






















Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:								
<p>Meal 1 <span style="float: right;">Kid-Friendly</span></p> <p><b>Loaded Potato-Barbecue Chicken Casserole</b></p> <p><i>Lemon and Honey Roasted Broccoli</i></p> <table border="0" style="width: 100%;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">15m</td> <td style="text-align: center;">20m</td> <td style="text-align: center;">35m</td> </tr> </table>		Prep	Cook	Total		15m	20m	35m	<p>10 slices bacon, chopped 2 (24-oz) pkg refrigerated mashed red potatoes 1 rotisserie chicken, meat shredded 1 cup barbecue sauce 1 (8-oz) pkg shredded Cheddar cheese ¼ cup sliced green onions (optional)</p> <hr/> <p><i>1 (2-lb) head broccoli, cut into florets</i> <i>1 Tbsp olive oil</i> <i>1 Tbsp balsamic vinegar</i> <i>1 Tbsp fresh lemon juice</i> <i>1 tsp honey</i> <i>¼ tsp salt</i></p>	<p>Preheat oven to 350°F; coat a 13- x 9-inch baking dish with cooking spray. Cook bacon in a large skillet over medium heat until crisp; drain on paper towels. Meanwhile, heat potatoes according to package directions. Spread potatoes in baking dish; top with chicken, barbecue sauce, cheese, and bacon. Bake 20 minutes or until heated through. Sprinkle with green onions, if desired.</p> <hr/> <p><i>Preheat oven to 350°F. Place broccoli on a rimmed baking sheet. Whisk together oil, vinegar, lemon juice, honey, and salt; pour over broccoli, and toss to coat. Bake 20 minutes or until browned and tender.</i></p>
	Prep	Cook	Total							
	15m	20m	35m							
<p>Meal 2 <span style="float: right;">Kid-Friendly</span></p> <p><b>Italian Patty Melts</b></p> <p><i>Balsamic Wedge Salads</i></p> <table border="0" style="width: 100%;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">20m</td> <td style="text-align: center;">20m</td> <td style="text-align: center;">40m</td> </tr> </table>		Prep	Cook	Total		20m	20m	40m	<p>6 ground chuck patties 12 slices sourdough bread 1 (24-oz) jar pasta sauce 1 cup sliced pepperoni 1 (8-oz) pkg sliced mozzarella cheese ¼ cup butter, softened</p> <hr/> <p><i>1 head iceberg lettuce, cut into wedges</i> <i>2 tomatoes, chopped</i> <i>½ cup balsamic vinaigrette salad dressing</i></p>	<p>Sprinkle patties with salt and pepper. Cook in a large skillet over medium heat 5 to 6 minutes per side or to desired doneness. Remove from skillet; wipe skillet clean. On 1 side of each bread slice, spread about 2 Tbsp pasta sauce. Top half of bread slices with patties, pepperoni, and cheese slices. Cover with remaining bread slices, sauce side down. Spread outsides of sandwiches with butter. Heat same skillet over medium heat. Add half of sandwiches, and cook 3 to 4 minutes per side or until browned and cheese is melted. Repeat with remaining sandwiches. Serve sandwiches with remaining pasta sauce for dipping.</p> <hr/> <p><i>Place wedges on serving plates; top with tomatoes, and drizzle with dressing.</i></p>
	Prep	Cook	Total							
	20m	20m	40m							
