

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 1 <span style="float: right;">Easy for Entertaining</span></p> <p style="text-align: center;"><b>Chicken in Mustard Cream Sauce</b></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>¾ lb boneless, skinless chicken breasts 1 Tbsp olive oil ¼ cup chicken broth ½ cup half-and-half 1 Tbsp whole-grain mustard ¼ tsp dried thyme</p> <hr/> <p>4 oz uncooked angel hair pasta (or use penne) ½ Tbsp butter, melted ½ (1-lb) bunch fresh asparagus, trimmed ¼ tsp grated lemon rind ½ Tbsp fresh lemon juice</p>	<p>Sprinkle chicken with ⅛ tsp salt and ⅛ tsp 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 ⅛ 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, ¼ tsp salt, and ¼ tsp pepper. Place asparagus in an 11- x 7-inch microwave-safe dish. Add 1 Tbsp water; cover and microwave on HIGH 3 minutes or until crisp-tender. Drain and toss with lemon rind, lemon juice, ¼ tsp salt, and ¼ tsp pepper.</i></p>
Prep	Cook	Total						
10m	15m	25m						
<p>Meal 2 <span style="float: right;">Freezer Friendly</span></p> <p style="text-align: center;"><b>Tailgate Chili</b></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 ¼ cup 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> <p><b>Note:</b> Freeze remaining chili up to 3 months.</p> <hr/> <p><i>Prepare muffins according to package directions. Serve with chili.</i></p>
Prep	Cook	Total						
10m	40m	50m						
<p>Meal 3 <span style="float: right;">Quick Prep Slow Cooker</span></p> <p style="text-align: center;"><b>Easy Sunday Pot Roast</b></p> <p style="text-align: center;"><i>Angel Hair Pasta and 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;">5m</td> <td style="padding: 2px 5px;">6h</td> <td style="padding: 2px 5px;">6h 5m</td> </tr> </table> </div>	Prep	Cook	Total	5m	6h	6h 5m	<p>1 lb beef stew meat 1 envelope Italian dressing mix 1 cup beef broth</p> <hr/> <p>½ (1-lb) bunch fresh asparagus, trimmed 1 Tbsp olive oil ¼ tsp salt, ⅛ tsp pepper ⅛ tsp garlic powder 4 oz uncooked angel hair pasta (or use penne)</p>	<p>Place beef in a 4-quart slow cooker. Sprinkle Italian dressing mix over beef. Top with broth. Cover and cook on LOW 6 to 8 hours or until meat shreds easily. Shred beef, if desired.</p> <hr/> <p><i>Preheat oven to 375°F. Toss asparagus with oil, salt, pepper, and garlic powder on a rimmed baking sheet. Bake 15 minutes or until tender. Meanwhile, cook pasta according to package directions. Toss with butter to taste, and serve with roast.</i></p>
Prep	Cook	Total						
5m	6h	6h 5m						
<p>Meal 4 <span style="float: right;">Super Fast</span></p> <p style="text-align: center;"><b>Black Bean and Cheddar Tostadas</b></p> <p style="text-align: center;"><i>Spanish 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;">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>4 corn tostadas 1 (15.5-oz) can black beans, drained and rinsed ½ tsp ground cumin ½ cup shredded Cheddar cheese 1 small red onion, diced 1 tomato, chopped ½ (16-oz) container sour cream 1 avocado, cubed</p> <hr/> <p>1 (8.8-oz) pouch microwaveable chicken-flavored rice ½ Tbsp butter 1 tomato, diced</p>	<p>Preheat oven to 425°F. Place tostadas on a greased baking sheet. 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 tomato.</i></p>
Prep	Cook	Total						
15m	10m	25m						

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:
<p>Meal 5                      One Dish Dinner</p> <p><b>Buffalo Chicken Salad</b></p> <p>      Prep      Cook      Total                  20m      5m      25m</p>	<p>½ lb boneless, skinless chicken breast, cut into ½-inch strips ¼ tsp garlic salt 1 Tbsp vegetable oil 3 Tbsp Buffalo wing sauce 1 (5-oz) pkg spring mix salad greens 1 tomato, chopped ⅓ cup sliced celery ⅓ cup shredded sharp Cheddar cheese ¼ cup Ranch dressing 1 cup broken multigrain tortilla chips</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 salad greens, tomato, celery and cheese in a large bowl. Add chicken and Ranch dressing, tossing to coat. Stir in chips.</p> <p><b>Note:</b> Substitute crumbled blue cheese for Cheddar, if desired.</p>
<p>Meal 6                      Kid-Friendly</p> <p><b>Two-Cheese Alfredo Pasta Bake</b></p> <p><i>Steamed Broccoli and Warm Rolls</i></p> <p>      Prep      Cook      Total                  15m      30m      45m</p>	<p>½ (16-oz) box penne pasta 1 (16-oz) jar creamy Alfredo sauce 1 (15-oz) container ricotta cheese ½ Tbsp dried parsley 1 large egg 1 cup shredded mozzarella cheese</p> <hr/> <p>1 (12-oz) pkg frozen steamable broccoli florets 4 center-split deli rolls</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 11- x 7-inch baking dish. Stir together ricotta cheese, parsley, and egg until blended. Dollop over pasta in baking dish, and spread into an even layer. Top with remaining pasta. Sprinkle with mozzarella. Bake 20 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. Warm rolls according to package directions.</i></p>
<p>Meal 7                      Kid-Friendly</p> <p><b>Potato-Corn Soup</b></p> <p><i>Warm Deli Rolls</i></p> <p>      Prep      Cook      Total                  15m      20m      35m</p>	<p>1 Tbsp butter 1 (32-oz) bag frozen cubed hash browns with onions and peppers 1 onion, chopped 2 cups chicken broth 1 Tbsp Old Bay seasoning ½ (12-oz) pkg frozen corn kernels, thawed ½ cup shredded Cheddar cheese</p> <hr/> <p>4 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, 2 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>Warm rolls according to package directions. Serve with butter.</i></p>



