

| Meals: <i>Side dishes are in ITALICS</i> | Ingredients: | Instructions: | | | | | | |
|--|--------------|---------------|-------|-----|-----|--------|--|--|
| <p>Meal 1 Kid-Friendly</p> <p style="text-align: center;">Chunky Potato Soup</p> <p style="text-align: center;"><i>Herbed French Bread</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="padding: 2px 5px;">Prep</th> <th style="padding: 2px 5px;">Cook</th> <th style="padding: 2px 5px;">Total</th> </tr> </thead> <tbody> <tr> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">30m</td> <td style="padding: 2px 5px;">45m</td> </tr> </tbody> </table> </div> | Prep | Cook | Total | 15m | 30m | 45m | <p>4 slices bacon, chopped ½ cup chopped onion 2 cloves garlic, minced 2 Tbsp all-purpose flour 1 (32-oz) carton chicken broth 2 lb gold potatoes, peeled and cut into 1-inch pieces ½ cup milk 1 cup shredded Cheddar cheese ½ cup sour cream ½ tsp salt, ½ tsp pepper</p> <hr style="border: 0; border-top: 1px dashed #ccc; margin: 10px 0;"/> <p><i>1 (8-oz) crusty white baguette</i> <i>¼ cup butter, softened</i> <i>1 tsp dried Italian seasoning</i></p> | <p>Cook bacon in a large pot over medium heat until crisp. Using a slotted spoon, remove bacon and drain on paper towels, reserving drippings in pan. Add onion and garlic to drippings; cook over medium heat, stirring frequently, 8 minutes or until tender. Add flour, and cook, stirring constantly, 2 minutes. Gradually stir in broth. Add potatoes; bring to a boil, reduce heat, and simmer 10 minutes or until potatoes are tender. Using a potato masher, mash potatoes to desired consistency. Stir in milk. Add cheese, stirring until melted. Stir in sour cream, salt, and pepper; cook until thoroughly heated. Top servings with bacon, additional cheese, sour cream, and, if desired, green onion.</p> <hr style="border: 0; border-top: 1px dashed #ccc; margin: 10px 0;"/> <p style="text-align: center;"><i>Preheat oven to 400°F. Bake bread directly on oven rack 10 minutes or until crisp. Stir together butter and Italian seasoning; serve with hot bread.</i></p> |
| Prep | Cook | Total | | | | | | |
| 15m | 30m | 45m | | | | | | |
| <p>Meal 2 Quick Prep Slow Cooker</p> <p style="text-align: center;">Easy Barbecue Brisket</p> <p style="text-align: center;"><i>Mushroom Rice Sides with Roasted Green Beans</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="padding: 2px 5px;">Prep</th> <th style="padding: 2px 5px;">Cook</th> <th style="padding: 2px 5px;">Total</th> </tr> </thead> <tbody> <tr> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">8h</td> <td style="padding: 2px 5px;">8h 10m</td> </tr> </tbody> </table> </div> | Prep | Cook | Total | 10m | 8h | 8h 10m | <p>1 onion, sliced 1 Tbsp Montreal steak seasoning 2-lb beef brisket, trimmed 1 (18-oz) bottle barbecue sauce</p> <hr style="border: 0; border-top: 1px dashed #ccc; margin: 10px 0;"/> <p><i>1 (5.5-oz) pkg mushroom rice side</i> <i>½ (16-oz) bag fresh green beans</i> <i>1 Tbsp olive oil</i></p> | <p>Place onions in a greased 4-quart slow cooker. Rub seasoning on all sides of brisket; place over onions in slow cooker, cutting brisket in pieces, if necessary. Pour barbecue sauce over brisket. Cover and cook on LOW 8 to 9 hours or until tender. (Shred 1½ cups brisket, and reserve with ½ cup sauce and onions for Barbecue Brisket Flatbread Pizzas recipe) Slice remaining brisket, and serve with remaining sauce and onions.</p> <hr style="border: 0; border-top: 1px dashed #ccc; margin: 10px 0;"/> <p style="text-align: center;"><i>Prepare rice according to package directions. Preheat oven to 400°F. Toss green beans with oil on a rimmed baking sheet; bake 10 minutes or until crisp-tender. Season to taste with salt and pepper.</i></p> |
