pour broth over top. Sprinkle over all with salt, cumin, chili powder and lime juice. Cook on low for 8 hours. Remove chicken from cooker and shred with forks; stir chicken back into juices in crock-pot. Serve meat mixture with a slotted spoon onto tortillas. <i>Boil corn in water in large pot for approximately 10 minutes. Serve with butter, salt and pepper. Serve chilled strawberries alongside.</i>
Meal 2 Skillet Rigatoni And Sausage <i>Side Salad</i> <i>Italian Bread</i>	½ lb mild or hot Italian sausage, casings removed ½ c finely chopped onion (2 t minced garlic, ¼ t salt, ¼ t pepper) 4 oz rigatoni noodles ½ - 14 oz can diced tomatoes 1¾ c chicken broth ¼ c sweet banana peppers, drained & chopped ¼ cup ricotta cheese <hr/> ½ loaf Italian bread ½ bag salad mix (favorite dressing)	In a large skillet, crumble and brown sausage; drain and set aside. Add onion; cook 4 min. Add garlic, salt and pepper; cook 30 sec. Spread rigatoni in an even layer over onions. Cover with undrained tomatoes, broth and 2 T banana peppers. Cover and simmer 8 min, stirring occasionally. Uncover, add sausage back to skillet and cook 6 min, or until rigatoni is tender. Stir in remaining peppers; dollop w/ ricotta and serve. <i>Toss salad and serve with favorite dressing. Warm bread and serve with butter</i>
Meal 3 <i>Crock-Pot</i> Honey Chicken <i>Brown Rice</i> <i>Sautéed Green Beans</i>	2 chicken breasts (½ t salt, ¼ t pepper) (½ c honey, ¼ c soy sauce) ¼ c onion, chopped (2 T ketchup, 1 T veg oil, 1 clove garlic, minced) <hr/> <i>Brown rice, enough for your family</i> <i>1 pkg frozen green beans, thawed</i> <i>(1 T olive oil)</i>	Season chicken with salt & pepper; place in crock-pot. Combine honey, soy sauce, onion, ketchup, oil & garlic. Pour over chicken. Cook on LOW 3 hours. Cut chicken into bite-size pieces. Return to pot & stir to coat with sauce. Serve over brown rice. <i>Cook rice according to pkg directions. Sauté green beans in skillet in oil until crisp-tender; season with salt & pepper to taste.</i>
Meal 4 <i>Crock-Pot</i> Italian Roast Beef <i>Scalloped Potatoes</i> <i>Steamed Broccoli</i>		
Meal 5 Chiles Relleno Quiche <i>Grapes & Strawberries</i>		
Meal 6 <i>Quick Meal</i> Beef Stroganoff Boat <i>Buttered Corn</i> <i>Tangerine Salad</i>		
Meal 7 Easy Gumbo <i>White Rice</i> <i>Cornbread</i>		

(Staples are in parenthesis)

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SAMPLE PLAN

PUBLIX MENU FOR TWO Grocery List

*Prices are good for these dates; **HOWEVER**, check your area to find out if these prices begin on **WED** or **THURS**.

Prices may vary slightly from store to store.

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

Weekly sale & Advantage Buy prices are in Italics & printed in Red!

MEAL #	X	GROCERY ITEM	PRICE:	OTHER GROCERIES I NEED:	X
-----	X	DELI / BAKERY	-----	PX = Publix Name Brand Items	
1		10-ct pkg flour tortillas, Azteca®	1.99	® = Suggested brands	
2,6		1 loaf Italian bread PX	<i>2.29</i>		
-----	X	PRODUCE	-----		
1		1 red pepper <i>\$2.69/lb</i>	<i>.89</i>		
1		1 yellow pepper <i>\$2.69/lb</i>	<i>.89</i>		
1		1 green bell pepper <i>\$1.49/lb</i>	<i>.50</i>		
1,2,3,4		2 onions	1.99		
1,5		16 oz ctn strawberries <i>2/\$4</i>	<i>2.00</i>		
2,6		1 bag salad, Fresh Express® BOGO	<i>1.99</i>		
4		1 bunch Florida celery	<i>.99</i>		
5		¼ lb red seedless grapes	<i>.37</i>		
2,6		4 ears Florida corn on the cob	<i>2.69</i>		
6		2 tangerines <i>8/\$1</i>	<i>.25</i>		
-----	X	MEATS - *meat dept will trim your meat pkg down to size	-----		
1,3		32 oz chicken breasts PX	<i>5.99</i>		
2,7		1 lb Italian sausage PX <i>\$2.99/lb</i>	<i>2.99</i>		
4,6		2 lb boneless chuck pot roast <i>\$4.49/lb</i>	<i>8.98</i>		
-----	X	DAIRY / REFRIG	-----		
2,5		15 oz ctn ricotta cheese PX	2.19		
5		8 oz pkg shredded cheddar cheese, Kraft® BOGO	<i>1.74</i>		
5		8 oz pkg shredded Monterey Jack w/ peppers, Kraft® BOGO	<i>1.74</i>		
6		8 oz ctn sour cream PX	.99		
6		8 oz pkg shredded mozzarella cheese, Kraft® BOGO	<i>1.74</i>		
-----	X	FROZEN	-----		
3		1 pkg frozen green beans, Green Giant® BOGO	<i>.99</i>		
4		1 pkg steamable broccoli, Green Giant® BOGO	<i>.99</i>		
7		1 pkg frozen sliced okra, Green Giant® BOGO	<i>.99</i>		
-----	X	CANNED / BOTTLED / PACKAGED	-----		
1,2		32 oz chicken broth, Progresso® BOGO	<i>1.29</i>		
2		12 oz box rigatoni noodles, Mueller's® BOGO	<i>.78</i>		
2,7		2 - 14 oz cans diced tomatoes, Hunt's® BOGO	<i>1.99</i>		
2		1 jar sweet banana peppers, Mt Olive® BOGO	<i>1.19</i>	General Staples	
3		16 oz pkg brown rice PX	1.09	Sea or kosher salt, pepper	
4		3 oz pkg real bacon bits PX	1.69	Flour	
4		1 pkg scalloped potatoes, Idahoan® <i>10/\$10</i>	<i>1.00</i>	Cooking spray, olive oil spray	
5		4 oz can diced green chilies, Ortega®	.89	Vinegar	
6		1 box dry onion soup mix PX	.99	Vegetable & olive oil	
6		7 oz can mushroom bits PX	.77	Milk	
7		2 cans chicken gumbo soup, Progresso® BOGO	<i>2.29</i>	Sugar	
7		16 oz pkg white rice PX	.99	Butter	
7		6.5 oz box combread mix, Betty Crocker®	.58	Zip top bags	
		APPROXIMATE COST: (without tax)	\$61.71		

