

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 1 Easy for Entertaining</p> <p style="text-align: center;">Chicken in Mustard Cream Sauce</p> <p style="text-align: center;"><i>Buttery Pasta and Lemony Steamed Asparagus</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;">15m</td> <td style="padding: 2px 5px;">25m</td> </tr> </table> </div>	Prep	Cook	Total	10m	15m	25m	<p>1½ lb boneless, skinless chicken breasts, cut in half lengthwise 2 Tbsp olive oil ½ cup chicken broth 1½ cups half-and-half 2 Tbsp whole-grain mustard ½ tsp dried thyme</p> <hr/> <p>1 (16-oz) pkg angel hair pasta 2 Tbsp butter, melted 1 (1-lb) bunch fresh asparagus, trimmed 1 tsp grated lemon rind 1 Tbsp fresh lemon juice</p>	<p>Sprinkle chicken with salt and pepper. Heat oil in a large nonstick skillet over medium heat; add chicken, and cook 4 minutes per side or until browned. Remove from skillet, and keep warm. Add broth; cook 2 minutes or until broth is reduced by half. Add half-and-half, mustard, thyme, and remaining ½ tsp each salt and pepper to skillet; cook 5 minutes or until slightly thickened, stirring often. Return chicken to pan, and cook until thoroughly heated. Serve over pasta.</p> <hr/> <p><i>Cook pasta according to package directions; toss with butter, ½ tsp salt, and ½ tsp pepper. Place asparagus in an 11- x 7-inch microwave-safe dish. Add 2 Tbsp water; cover and microwave on HIGH 3 minutes or until crisp-tender. Drain and toss with lemon rind, lemon juice, ½ tsp salt, and ½ tsp pepper.</i></p>
Prep	Cook	Total						
10m	15m	25m						
<p>Meal 2 Classic Favorite</p> <p style="text-align: center;">Tailgate Chili</p> <p style="text-align: center;"><i>Yellow Cornbread Muffins</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;">40m</td> <td style="padding: 2px 5px;">50m</td> </tr> </table> </div>	Prep	Cook	Total	10m	40m	50m	<p>1 Tbsp vegetable oil 1½ lb ground beef 1 onion, chopped 2 cloves garlic, minced 1 (28-oz) can crushed tomatoes 2 (8-oz) cans tomato sauce 2 Tbsp chili powder ½ tsp salt, ¾ tsp pepper ½ tsp ground cumin ½ (16-oz) container sour cream</p> <hr/> <p>1 (8.5-oz) pkg yellow cornbread muffin mix</p>	<p>Heat oil in large Dutch oven over medium-high heat. Add beef, onion and garlic. Cook, stirring occasionally, 10 minutes or until beef is browned. Stir in tomatoes, tomato sauce, chili powder, salt, pepper and cumin; bring to a boil. Reduce heat, and simmer, covered, 30 minutes. Serve with sour cream.</p> <hr/> <p><i>Prepare muffins according to package directions. Serve with chili.</i></p>
Prep	Cook	Total						
10m	40m	50m						
<p>Meal 3 Super Fast</p> <p style="text-align: center;">Black Bean and Feta Tostadas</p> <p style="text-align: center;"><i>Spanish Rice and Grapes</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;">10m</td> <td style="padding: 2px 5px;">25m</td> </tr> </table> </div>	Prep	Cook	Total	15m	10m	25m	<p>12 corn tostadas 2 (15-oz) cans black beans, drained and rinsed 1½ tsp ground cumin 1 (4-oz) container crumbled feta cheese 1 small red onion, diced 1 tomato, chopped ½ (16-oz) container sour cream 2 avocados, cubed</p> <hr/> <p>2 (8.8-oz) pouches microwaveable chicken-flavored rice 1 Tbsp butter 1 (10-oz) can diced tomatoes with green chiles, drained 1 lb red seedless grapes, chilled</p>	<p>Preheat oven to 425°F. Place tostadas on 2 large greased baking sheets. Stir together beans and cumin, and spread on tostadas. Top with cheese, onion, and tomatoes. Bake 5 minutes or until warm. Serve with sour cream and avocado.</p> <hr/> <p><i>Prepare rice according to package directions. Stir in butter and tomatoes. Serve rice and grapes with tostadas.</i></p>
Prep	Cook	Total						
15m	10m	25m						