| Prep | Cook | Total | | | | | | |
| 10m | 8h | 8h 10m | | | | | | |
| <p>Meal 3 Easy for Entertaining</p> <p style="text-align: center;">Bacon Wrapped Pork Tenderloin</p> <p style="text-align: center;"><i>Rice Pilaf and Sautéed Green Beans</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="padding: 2px 5px;">Prep</th> <th style="padding: 2px 5px;">Cook</th> <th style="padding: 2px 5px;">Total</th> </tr> </thead> <tbody> <tr> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">45m</td> <td style="padding: 2px 5px;">1h</td> </tr> </tbody> </table> </div> | Prep | Cook | Total | 15m | 45m | 1h | <p>1 lb pork tenderloin 1 tsp dried Italian seasoning ¼ tsp salt, ¼ tsp pepper 3 slices bacon, cut in half crosswise</p> <hr style="border: 0; border-top: 1px dashed #ccc; margin: 10px 0;"/> <p><i>1 Tbsp olive oil, divided</i> <i>¼ cup finely chopped onion</i> <i>¾ cup uncooked long-grain rice</i> <i>⅛ tsp salt, ¼ tsp pepper</i> <i>1½ cups chicken broth</i> <i>½ (16-oz) pkg fresh green beans</i> <i>1 clove garlic, minced</i></p> | <p>Preheat oven to 400°F. Sprinkle pork with Italian seasoning and salt and pepper; wrap with bacon slices, and secure with wooden picks. Place on a lightly greased wire rack in a foil-lined roasting pan; bake 25 to 30 minutes. Increase heat to broil, and broil 3 to 5 minutes or until bacon is crisp. Let pork stand 10 minutes before slicing.</p> <hr style="border: 0; border-top: 1px dashed #ccc; margin: 10px 0;"/> <p style="text-align: center;"><i>Heat ½ Tbsp oil in a saucepan over medium-high heat. Add onion, rice, salt and pepper; cook 4 minutes or until onion begins to brown. Add broth; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Remove from heat; let stand 10 minutes or until liquid is absorbed. Heat remaining ½ Tbsp oil in a large skillet over medium-high heat. Add green beans and garlic. Cook, stirring frequently, 3 minutes. Add 2 Tbsp water; cover, and cook 2 minutes or until crisp-tender.</i></p> |
| Prep | Cook | Total | | | | | | |
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| Meals: <i>Side dishes are in ITALICS</i> | Ingredients: | Instructions: | | | | | | |
|---|--------------|---------------|-------|-----|-----|-----|--|--|
| <p>Meal 4 Kid-Friendly</p> <p style="text-align: center;">Asian Chicken and Broccoli</p> <p style="text-align: center;"><i>Chopped Asian Salad Kit and Green Onion Rice</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">30m</td> </tr> </table> </div> | Prep | Cook | Total | 10m | 20m | 30m | <p>1 Tbsp vegetable oil ¾ lb boneless skinless chicken breast, cut into 1-inch pieces 1 (12-oz) pkg fresh broccoli florets 1 clove garlic, minced ½ cup honey teriyaki marinade and sauce</p> <hr/> <p>¾ cup uncooked long-grain rice ½ Tbsp olive oil 2 Tbsp thinly sliced green onion 1 (13.6-oz) pkg chopped Asian salad kit</p> | <p>Heat oil in a large skillet over medium-high heat. Add chicken, and cook, stirring occasionally, 4 to 5 minutes or until browned. Add broccoli, garlic, and 2 Tbsp water. Cover, and cook 3 minutes or until broccoli is just tender. Stir in teriyaki sauce, and cook until heated through; serve over rice.</p> <hr/> <p><i>Cook rice according to package directions; stir in oil and green onion. Prepare salad according to package directions.</i></p> |
