

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:								
<p>Meal 1 Kid-Friendly</p> <p>Loaded Potato-Barbecue Chicken Casserole</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>5 slices bacon, chopped 1 (24-oz) pkg refrigerated mashed red potatoes 1 small rotisserie chicken, meat shredded ½ cup barbecue sauce 1 cup shredded Cheddar cheese 1 green onion, sliced (optional)</p> <hr/> <p>½ (2-lb) head broccoli, cut into florets ½ Tbsp olive oil ½ Tbsp balsamic vinegar ½ Tbsp fresh lemon juice ½ tsp honey ¼ tsp salt</p>	<p>Preheat oven to 350°F; coat an 8-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							
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<p>Meal 2 Kid-Friendly</p> <p>Italian Patty Melts</p> <p><i>Tossed Green Salad</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>2 to 3 ground chuck patties 4 to 6 slices sourdough bread 1 cup pasta sauce ¼ cup sliced pepperoni 2 to 3 slices mozzarella cheese 2 Tbsp butter, softened</p> <hr/> <p>½ (9-oz) pkg mixed green salad 1 tomato, chopped 1 cup croutons ¼ cup balsamic vinaigrette salad dressing</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 sandwiches, and cook 3 to 4 minutes per side or until browned and cheese is melted. Serve with remaining pasta sauce for dipping.</p> <hr/> <p><i>Toss salad, tomato, and croutons in a bowl. Add dressing, tossing to coat.</i></p>
	Prep	Cook	Total							
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<p>Meal 3 Crowd-Pleaser</p> <p>Lemony Pork Piccata</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>¾ lb pork loin chops, pounded to ¼-inch-thickness 2 Tbsp all-purpose flour ½ tsp lemon-pepper seasoning 2 Tbsp butter ¼ cup chicken broth ¼ cup fresh lemon juice 1 Tbsp capers</p> <hr/> <p>½ (16-oz) box spaghetti 1 Tbsp butter 1 (7.5-oz) box frozen green beans with almonds</p>	<p>Sprinkle pork with salt and pepper. Stir together flour and lemon-pepper in a shallow dish; dredge pork in mixture. Melt butter in a large skillet over medium-high heat. Add pork, and cook 3 to 4 minutes per side or until browned. Remove from skillet, and set aside. 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>
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Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:								
<p>Meal 4 Classic Favorite</p> <p>Crunchy Onion Chicken</p> <p><i>Tuscan-Style Tomato Pasta Salad and Biscuits with Honey Butter</i></p> <table border="0" style="width: 100%; border-collapse: collapse;"> <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>¾ lb chicken tenderloins ¼ cup butter, melted ½ Tbsp Worcestershire sauce ½ Tbsp Dijon mustard ¼ tsp salt, ¼ tsp pepper 1 (6-oz) can French fried onions, crushed</p> <hr/> <p>1 (7.2-oz) box Tuscan-style tomato pasta salad 1 (10.2-oz) can refrigerated biscuits ¼ cup butter, softened 1 Tbsp honey</p>	<p>Preheat oven to 400°F; spray a 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							
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<p>Meal 5 Kid-Friendly</p> <p>Meatball and Pepperoni Pasta Bake</p> <p><i>Mixed Green Salad</i></p> <table border="0" style="width: 100%; border-collapse: collapse;"> <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;">35m</td> <td style="text-align: center;">55m</td> </tr> </table>		Prep	Cook	Total		20m	35m	55m	<p>4 oz uncooked spaghetti 2 large eggs 2 Tbsp milk 1 cup shredded Parmesan cheese, divided 1 tsp dried Italian seasoning 1 cup pasta sauce ½ (26-oz) pkg Italian-style meatballs, thawed 8 slices mozzarella cheese ¼ cup sliced pepperoni</p> <hr/> <p>½ (9-oz) pkg mixed green salad 1 tomato, chopped 1 cup croutons ¼ cup creamy salad dressing</p>	<p>Preheat oven to 350°F; spray an 8-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							
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<p>Meal 6 Kid-Friendly</p> <p>Green Chile Taco Soup</p> <p><i>Crispy Tortilla Chips</i></p> <table border="0" style="width: 100%; border-collapse: collapse;"> <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;">10m</td> <td style="text-align: center;">30m</td> <td style="text-align: center;">40m</td> </tr> </table>		Prep	Cook	Total		10m	30m	40m	<p>½ lb ground chuck ½ cup chopped onion 1 (19-oz) can green chile enchilada sauce 1 cup chicken broth 1 cup frozen white shoepeg corn, thawed 1 (15.25-oz) can chili beans, drained 1 (10-oz) can diced tomatoes and green chiles, drained ½ (1.25-oz) pkg taco seasoning mix</p> <hr/> <p>1 (9-oz) bag tortilla chips</p>	<p>Cook ground chuck and onion in a 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 desired amount of chips with soup.</i></p>
	Prep	Cook	Total							
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<p>Meal 7 Easy for Entertaining</p> <p>Skillet Balsamic Chicken</p> <p><i>Green Onion Rice and Steamed Broccoli</i></p> <table border="0" style="width: 100%; border-collapse: collapse;"> <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;">10m</td> <td style="text-align: center;">15m</td> <td style="text-align: center;">25m</td> </tr> </table>		Prep	Cook	Total		10m	15m	25m	<p>¾ lb chicken cutlets ½ Tbsp olive oil ½ cup chicken broth 3 Tbsp balsamic vinegar ½ Tbsp fresh lemon juice 1 tsp bottled minced garlic 1 tsp honey</p> <hr/> <p>¾ cup uncooked long-grain rice 2 Tbsp sliced green onion ½ (2-lb) head broccoli, cut into florets ¼ cup chicken broth ½ cup shredded Parmesan cheese</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 onions. Season to taste. Place broccoli florets in a microwave-safe dish. Add chicken broth. Cover, and microwave 3 minutes or until crisp-tender. Drain and sprinkle with cheese.</i></p>
	Prep	Cook	Total							
	10m	15m	25m							