Staples needed for each Meal #:

Meal 1
Cumin
Chili powder
Lime juice

Meal 2
Minced garlic
Favorite dressing

Meal 3
Honey
Soy sauce
Ketchup
1 clove garlic

Meal 4
Minced garlic

Meal 5
1 c baking mix
2 c milk
4 eggs

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Meal 6
Croutons
Vinaigrette dressing

Meal 7

BONUS SAVINGS PAGE!!

“EASY DOES IT” COUPONS FOR YOUR MENU

Just Click the Link and Print!

Coupons available for *this week's menu plan*:

\$.40/2 Hunt's® tomatoes: <http://www.hunts.com/newsletters-and-promotions>

\$1.50/2 Kraft® Shredded Cheese (if your store accepts Target as a competitor: <http://www.target.com>)

Coupons or deals available for *this week's staple or stockpile items*:

\$1.50/2 Wishbone® Dressing (if your store accepts Target as a competitor: <http://www.target.com>)

Other “Optional” PUBLIX Bonus Coupon or Savings *this week*:

If your store considers Rite Aid a competitor, you can sign up for the Rite Aid Wellness+ Program here: <http://www.riteaidwellness.com/> & receive a \$5/\$25 purchase coupon to use at Publix.

If your store considers Save-A-Lot a competitor, you can sign up for their Smart Shoppers Club: <http://save-a-lot.com/> & receive a \$5/\$30 coupon to use at Publix.

Several staple, stockpile, and lunch items are on sale this week, BOGO or discounted. Items in **bold** are staples for this week! You may want to stock up on these while you can at a low price: Bertolli® Pasta Sauce (\$1.50/2 if your store accepts Target as a competitor <http://target.com>) Ragu® Pizza Sauce, Quaker® Instant Oatmeal (\$1/2 https://www.facebook.com/Quaker?sk=app_350545998289489), Nabisco® Honey Maid Grams (\$1/2 if your store accepts Target as a competitor <http://target.com>), Fage® Lowfat Greek Yogurt, **Publix Grade A Eggs 18 ct**

Savings & Coupon Tips

E-mealz is happy to provide you with “at your fingertips” coupons that you can *opt* to use or not. These coupons correspond with the ingredients listed on your grocery list *this week*. There are other coupons we will list under the “Optional” section that we think are worth mentioning and are commonly used products. To use these coupons, simply click the links beside that item and print the coupon out. You may be asked to install a coupon printer, which will allow them to be printed and utilized. Some coupons may vary by region, so if you cannot find that item on the website, the coupon is not available in your area. You also may print a second copy of each coupon by clicking the “back” button.

What are Double Coupons: Publix doubles any manufacturer coupons up to .50 unless you live in Florida. For instance, if you use a .50 off any XYZ Jelly, you will receive \$1 off since Publix allows it to be doubled.

What is Stockpiling? For instance, let's say that you like XYZ Jelly and you purchase this product often. It would be a great time to buy extra and store / freeze more for later when it's on sale and you have a coupon. This way you are paying 1/4-1/2 of the regular price of the package. Do this for items you regularly buy, especially your meats when they are on a deep sale, and then just freeze them for later use. Stockpiling still doesn't solve the problem of “what's for dinner?” but it does make it easier to shop your pantry first each week when you get your E-mealz list. Then shop the remainder of your list at your store, and you have maximized your savings. Combining E-mealz planning, stockpiling your pantry, and utilizing easy coupons, you are guaranteed to save time and money!

What are “competitor coupons”? These are coupons that are issued by another local store, i.e. Target. Each store policy varies on which stores they consider to be a competitor. For each single item you purchase, you may use one competitor coupon **and** one manufacturer coupon, together! In addition, both of these coupons can be doubled in value.

What is the “penny item”? The penny item is offered one day per week at most Publix stores except those in Florida. Each week your local Publix store will choose one item and if you present the coupon for the penny item found in the newspaper that day, you can receive that item for 1 penny with any purchase of \$10 or more. Check your store for details.

Disclaimer: We are offering these coupon links as a convenience to our subscribers. We do not make any referral fees or additional money from these links. Your subscription fees cover the menus only; we are not “selling” these coupons, brands or the products they represent. The links are to unaffiliated third party websites over whom we have no control and for which we assume no responsibility. A subscriber who clicks on a link will leave our site. The third party brand names are property of the respective brand owners and we make no claim to any such trademark.