| Prep | Cook | Total | | | | | | |
| 10m | 20m | 30m | | | | | | |
| <p>Meal 5 Quick and Easy</p> <p style="text-align: center;">Barbecue Brisket Flatbread Pizzas</p> <p style="text-align: center;"><i>Mixed Green Salad</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">15m</td> <td style="padding: 2px 5px;">30m</td> </tr> </table> </div> | Prep | Cook | Total | 15m | 15m | 30m | <p>1½ cups shredded reserved brisket (from Easy Barbecue Brisket recipe) 2 to 3 flatbread wraps ½ Tbsp olive oil 1 tomato, very thinly sliced 1 cup shredded mozzarella cheese 1 cup shredded Cheddar cheese 2 Tbsp thinly sliced green onion</p> <hr/> <p>½ (5-oz) container mixed salad greens 2 carrots, shredded ¼ cup favorite salad dressing</p> | <p>Heat brisket in microwave until warmed through. Preheat oven to 400°F. Arrange flatbread wraps in a single layer on baking sheets; brush with oil and bake 5 minutes or until crisp. Arrange brisket over flatbread; arrange tomatoes and cheeses over bread. Bake 10 minutes or until cheese is melted and flatbreads are browned; sprinkle with green onion before serving.</p> <hr/> <p><i>Toss greens with carrots and dressing.</i></p> |
| Prep | Cook | Total | | | | | | |
| 15m | 15m | 30m | | | | | | |
| <p>Meal 6 Kid-Friendly</p> <p style="text-align: center;">Meatball Sub Casserole</p> <p style="text-align: center;"><i>Tossed Green Salad</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">30m</td> <td style="padding: 2px 5px;">40m</td> </tr> </table> </div> | Prep | Cook | Total | 10m | 30m | 40m | <p>3 to 4 bakery hot dog buns, halved ½ (8-oz) pkg cream cheese, softened ¼ cup sour cream ½ tsp dried Italian seasoning ¼ tsp pepper 1 cup shredded mozzarella cheese, divided 1 (12-oz) pkg fully cooked Italian-style meatballs 1 (24-oz) jar pasta sauce</p> <hr/> <p>½ (5-oz) container mixed salad greens 1 tomato, chopped ¼ cup favorite salad dressing</p> | <p>Preheat oven to 350°F. Arrange hot dog buns, cut sides up, in a single layer in an ungreased 8-inch baking dish completely covering the bottom. Combine cream cheese, sour cream, Italian seasoning, and pepper in a bowl. Spread mixture over bread slices. Sprinkle with ½ cup cheese. Combine meatballs and pasta sauce; spoon over cheese. Sprinkle with remaining cheese. Bake uncovered, 30 minutes or until hot and bubbly; cut into squares to serve.</p> <hr/> <p><i>Toss salad greens with tomatoes and dressing.</i></p> |
| Prep | Cook | Total | | | | | | |
| 10m | 30m | 40m | | | | | | |
| <p>Meal 7 Crowd-Pleaser</p> <p style="text-align: center;">Tomato and White Bean Soup</p> <p style="text-align: center;"><i>Sausage Crescent Rolls</i></p> <div style="display: flex; align-items: center; margin-top: 10px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px 5px;">Prep</td> <td style="padding: 2px 5px;">Cook</td> <td style="padding: 2px 5px;">Total</td> </tr> <tr> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">20m</td> <td style="padding: 2px 5px;">30m</td> </tr> </table> </div> | Prep | Cook | Total | 10m | 20m | 30m | <p>1 Tbsp olive oil ½ cup chopped onion 1 carrot, peeled and sliced 1 clove garlic, minced ¼ tsp