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:								
<p>Meal 4 Quick Prep Slow Cooker</p> <p>Easy Sunday Pot Roast</p> <p><i>Roasted Potatoes and Carrots</i></p> <table border="0"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>5m</td> <td>8h</td> <td>8h 5m</td> </tr> </table>		Prep	Cook	Total		5m	8h	8h 5m	<p>2 lb beef stew meat 1 envelope Italian dressing mix 1 envelope Ranch dressing mix 1¾ cups beef broth</p> <hr/> <p>1½ lb potatoes, cut into 1-inch chunks 1 (16-oz) bag baby carrots ¼ cup olive oil ½ tsp salt, ¼ tsp pepper ¼ tsp garlic powder 1 lemon, halved</p>	<p>Place beef in a 5- to 7-quart slow cooker. Sprinkle Italian dressing mix and Ranch dressing mix over beef. Top with broth. Cover and cook on LOW 8 to 10 hours or until meat shreds easily.</p> <hr/> <p><i>Preheat oven to 375°F. Toss potatoes and carrots with oil, salt, pepper, and garlic powder on a rimmed baking sheet. Bake 30 minutes or until tender. Drizzle lemon juice over vegetables.</i></p>
	Prep	Cook	Total							
	5m	8h	8h 5m							
<p>Meal 5 Classic Favorite</p> <p>Buffalo Chicken Salad</p> <p><i>Honey-Lemon Fruit Toss</i></p> <table border="0"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>20m</td> <td>5m</td> <td>25m</td> </tr> </table>		Prep	Cook	Total		20m	5m	25m	<p>1½ lb boneless, skinless chicken breasts, cut into ½-inch strips ½ tsp garlic salt 2 Tbsp vegetable oil ½ cup Buffalo wing sauce 3 romaine lettuce hearts, chopped 2 tomatoes, chopped 1 cup sliced celery 1 cup shredded sharp Cheddar cheese ¾ cup Ranch dressing 3 cups broken multigrain tortilla chips</p> <hr/> <p>1 Tbsp honey 1 Tbsp lemon juice 2 crisp, sweet apples, sliced 2 large pears, sliced 1 lb red seedless grapes, halved</p>	<p>Sprinkle chicken with garlic salt. Sauté in hot oil in a large nonstick skillet over medium-high heat 5 to 6 minutes or until done. Stir in Buffalo sauce; let cool. Combine lettuce, tomatoes, celery and cheese in a large bowl. Add chicken and Ranch dressing, tossing to coat. Stir in chips.</p> <p>Note: Substitute crumbled blue cheese for Cheddar, if desired.</p> <hr/> <p><i>Combine honey and lemon juice in a small bowl. Put apples, pears and grapes in a serving bowl. Drizzle with honey-lemon mixture, and toss to coat.</i></p>
	Prep	Cook	Total							
	20m	5m	25m							
<p>Meal 6 Kid-Friendly</p> <p>Two-Cheese Alfredo Pasta Bake</p> <p><i>Steamed Broccoli and Garlic Toast</i></p> <table border="0"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>15m</td> <td>40m</td> <td>55m</td> </tr> </table>		Prep	Cook	Total		15m	40m	55m	<p>1 (16-oz) box penne pasta 2 (16-oz) jars creamy Alfredo sauce 1 (15-oz) container ricotta cheese 1 Tbsp dried parsley 2 large eggs 2 cups shredded mozzarella cheese</p> <hr/> <p>2 (12-oz) pkg frozen steamable broccoli florets 1 (11.25-oz) pkg frozen garlic Texas toast</p>	<p>Preheat oven to 350°F. Prepare pasta according to package directions. Toss with Alfredo sauce. Spoon half of pasta into a lightly greased 13- x 9-inch baking dish. Stir together ricotta cheese, parsley, and eggs until blended. Dollop over pasta in baking dish, and spread into an even layer. Top with remaining pasta. Sprinkle with mozzarella. Bake 30 minutes or until bubbly and cheese is melted and beginning to brown. Let stand 5 minutes before serving.</p> <hr/> <p><i>Steam broccoli according to package directions. Toss with salt and pepper to taste. Bake Texas toast according to package directions.</i></p>
	Prep	Cook	Total							
	15m	40m	55m							
<p>Meal 7 Kid-Friendly</p> <p>Potato-Corn Soup</p> <p><i>Warm Deli Rolls</i></p> <table border="0"> <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>2 Tbsp butter 1 (32-oz) bag frozen cubed hash browns with onions and peppers 1 onion, chopped 1 (32-oz) carton chicken broth 2 Tbsp Old Bay seasoning 1 (12-oz) pkg frozen corn kernels, thawed 1 cup shredded Cheddar cheese</p> <hr/> <p>1 (15-oz) pkg center-split deli rolls</p>	<p>Melt butter in a large Dutch oven over medium heat. Add hash browns and onion; cook, stirring often, 8 minutes or until tender. Add broth, 4 cups water, and Old Bay; bring to a boil, reduce heat, and simmer until thoroughly heated, stirring occasionally. Puree half of soup in a blender, and return to Dutch oven. Stir in corn, and simmer until thoroughly heated, stirring often. Stir in cheese.</p> <hr/> <p><i>Heat rolls according to package directions. Serve with butter.</i></p>
	Prep	Cook	Total							
	15m	20m	35m							