## Kroger Classic Plan for Two Sample Plan

Meal	✓	Grocery Items to Purchase	Price
<b>Produce</b>			
1,3		1 (1-lb) bunch fresh asparagus	2.99
2,7		2 onions	1.20
4		1 red onion	1.50
4		1 avocado	0.69
4,5		3 tomatoes	1.50
5		1 (5-oz) pkg organic spring mix, Kroger Simple Truth	1.99
5		1 bunch celery, need 1/3 cup sliced	1.29
<b>Meat &amp; Seafood</b>			
1,5		1 1/4 lb boneless, skinless chicken breasts	3.74
2		1 1/2 lb ground chuck	6.00
3		1 lb beef stew meat	4.99
<b>Refrigerated</b>			
1		1 pint half-and-half, need 1/2 cup, Kroger	1.69
2,4		1 (16-oz) container sour cream, Kroger <i>4/\$5</i>	<i>1.25</i>
4,5,7		1 (8-oz) pkg shredded sharp Cheddar cheese, need 1 1/3 cups, Kroger <i>3/\$5</i>	<i>1.68</i>
6		1 (15-oz) container ricotta cheese, Kroger <i>Sale</i>	<i>2.99</i>
6		1 (8-oz) pkg shredded mozzarella cheese, need 1 cup, Kroger <i>3/\$5</i>	<i>1.68</i>
<b>Frozen</b>			
6		1 (12-oz) pkg frozen steamable broccoli florets, Kroger Private Selection <i>2/\$4</i>	<i>2.00</i>
7		1 (32-oz) bag frozen cubed hash browns (Potatoes O'Brien), Kroger <i>2/\$3</i>	<i>1.50</i>
7		1 (12-oz) pkg frozen corn kernels, need half, Kroger	1.00
<b>Canned &amp; Packaged</b>			
1,3,6		1 (16-oz) box angel hair pasta AND 1 (16-oz) box penne pasta, Kroger	2.00
1,7		1 (32-oz) container chicken broth, need 2 1/4 cups, Kroger <i>Sale</i>	<i>1.39</i>
2		1 (28-oz) can crushed tomatoes, Kroger <i>Sale</i>	<i>1.29</i>
2		2 (8-oz) cans tomato sauce, Kroger	0.70
2		1 (8.5-oz) pkg yellow cornbread muffin mix, (see pkg for ingredients needed)	0.50
3		1 (15-oz) can beef broth, need 1 cup, Kroger <i>Sale</i>	<i>0.50</i>
3		1 envelope Italian dressing mix, Kroger	0.59
4		1 (8.8-oz) pouch microwaveable chicken-flavored rice	1.79
4		1 (16-oz) pkg corn tostadas, need 4	1.69
4		1 (15-oz) can black beans, Kroger	0.69
5		1 (9-oz) pkg multigrain tortilla chips, need 1 cup broken, (leftover from last week)	2.49
5		1 (12-oz) bottle Buffalo wing sauce, need 3 Tbsp	1.99
6		1 (16-oz) jar creamy Alfredo sauce, Kroger	1.69
6,7		1 pkg deli rolls, need 8	1.99
<b>Approximate Total</b>			<b>\$58.98</b>

Necessary Staples
<b>Meal 1</b>
1 Tbsp olive oil 1 Tbsp whole-grain mustard 1/4 tsp dried thyme 1/2 Tbsp butter 1 lemon
<b>Meal 2</b>
2 Tbsp chili powder 1/2 tsp ground cumin 1 Tbsp vegetable oil 2 cloves garlic
<b>Meal 3</b>
1 Tbsp olive oil 1/4 tsp garlic powder
<b>Meal 4</b>
1/2 tsp ground cumin 1/2 Tbsp butter
<b>Meal 5</b>
1 Tbsp vegetable oil 1/4 tsp garlic salt 1/4 cup Ranch dressing
<b>Meal 6</b>
1/2 Tbsp dried parsley 1 large egg Cooking spray
<b>Meal 7</b>
1 Tbsp butter 1 Tbsp Old Bay seasoning