salt ¼ tsp crushed red pepper 1 (14.5-oz) can diced fire-roasted tomatoes 1 (15-oz) can cannellini beans, drained and rinsed 1 (14.5-oz) can chicken broth</p> <hr/> <p>1 (16-oz) roll breakfast sausage 1 (8-oz) can refrigerated crescent rolls</p> | <p>Heat oil in a Dutch oven over medium-high heat; add onion and carrot. Cook 3 to 5 minutes or just until tender. Add garlic, salt and red pepper; cook 1 minute. Stir in tomatoes, beans and broth; bring to a boil. Reduce heat, and simmer, stirring occasionally, 15 to 20 minutes or until heated.</p> <hr/> <p><i>Cook sausage in a skillet over medium heat until browned and crumbly; drain well. Preheat oven to 375°F; spray a baking sheet with cooking spray. Unroll crescent dough and press perforations to form a sheet of dough. Sprinkle with sausage. Roll up dough, starting with 1 long side, pressing edges to seal. Cut into ½-inch-thick slices; place on prepared pan. Bake 12 to 15 minutes or until golden brown.</i></p> |
| Prep | Cook | Total | | | | | | |
| 10m | 20m | 30m | | | | | | |



Classic Meals Plan for Two Sample Plan

| Meal | ✓ | Grocery Items to Purchase |
|---------|---|---|
| | | Produce |
| 1 | | 1 (5-lb) bag gold potatoes, need 2 lb |
| 1,2,3,7 | | 2 onions, need 1 whole and 1¼ cups chopped (about 1 lb) |
| 2,3 | | 1 (16-oz) bag fresh green beans |
| 4 | | 1 (12-oz) pkg fresh broccoli florets |
| 4 | | 1 (13.6-oz) pkg chopped Asian salad kit |
| 4,5 | | 1 bunch green onions, need ¼ cup thinly sliced |
| 5,6 | | 2 tomatoes (about 1 lb) |
| 5,6 | | 1 (5-oz) container mixed salad greens |
| 5,7 | | 1 (16-oz) pkg carrots, need 3 |
| | | Meat & Seafood |
| 1,3 | | 1 (12-oz) pkg bacon, need 7 slices |
| 2,5 | | 2 lb beef brisket |
| 3 | | 1 lb pork tenderloin |
| 4 | | ¾ lb boneless skinless chicken breast |
| 7 | | 1 (16-oz) roll breakfast sausage |
| | | Refrigerated |
| 1 | | 1 (16-oz) carton milk, need ½ cup |
| 1,5 | | 1 (8-oz) pkg shredded Cheddar cheese |
| 1,6 | | 1 (8-oz) carton sour cream, need ¾ cup |
| 5,6 | | 1 (8-oz) pkg shredded mozzarella cheese |
| 6 | | 1 (8-oz) pkg cream cheese, need half |
| 6 | | 1 (12-oz) pkg fully cooked Italian-style meatballs |
| 7 | | 1 (8-oz) can refrigerated crescent rolls |
| | | Canned & Packaged |
| 1,3,7 | | 1 (32-oz) carton AND 2 (14.5-oz) cans chicken broth, need about 7½ cups |
| 2 | | 1 (18-oz) bottle barbecue sauce |
| 2 | | 1 (5.5-oz) pkg mushroom rice side |
| 3,4 | | 1 (16-oz) pkg long-grain rice, need 1½ cups |
| 4 | | 1 (18-oz) bottle honey teriyaki marinade and sauce, need ½ cup |
| 6 | | 1 (24-oz) jar pasta sauce |
| 7 | | 1 (14.5-oz) can diced fire-roasted tomatoes |
| 7 | | 1 (15-oz) can cannellini beans |
| | | Bakery & Deli |
| 1 | | 1 (8-oz) crusty white baguette |
| 5 | | 1 (6-count) pkg flatbread wraps, need 2 to 3 |
| 6 | | 1 (8-count) pkg bakery hot dog buns, need 3 to 4 |

| Necessary Staples |
|--|
| Meal 1 |
| 2 Tbsp all-purpose flour 1 tsp dried Italian seasoning ¼ cup butter 2 cloves garlic |
| Meal 2 |
| 1 Tbsp Montreal steak seasoning 1 Tbsp olive oil |
| Meal 3 |
| 1 tsp dried Italian seasoning 1 Tbsp olive oil 1 clove garlic |
| Meal 4 |
| 1 Tbsp vegetable oil ½ Tbsp olive oil 1 clove garlic |
| Meal 5 |
| ½ Tbsp olive oil ¼ cup favorite salad dressing |
| Meal 6 |
| ½ tsp dried Italian seasoning ¼ cup favorite salad dressing |
| Meal 7 |
| 1 Tbsp olive oil ¼ tsp crushed red pepper 1 clove garlic |