<p>Meal 3 <span style="float: right;">Skillet Meal</span></p> <p><b>Lemony Pork Piccata</b></p> <p><i>Buttery Pasta and Almond Green Beans</i></p> <table border="0" style="width: 100%;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center;">Prep</td> <td style="text-align: center;">Cook</td> <td style="text-align: center;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">15m</td> <td style="text-align: center;">25m</td> <td style="text-align: center;">40m</td> </tr> </table>		Prep	Cook	Total		15m	25m	40m	<p>1½ lb pork loin chops, pounded to ¼-inch-thickness ¼ cup all-purpose flour 1½ tsp lemon-pepper seasoning 4 Tbsp butter, divided ¼ cup chicken broth ¼ cup fresh lemon juice 2 Tbsp capers</p> <hr/> <p><i>1 (16-oz) box linguine</i> <i>2 Tbsp butter</i> <i>2 (7.5-oz) boxes frozen green beans with almonds</i></p>	<p>Sprinkle pork with salt and pepper. Stir together flour and lemon-pepper in a shallow dish; dredge pork in mixture. Melt 2 Tbsp butter in a large skillet over medium-high heat. Add half of pork, and cook 3 to 4 minutes per side or until browned. Remove from skillet, and set aside. Repeat with remaining 2 Tbsp butter and pork. Add broth, lemon juice, and capers to skillet, scraping up browned bits from bottom of skillet with a wooden spoon; cook 2 to 3 minutes or until slightly thickened. Return pork to skillet, and cook 1 minute.</p> <hr/> <p><i>Cook pasta according to package directions; drain and toss with butter until melted. Cook green beans according to package directions.</i></p>
	Prep	Cook	Total							
	15m	25m	40m							

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:								
<p>Meal 4 <span style="float: right;">Classic Favorite</span></p> <p><b>Crunchy Onion Chicken</b></p> <p><i>Tuscan-Style Tomato Pasta Salad and Biscuits with Honey Butter</i></p> <table border="0" style="width: 100%; text-align: center;"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>15m</td> <td>20m</td> <td>35m</td> </tr> </table>		Prep	Cook	Total		15m	20m	35m	<p>1½ lb chicken tenderloins ½ cup butter, melted 1 Tbsp Worcestershire sauce 1 Tbsp Dijon mustard ½ tsp salt, ½ tsp pepper 1 (6-oz) can French fried onions, crushed</p> <hr/> <p>2 (7.2-oz) boxes <i>Tuscan-style tomato pasta salad</i> 1 (10.2-oz) can <i>refrigerated biscuits</i> ¼ cup <i>butter, softened</i> 1 Tbsp <i>honey</i></p>	<p>Preheat oven to 400°F; spray a 13-x 9-inch baking dish with cooking spray. Combine melted butter, Worcestershire, Dijon, salt, and pepper in a shallow dish. Place crushed onions in a separate dish. Dip chicken in butter mixture; dredge in onions to coat. Place in prepared dish. Drizzle remaining butter mixture over chicken; sprinkle with remaining onions. Bake 15 to 20 minutes or until chicken is done.</p> <hr/> <p><i>Cook pasta salad according to package directions. Bake biscuits according to package directions. Stir together butter and honey; serve with biscuits.</i></p>
	Prep	Cook	Total							
	15m	20m	35m							
<p>Meal 5 <span style="float: right;">Kid-Friendly</span></p> <p><b>Meatball and Pepperoni Pasta Bake</b></p> <p><i>Mixed Green Salad</i></p> <table border="0" style="width: 100%; text-align: center;"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>20m</td> <td>35m</td> <td>55m</td> </tr> </table>		Prep	Cook	Total		20m	35m	55m	<p>8 oz uncooked spaghetti 3 large eggs ¼ cup milk 1 (6-oz) pkg shredded Parmesan cheese, divided 2 tsp dried Italian seasoning 1 (24-oz) jar pasta sauce 1 (26-oz) pkg Italian-style meatballs, thawed 1 (8-oz) pkg shredded mozzarella cheese ½ cup sliced pepperoni</p> <hr/> <p>1 (9-oz) pkg <i>mixed green salad</i> 2 <i>tomatoes, chopped</i> 1 (5-oz) <i>bag croutons</i> ½ cup <i>creamy salad dressing</i></p>	<p>Preheat oven to 350°F; spray a 13- x 9-inch baking dish with cooking spray. Cook pasta according to package directions; rinse immediately in cold water, and drain well. Whisk together eggs and milk in a large bowl; add ½ cup Parmesan and Italian seasoning. Add pasta, tossing to coat; transfer to prepared dish. Pour sauce over pasta mixture. Top with meatballs, mozzarella, pepperoni, and remaining Parmesan. Bake 30 to 35 minutes or until hot and bubbly. Let stand 5 minutes before cutting.</p> <hr/> <p><i>Toss together salad, tomatoes, and croutons in a large bowl; add dressing, tossing to coat.</i></p>
	Prep	Cook	Total							
	20m	35m	55m							
<p>Meal 6 <span style="float: right;">Kid-Friendly</span></p> <p><b>Green Chile Taco Soup</b></p> <p><i>Crispy Tortilla Chips</i></p> <table border="0" style="width: 100%; text-align: center;"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>10m</td> <td>30m</td> <td>40m</td> </tr> </table>		Prep	Cook	Total		10m	30m	40m	<p>1 lb ground chuck 1 cup chopped onion 1 (28-oz) can green chile enchilada sauce 2 cups chicken broth 1 (12-oz) pkg frozen white shoepeg corn, thawed 1 (15.25-oz) can chili beans, drained 1 (15-oz) can black beans, rinsed and drained 1 (10-oz) can diced tomatoes and green chiles, drained 1 (1.25-oz) pkg taco seasoning mix</p> <hr/> <p>1 (9-oz) <i>bag tortilla chips</i></p>	<p>Cook ground chuck and onion in a large Dutch oven over medium heat until beef is browned and crumbly; drain. Stir in enchilada sauce, broth, corn, beans, tomatoes, and taco seasoning mix. Bring to a boil over medium heat; reduce heat, and simmer 20 minutes.</p> <hr/> <p><i>Serve chips with soup.</i></p>
	Prep	Cook	Total							
	10m	30m	40m							
<p>Meal 7 <span style="float: right;">Easy for Entertaining</span></p> <p><b>Skillet Balsamic Chicken</b></p> <p><i>Green Onion Rice and Steamed Peas</i></p> <table border="0" style="width: 100%; text-align: center;"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>10m</td> <td>15m</td> <td>25m</td> </tr> </table>		Prep	Cook	Total		10m	15m	25m	<p>1½ lb chicken cutlets 1 Tbsp olive oil ¾ cup chicken broth ⅓ cup balsamic vinegar 1 Tbsp fresh lemon juice 2 tsp bottled minced garlic 2 tsp honey</p> <hr/> <p>2 cups <i>uncooked long-grain rice</i> 3 Tbsp <i>sliced green onion</i> 1 (12-oz) <i>bag frozen peas</i></p>	<p>Sprinkle chicken with salt and pepper. Heat oil in a large skillet over medium-high heat. Add chicken; cook 2 to 3 minutes per side or until done. Remove chicken from skillet; set aside and keep warm. Add broth, vinegar, lemon juice, garlic, and honey to skillet. Cook 5 minutes or until mixture slightly thickens. Return chicken to skillet, and cook 1 minute.</p> <hr/> <p><i>Cook rice according to package directions; stir in green onion. Steam peas according to package directions; season to taste with salt and pepper.</i></p>
	Prep	Cook	Total							
	10m	15m	25m							



# Publix Classic Family Plan

## Sample Plan

Meal	✓	Grocery Items to Purchase	Price
<b>Produce</b>			
1		1 (2-lb) head broccoli <i>2/\$5</i>	<i>2.50</i>
1,3,7		3 lemons, need 6 Tbsp juice	1.94
1,7		1 bunch green onions, need about ½ cup sliced	0.75
