

PUBLIX MEAL PLAN

MEAL #: Side dishes are in <i>ITALICS</i>	INGREDIENTS: Side dishes are in <i>ITALICS</i>	INSTRUCTIONS: Side dish ingredients are in <i>ITALICS</i>
Meal 1 Ginger-Apricot Chicken <i>White Rice</i> <i>Stir-Fry Veggies</i>	1.5+ lb pkg boneless chicken thighs or breasts 8 oz bottle Russian dressing 1 c apricot preserves 1½ t grated fresh ginger (3 t corn starch) 1 pkg onion soup mix <hr/> <i>White rice – enough for your family</i> <i>16 oz pkg stir-fry veggies</i> <i>(Oil, soy sauce)</i>	Place chicken in baking dish, plump side up. Combine dressing, preserves, ginger, cornstarch & soup mix. Stir well & pour over chicken, covering chicken. Bake @ 350° for 45 minutes to 1 hour or more until tender. Serve over rice. <i>Prepare enough rice for your family. Stir-fry veggies in hot oil. Add soy sauce and cook until veggies are crisp-tender.</i>
Meal 2 Crock Pot Crock Pot BBQ <i>Coleslaw</i> <i>Texas Toast</i>	5 lb Boston butt*** 18 oz bottle BBQ sauce (12 oz cola drink – about 1½ c) <hr/> <i>1 pkg angel hair slaw</i> <i>(2 T sugar, ½ t salt)</i> <i>(¼ t pepper, ½ c mayo)</i> <i>1 box Texas toast</i>	Place pork in slow cooker. Pour BBQ sauce and cola over pork and cook on high 8 hours (or low 12 -16 hours) until pork is tender and meat shreds easily. Stir occasionally to prevent sauce from burning on side of crock pot. Shred pork and separate meat from fat before serving. ***Save 3 c shredded pork for Meal 5. <i>Combine sugar, salt, pepper and mayo; mix with slaw. Serve shredded pork with slaw and prepared bread on the side.</i>
Meal 3 Pizza Casserole <i>Salad</i> <i>Crusty Bread</i>	1 lb ground beef 1 onion, chopped (1 clove garlic – minced, 1 t Italian seasoning) (2 T olive oil) 24 oz jar spaghetti sauce 16 oz pasta – cooked & drained 2 c mozzarella cheese – shredded 3.5 oz pepperoni, cut into quarters <hr/> <i>1 bag salad</i> <i>(Favorite dressing)</i> <i>1 loaf French bread, sliced & buttered</i>	Brown beef, onion & garlic in hot oil. Drain. Stir in sauce, pasta and half of cheese. Place in greased 13 x 9 inch dish. Top with remaining cheese & pepperoni. Bake @ 350° for 25 – 30 minutes. <i>Heat bread in 350° oven for about 5 - 10 minutes, until warm & crusty. Serve salad on the side.</i>
Meal 4 Crock Pot Sweet & Sour Meatballs <i>Egg Noodles</i> <i>Green Beans</i>	<div data-bbox="716 1356 1222 1671" style="background-color: #76b82a; color: white; padding: 20px; text-align: center; font-weight: bold; font-size: 24px;"> CLICK HERE ► TO ORDER THIS PLAN </div>	
Meal 5 Simple Meal BBQ Stuffed Potatoes <i>Carrot Chips & Dip</i> <i>Broccoli</i>		
Meal 6 Black Bean Burrito Bake <i>Cantaloupe</i> <i>Corbread</i>		
Meal 7 Turkey Rubens <i>Potato Chips</i>		

(STAPLES IN PARENTHESIS)

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PUBLIX Grocery List

*Sale items are in RED; 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 and Advantage Buy prices are printed in red and italicized.

MEAL #	X	GROCERY ITEM	PRICE:	OTHER GROCERIES I NEED:	X
	X	DELI / PRODUCE			
7		1 loaf rye bread, Arnold®	3.29		
3		1 loaf bakery French bread	2.19		
5		4 – 6 baking potatoes <i>.79/lb</i>	<i>1.98</i>		
5		1 bunch green onions	.60		
5		16 oz bag carrot chips <i>2/\$3</i>	<i>1.50</i>		
1		1 small piece fresh ginger	.50		
2		1 pkg coleslaw PX	1.69		
3		1 onion	.75		
3		1 bag salad PX	1.99		
6		1 cantaloupe <i>2/\$4</i>	<i>2.00</i>		
5		15 oz container veggie dip, Marzetti® <i>BOGO</i>	<i>1.85</i>		
	X	MEATS			
1		2 lb pkg boneless chicken thighs	4.80		
2,5		5 lb Boston butt <i>1.99/lb</i>	<i>9.95</i>		
3		1 lb ground beef <i>3.99/lb</i>	<i>3.99</i>		
3		3.5 oz pkg giant pepperoni slices, Hormel®	1.59		
7		2 – 9 oz zip packs deli sliced turkey, Oscar Mayer® <i>2/\$6</i>	<i>6.00</i>		
	X	DAIRY/REFRIG			
3		8 oz pkg shredded mozzarella, Kraft® <i>2/\$6</i>	<i>3.00</i>		
5,6		8 oz pkg shredded Cheddar, Kraft® <i>2/\$6</i>	<i>3.00</i>		
6		1 pkg 8 inch flour tortillas, Azteca®	1.39		
7		6 oz pkg Swiss cheese slices PX	2.79		
	X	FROZEN			
1		16 oz pkg Japanese blend veggies PX	1.59		
2		1 box garlic Texas toast PX	1.85		
4		1 or 2- 16 oz pkgs home-style meatballs PX	3.49		
4		2 – 10 oz pkgs green beans & almonds, Green Giant® <i>BOGO</i>	<i>1.99</i>		
5		16 oz pkg frozen broccoli florets PX	1.79		
6		16 oz pkg frozen corn PX	1.59		
	X	CANNED / BOTTLED / PACKAGED		General Staples:	
1		1 box onion soup mix PX	1.15	Vinegar, reg and rice wine	
6		7.5 oz can chipotle pepper in adobo sauce, San Marcos®	1.99	Butter	
6		16 oz jar salsa PX	1.85	Vegetable and Olive oil	
1		8 oz bottle Russian dressing, Wishbone®	1.79	Sea or kosher salt/pepper	
2		18 oz bottle BBQ sauce PX	1.39	Cooking spray	
4		12 oz jar chili sauce, Del Monte®	1.75	Milk	
6		7.5 oz pkg combread mix, Jiffy®	.48	Sugar	
1		16 oz bag white rice PX	.99		
6		15 oz can black beans PX	.89		
7		14.4 oz can sauerkraut, Silver Floss®	<i>.69</i>		
3		24 oz jar spaghetti sauce PX	1.21		
3		16 oz pkg pasta - rotini or penne, Ronzoni® <i>BOGO</i>	<i>.85</i>		
4		16 oz pkg egg noodles, Mueller's®	1.50		
4		18 oz jar grape jelly PX	1.79		
1		1 jar apricot preserves, Smucker's® <i>50% off</i>	<i>1.80</i>		
7		1 bag potato chips, Lay's® <i>2/\$6</i>	<i>3.00</i>		
	X	APPROXIMATE TOTAL:	90.27		

Staples needed for each Meal #:

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Meal 1
Cornstarch
Soy sauce

Meal 2
12 oz cola
½ c mayo

Meal 3
1 clove garlic
Italian seasoning
Favorite dressing

Meal 4
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Meal 5
Aluminum foil
Sour cream

Meal 6
½ c sour cream

Meal 7
½ c mayo
Ketchup
6 T butter