

Walmart 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 Cheddar Broccoli Quiche <i>Yogurt apples</i> <i>Kielbasa Sausage</i>	5 eggs 1 c whipping cream ($\frac{1}{2}$ t salt) 1 c cooked, chopped broccoli 1 c shredded cheddar cheese 1 frozen deep dish pie crusts <hr/> <i>$\frac{1}{2}$ pkg Kielbasa sausage, sliced in bite size pieces</i> <i>1 apple, cut in bite size pieces</i> <i>1 carton yogurt</i>	In blender, blend eggs, whipping cream, & salt. Spread broccoli and cheese evenly into pie crust. Pour egg mixture over all. Bake @ 350 for 1 hour or until knife comes out of center clean. <i>Heat sausage in skillet or microwave. Combine apples and yogurt in a bowl and serve cold.</i>
Meal 2 Shepherd's Pie <i>Steamed Broccoli</i> <i>Toasted Sub Rolls</i>	2 chicken breasts, diced 1 pkg chicken gravy mix (1 c water) $\frac{1}{2}$ pkg frozen peas, thawed 2 oz pkg mashed potatoes, prepared 1 c shredded cheddar cheese <hr/> <i>$\frac{1}{2}$ bunch broccoli</i> <i>1 sub roll, toasted</i> <i>(Butter)</i>	Saute chicken in skillet. Add the gravy mix and 1 c water to cooked chicken. Stir frequently until sauce comes to a boil and thickens. Spoon into coated baking dish. Top with peas, then the mashed potatoes, then cheese. Bake @ 350 for 20 minutes or until heated through and top is golden brown. <i>Steam broccoli and serve with sub roll split in two, toasted and spread with butter.</i>
Meal 3 Chili Macaroni <i>Texas Toast</i>	$\frac{1}{2}$ lb ground beef $\frac{1}{4}$ c onion, chopped ($\frac{1}{4}$ t garlic powder) $\frac{1}{2}$ can kidney beans, undrained $\frac{1}{2}$ c tomato sauce ($\frac{1}{2}$ c water, $\frac{1}{2}$ t chili powder, $\frac{1}{2}$ t salt) 4 oz elbow macaroni, cooked $\frac{1}{2}$ c shredded cheddar cheese <hr/> <i>$\frac{1}{2}$ box Texas toast</i>	Brown ground beef and onion in skillet; drain. Return to pan and season with garlic powder. Add kidney beans, tomato sauce, water, chili powder and salt. Cover and simmer 10-15 minutes. Stir in desired amount of macaroni and top with cheese. <i>Serve with Texas toast prepared according to package directions.</i>
Meal 4 Baked Spaghetti Pie <i>Tossed Pea Salad</i> <i>Texas Toast</i>	<div data-bbox="732 1241 1235 1556" style="text-align: center;"> <p>CLICK HERE ►</p> <p>TO ORDER</p> <p>THIS PLAN</p> </div>	
Meal 5 Open Face Ranch & Chicken BLT's <i>Chips</i>		
Meal 6 Taco Cornbread Bake <i>Drizzled Iceberg Wedges</i>		
Meal 7 Sausage Sandwiches w/ Mustard Sauce <i>Orange slices</i>		

(Staples are in parenthesis)

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Walmart for Two GROCERY LIST

MEAL #	X	GROCERY ITEM	PRICE	OTHER ITEMS:	X
-----	X	DELI & BAKERY & BREAD			
2,5,7		6 count sub rolls, The Bakery	2.68		
-----	X	PRODUCE			
1,2		1 bunch broccoli	1.64		
1		1 apple	.65		
3,7		1 onion	.75		
4,6		1 head iceberg lettuce	1.18		
5		1 tomato	.40		
7		2 naval oranges	1.00		
-----	X	MEATS			
1,7		14 oz Kielbasa sausage, Eckrich	2.88		
2,5		3 boneless skinless chicken breasts	5.64		
3,6		1 lb ground beef	3.48		
5		12 oz pkg bacon, Plumrose	2.98		
-----	X	DAIRY/REFRIG			
1,4		1 dozen large eggs, Sunny meadow	1.68		
1		16 oz whipping cream, GV	2.08		
1,2,3,6		16 oz shredded cheddar cheese, GV	4.34		
1		6 oz yogurt, American Basics	.33		
4		15 oz ricotta cheese, GV	1.94		
4,5		8 oz shredded Italian blend cheese, GV	2.24		
-----	X	FROZEN			
1		16 oz frozen deep dish pie crust, GV	2.18		
2,4		16 oz bag peas, GV	.98		
3,4		11 oz box Texas toast, GV	1.88		
-----	X	CANNED/BOTTLED			
3		15 oz can kidney beans, GV	.68		
3,4		(2) 8 oz can tomato sauce, GV, .34 each	.68		
6		16 oz can refried beans, GV	.85		
7		14 oz can chicken broth, GV, use 1/3 cup	.77		
7		12 oz course ground mustard, GV	1.50		
-----	X	PACKAGED			
2		1 pkg chicken gravy mix, GV	.68		
2		2 oz pkg instant mashed potatoes, Idahoan	.50		
3		16 oz box elbow macaroni, GV	1.08		
4		16 oz box spaghetti noodles, GV	1.08		
4		8 oz container parmesan cheese, GV	2.62		
5		11 oz bag chips, GV, any	1.98		
6		1 pkg taco seasoning, GV	.46		
6		6 oz pkg cornbread mix, Martha White	.82		
		TOTAL COST: approx	54.63		

STAPLES NEEDED FOR EACH MEAL:

MEAL 1

MEAL 2
Butter

MEAL 3
Garlic powder
Chili powder

MEAL 4
Olive oil
Mayo

MEAL 5
Ranch dressing

MEAL 6
1000 Isle drsng

MEAL 7
Butter
Garlic clove
Flour
Ketchup

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