2		1 head iceberg lettuce <i>1.49</i>	<i>1.49</i>
2,5		4 tomatoes (about 1½ lb) Tasti-Lee <i>1.99 lb</i>	<i>2.99</i>
5		1 (9-oz) pkg mixed green salad, Publix <i>2/\$5</i>	<i>2.50</i>
6		1 onion, need 1 cup chopped (about 8 oz)	0.75
<b>Meat &amp; Seafood</b>			
1		1 (16-oz) pkg bacon, need 10 slices, Smithfield <i>4.99</i>	<i>4.99</i>
2		6 ground chuck patties (about 1½ lb), Publix <i>4.99/lb</i>	<i>7.49</i>
2,5		1 (8-oz) pkg sliced pepperoni, need 1½ cups, Publix <i>3/\$10</i>	<i>3.33</i>
3		1½ lb pork loin chops, Publix <i>3.29/lb</i>	<i>4.94</i>
4		1½ lb chicken tenderloins, Publix <i>4.49/lb</i>	<i>6.74</i>
6		1 lb ground chuck	4.60
7		1½ lb chicken cutlets, Publix <i>4.49/lb</i>	<i>6.74</i>
<b>Refrigerated</b>			
1		2 (24-oz) pkg refrigerated mashed red potatoes, Bob Evans <i>2/\$6</i>	<i>6.00</i>
1		1 (8-oz) pkg shredded Cheddar cheese, Publix <i>2/\$5</i>	<i>2.50</i>
2,3,4		1 (16-oz) pkg butter, need about 1½ cups, Publix	3.83
2,5		1 (8-oz) pkg sliced AND 1 (8-oz) pkg shredded mozzarella cheese, Publix <i>2/\$5</i>	<i>5.00</i>
4		1 (10.2-oz) can refrigerated biscuits, Pillsbury <i>10/\$10</i>	<i>1.00</i>
5		½ dozen large eggs, need 3, Publix	1.49
5		1 (6-oz) pkg shredded Parmesan cheese, Publix <i>2/\$5</i>	<i>2.50</i>
<b>Frozen</b>			
3		2 (7.5-oz) box frozen green beans with almonds, Green Giant <i>BOGO</i>	<i>2.15</i>
5		1 (26-oz) pkg Italian-style meatballs, Cooked Perfect <i>BOGO</i>	<i>4.00</i>
6		1 (12-oz) pkg frozen white shoepeg corn, Green Giant <i>BOGO</i>	<i>1.08</i>
7		1 (12-oz) bag frozen peas, Green Giant <i>BOGO</i>	<i>1.08</i>
<b>Canned &amp; Packaged</b>			
1		1 (18-oz) bottle barbecue sauce, need 1 cup, Publix	1.49
2		1 (24-oz) loaf sourdough bread, need 12 slices, Pepperidge Farm <i>BOGO</i>	<i>2.00</i>
2,5		2 (24-oz) jars pasta sauce, Barilla <i>BOGO</i>	<i>2.95</i>
3		1 (16-oz) box linguine, Barilla <i>BOGO</i>	<i>0.89</i>
3,6,7		1 (32-oz) carton chicken broth, need 3 cups, Swansons <i>BOGO</i>	<i>1.44</i>
4		1 (6-oz) can French fried onions, Publix	2.49
4		2 (7.2-oz) boxes Tuscan-style tomato pasta salad, Betty Crocker <i>BOGO</i>	<i>2.39</i>
5		1 (16-oz) pkg spaghetti, need 8 oz, Barilla <i>BOGO</i>	<i>0.89</i>
5		1 (5-oz) bag croutons, Mrs. Cubbison's <i>BOGO</i>	<i>0.75</i>
6		1 (10-oz) can diced tomatoes and green chiles, Publix	1.33
6		1 (15.25-oz) can chili beans, Publix	0.89
6		1 (28-oz) can green chile enchilada sauce, La Victoria	3.09
6		1 (9-oz) bag tortilla chips, Tostitos <i>2/\$6</i>	<i>3.00</i>
6		1 (1.25-oz) pkg taco seasoning mix, Publix	0.79
6		1 (15-oz) can black beans, Publix	0.83
7		1 (16-oz) pkg long-grain rice, need 2 cups, Publix	1.00
<b>Bakery &amp; Deli</b>			
1		1 rotisserie chicken	7.39
<b>Approximate Total</b>			<b>\$115.99</b>

Necessary Staples
<b>Meal 1</b>
1 Tbsp olive oil 1 Tbsp balsamic vinegar 1 tsp honey Cooking spray
<b>Meal 2</b>
½ cup balsamic vinaigrette salad dressing
<b>Meal 3</b>
1½ tsp lemon-pepper seasoning ¼ cup all-purpose flour 2 Tbsp capers
<b>Meal 4</b>
1 Tbsp Worcestershire sauce 1 Tbsp Dijon mustard 1 Tbsp honey Cooking spray
<b>Meal 5</b>
2 tsp dried Italian seasoning ¼ cup milk ½ cup creamy salad dressing
<b>Meal 6</b>
No staples for this meal
<b>Meal 7</b>
1 Tbsp olive oil ¼ cup balsamic vinegar 2 tsp honey 2 tsp bottled minced garlic