



WALMART MEAL PLAN

MEAL #: <i>Side dishes are in ITALICS</i>	INGREDIENTS: <i>Side dish ingredients are in ITALICS</i>	INSTRUCTIONS: <i>Side dish instructions are in ITALICS</i>
Meal 1 Oriental Chicken Salad <i>Cheesy Garlic Toast</i>	1 head lettuce, shredded 2 lbs fried chicken tenders – from deli 2 small cans Mandarin oranges, drained 1 can chow mein noodles 1 bottle ginger or Asian sesame ginger dressing <hr/> 1 loaf French bread 1 c shredded cheddar cheese (<i>Garlic salt</i>)	Wash lettuce; shred. Cut chicken tenders into bite-sized chunks. Toss lettuce, chicken, mandarin oranges & desired amount of chow mein noodles together. Put on individual plates; drizzle with ginger dressing. <i>Cut French bread into individual slices. Lay on cookie sheet. Heat oven to broil. Top each slice of bread with cheese; sprinkle generously with garlic salt. Broil 1-2 minutes, watching as not to burn. Serve alongside salad.</i>
Meal 2 Cheeseburger Soup <i>Muffins</i>	1+ lbs ground beef 1 c chopped onion (½ c butter) 1 c chopped celery 1½ c shredded carrots (2 t dried basil, 2 t dried parsley) (4 chicken bouillon cubes, 4 c water) 3½ c diced potatoes (½ c flour, 3 c milk) 16 oz easy melt cheese, diced <hr/> 1-2 boxes muffin mix	Brown ground beef and onion in large skillet/pan over med heat. Drain; set aside. In same skillet, sauté celery, carrots, parsley and basil in 4 T butter. When veggies are tender, add chicken bouillon and water; bring to a boil to dissolve. Add diced potatoes and beef; simmer 10-12 minutes. In saucepan melt 6 T butter, stir in flour until paste forms. Whisk in the milk; cook until thickened and smooth. Add this to the soup; bring to a boil one more time. Add seasonings and cheese; cook and stir on low until cheese is melted. Serve hot! <i>Bake muffins as directed.</i>
Meal 3 Bacon n' Cheese Strata <i>Hot Cinnamon Apples</i> <i>Steamed Peas</i>	8 slices white bread 1 pkg real bacon pieces 1 c shredded cheddar 14 oz can diced tomatoes, drained well (3 eggs, 1½ c milk, pepper, hot sauce) <hr/> 4 <i>Granny Smith apples, peeled and diced</i> (<i>Cinnamon/sugar</i>) Frozen peas	In sprayed 2 quart baking dish, arrange ½ each: bread, bacon, cheese, and tomatoes. Repeat for a second layer. Combine eggs, milk, dash of pepper, and dash of hot sauce. Pour over casserole. Bake uncovered @375° for 45 minutes. <i>Toss apples with 3-4 T cinnamon/sugar. Heat in microwave in a covered dish 5 minutes.</i> <i>Cook peas according to pkg directions; season to taste.</i>
Meal 4 Pork Chops & Baked Beans <i>Potato Salad</i>	<div data-bbox="716 1304 1222 1619" style="text-align: center; background-color: #76b82a; color: white; padding: 20px; border-radius: 10px;"> <p>CLICK HERE ►</p> <p>TO ORDER</p> <p>THIS PLAN</p> </div>	
Meal 5 Chicken Alfredo Pasta <i>Steamed Broccoli</i> <i>Breadsticks</i>		
Meal 6 <i>Crock-Pot</i> Garlic & Herb Chicken <i>Green Beans</i> <i>Buttered noodles</i>		
Meal 7 Simple Spaghetti <i>Spinach Salad</i> <i>Garlic Breadsticks</i>		

(Staples are in parenthesis.)

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SAMPLE PLAN

WALMART GROCERY LIST

MEAL #	X	GROCERY ITEM	PRICE	OTHER GROCERIES:
	X	DELI/BAKERY/PRODUCE		GV = WALMART Brand items
5		1 rotisserie chicken	4.98	® = Suggested Brands
1		2 lbs fried chicken tenders	9.96	
1		1 loaf sourdough French bread	1.50	
1		1 head lettuce	1.34	
7		10 oz bag spinach, Marketside™	1.98	
2		10 oz bag matchstix carrots, Bolthouse®	1.48	
2,4		5 lbs potatoes	3.47	
2,4		1 bunch celery	1.88	
3		4 Granny Smith apples	2.28	
4,7		1 small red onion	.75	
2,4		2 small yellow onions	1.00	
	X	MEATS		
2,7		2-3, 1 lb pkgs ground beef GV	5.56	
4		1.5 lbs boneless pork chops GV	6.40	
6		1.5+ pkg boneless skinless chicken breasts, Tyson®	5.98	
	X	DAIRY/REFRIG		
1,3		8 oz pkg shredded cheddar cheese GV	2.32	
5		16 oz tube breadsticks, Pillsbury®	1.33	
3,4,5		1 dozen eggs, Sunny Meadow®	1.58	
	X	FROZEN		
7		1 loaf garlic bread GV	1.98	
3		16 oz bag peas GV	.87	
6		16 oz bag green beans GV	.87	
5		14 oz bag frozen broccoli florets GV	1.27	
	X	CANNED/BOTTLED/PACKAGED		
6		12 oz bottle garlic herb marinade, Lawry's®	2.00	
3		1 loaf bread GV	1.16	
4		15 oz can pork and beans GV	.54	
3		14 oz can diced tomatoes GV	.63	General Staples:
7		16 oz pkg spaghetti noodles GV	1.00	Favorite dressing
5		16 oz pkg penne pasta GV	1.00	Sea or kosher salt/pepper
7		26 oz jar pasta sauce GV	1.33	Cooking spray
6		16 pkg egg noodles GV	1.00	Olive oil
1		2-11 oz cans Mandarin oranges GV	1.28	Vegetable oil
1		5 oz can chow mein noodles, La Choy®	1.14	Mayo
2		1-2, 7 oz boxes muffin mix, Jiffy®	.62	Milk
5		16 oz jar Alfredo sauce GV	1.33	Flour
1		16 oz bottle Asian sesame ginger dressing, Ken's Steak House®	2.38	Butter
2		16 oz block Velveeta® type easy melt cheese GV	2.68	Vinegar, regular & balsamic
3,7		2 – 2.5 oz pkgs real bacon bits GV	2.24	Sugar
		TOTAL COST (approx)	79.11	

Staples needed for each meal :

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Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7
Garlic salt	½ c butter	1½ c milk	¼ c brown sugar	¼ c milk	Garlic salt	Parmesan chs
	2 t dried basil	Hot sauce	½ c ketchup	Parmesan chs	2-3 T butter	Balsamic vingrt drsng
	2 t dried parsley	Cinnamon/sugar	Mustard			
	Chicken bouillon		Worcestershire sauce			
	½ c flour		½ c mayo			
	3 c milk					