Kroger Classic Family Plan

Sample Plan

Meal	✓	Grocery Items to Purchase	Price
Produce			
1		1 (1-lb) bunch fresh asparagus	2.99
1,4		2 lemons	1.18
2,7		2 onions, need 2	1.20
3		1 red onion	1.50
3		2 avocados	1.38
4		1 (16-oz) bag baby carrots, Kroger <i>Sale</i>	0.99
4		1 (3-lb) bag organic potatoes, need 1½ lb, Kroger Simple Truth <i>Sale</i>	1.99
5		1 bunch celery, need 1 cup sliced	1.29
5		2 Gala apples	1.90
5		2 large pears	0.99
5		1 (3-count) pkg romaine lettuce hearts, Kroger Fresh Selections	1.99
3,5		2 lb red grapes	3.98
3,5		3 tomatoes	1.50
Meat & Seafood			
1,5		3 lb boneless, skinless chicken breasts	8.97
2		1½ lb ground chuck	6.00
4		2 lb beef stew meat	8.98
Refrigerated			
1		1 pint half-and-half, need 1½ cups, Kroger	1.69
2,3		1 (16-oz) container sour cream, Kroger <i>4/\$5</i>	1.25
3		1 (4-oz) container crumbled feta cheese, Kroger Private Selection <i>Sale</i>	1.99
5,7		1 (8-oz) pkg shredded sharp Cheddar cheese, Kroger <i>3/\$5</i>	1.68
6		1 (15-oz) container ricotta cheese, Kroger <i>Sale</i>	2.99
6		1 (8-oz) pkg shredded mozzarella cheese, Kroger <i>3/\$5</i>	1.68
Frozen			
6		2 (12-oz) pkg steamable broccoli florets, Kroger Private Selection <i>2/\$4</i>	4.00
6		1 pkg frozen garlic Texas toast, Kroger <i>Sale</i>	1.88
7		1 (32-oz) bag frozen cubed hash browns (Potatoes O'Brien), Kroger <i>2/\$3</i>	1.50
7		1 (12-oz) pkg frozen corn kernels, Kroger	1.00
Canned & Packaged			
1,6		1 (16-oz) pkg EACH angel hair pasta AND penne pasta, Kroger	2.00
1,7		1 (32-oz) container AND 1 (15-oz) can chicken broth, Kroger <i>Sale</i>	1.89
2		1 (8.5-oz) pkg yellow cornbread muffin mix, (see pkg for ingredients needed)	0.50
2		1 (28-oz) can crushed tomatoes, Kroger <i>Sale</i>	1.29
2		2 (8-oz) cans tomato sauce, Kroger	0.70
3		2 (8.8-oz) pouches microwaveable chicken-flavored rice	3.58
3		1 (10-oz) can diced tomatoes with green chiles, Kroger	0.89
3		1 (16-oz) pkg corn tostadas, need 12, Kroger	1.69
3		2 (15-oz) cans black beans, Kroger	1.38
4		1 (15-oz) can beef broth, need 1¾ cups, Kroger <i>Sale</i>	0.50
4		1 envelope EACH Italian dressing mix AND Ranch dressing mix, Kroger	1.09
5		1 (12-oz) jar Buffalo wing sauce, need ½ cup	1.99
5		1 (9-oz) bag multigrain tortilla chips, need 3 cups broken	2.49
5		1 (16-oz) bottle Ranch dressing, need ¾ cup, Kroger	1.67
6		2 (16-oz) jars creamy Alfredo sauce, Kroger	3.38
Bakery & Deli			
7		1 pkg deli rolls	1.99
Approximate Total			\$93.52

Necessary Staples
Meal 1
2 Tbsp olive oil 2 Tbsp whole-grain mustard 2 Tbsp butter ½ tsp dried thyme
Meal 2
1 Tbsp vegetable oil 2 Tbsp chili powder ½ tsp ground cumin 2 cloves garlic
Meal 3
1½ tsp ground cumin 1 Tbsp butter Cooking spray
Meal 4
¼ cup olive oil ¼ tsp garlic powder
Meal 5
2 Tbsp vegetable oil ½ tsp garlic salt 1 Tbsp honey 1 Tbsp lemon juice
Meal 6
1 Tbsp dried parsley 2 large eggs
Meal 7
2 Tbsp butter 2 Tbsp Old Bay seasoning