Publix Classic Plan for Two Sample Plan

Meal	✓	Grocery Items to Purchase	Price
Produce			
1,3,7		2 lemons, need 5 Tbsp juice	1.30
1,7		1 bunch green onions, need about 3 sliced	0.75
1,7		1 (2-lb) head broccoli <i>2/\$5</i>	<i>2.50</i>
2,5		2 tomatoes (about 12 oz) Tasti-Lee <i>1.99/lb</i>	<i>1.49</i>
2,5		1 (9-oz) pkg mixed green salad, Publix <i>2/\$5</i>	<i>2.50</i>
6		1 onion, need ½ cup chopped (about 8 oz)	0.75
Meat & Seafood			
1		1 (16-oz) pkg bacon, need 5 slices, Smithfield <i>4.99</i>	<i>4.99</i>
2		2 to 3 ground chuck patties (about 12 oz), Publix <i>4.99/lb</i>	<i>3.75</i>
2,5		1 (8-oz) pkg sliced pepperoni, need ½ cup, Publix <i>3/\$10</i>	<i>3.33</i>
3		¾ lb pork loin chops, Publix <i>3.29/lb</i>	<i>2.47</i>
4		¾ lb chicken tenderloins, Publix <i>4.49/lb</i>	<i>3.37</i>
6		½ lb ground chuck	2.30
7		¾ lb chicken cutlets, Publix <i>4.49/lb</i>	<i>3.37</i>
Refrigerated			
1		1 (8-oz) pkg shredded Cheddar cheese, need 1 cup, Publix <i>2/\$5</i>	<i>2.50</i>
1		1 (24-oz) pkg refrigerated mashed red potatoes, Bob Evans <i>2/\$6</i>	<i>3.00</i>
2,3,4		1 (16-oz) pkg butter, need about 1 cup, Publix	3.83
2,5		1 (8-oz) pkg sliced mozzarella cheese, need 11 slices, Publix <i>2/\$5</i>	<i>2.50</i>
4		1 (10.2-oz) can refrigerated biscuits, Pillsbury <i>10/\$10</i>	<i>1.00</i>
5		½ dozen large eggs, need 2, Publix	1.49
5,7		1 (6-oz) pkg shredded Parmesan cheese, need 1½ cups, Publix <i>2/\$5</i>	<i>2.50</i>
Frozen			
3		1 (7.5-oz) box frozen green beans with almonds, Green Giant <i>BOGO</i>	<i>1.08</i>
5		1 (26-oz) pkg Italian-style meatballs, need half, Cooked Perfect <i>BOGO</i>	<i>4.00</i>
6		1 (12-oz) pkg frozen white shoepeg corn, need 1 cup, Green Giant <i>BOGO</i>	<i>1.08</i>
Canned & Packaged			
1		1 (18-oz) bottle barbecue sauce, need ½ cup, Publix	1.49
2		1 (24-oz) loaf sourdough bread, need 4 to 6 slices, Pepperidge Farm <i>BOGO</i>	<i>2.00</i>
2,5		1 (24-oz) jar pasta sauce, need 2 cups, Barilla <i>BOGO</i>	<i>1.48</i>
2,5		1 (5-oz) bag croutons, Mrs. Cubbison's <i>BOGO</i>	<i>0.75</i>
3,5		1 (16-oz) box spaghetti, need 12 oz, Barilla <i>BOGO</i>	<i>0.89</i>
3,6,7		1 (32-oz) carton chicken broth, need 2 cups, Swansons <i>BOGO</i>	<i>1.44</i>
4		1 (6-oz) can French fried onions, Publix	2.49
4		1 (7.2-oz) box Tuscan-style tomato pasta salad, Betty Crocker <i>BOGO</i>	<i>1.20</i>
6		1 (10-oz) can diced tomatoes and green chiles, Publix	1.33
6		1 (19-oz) can green chile enchilada sauce, Old El Paso	1.99
6		1 (1.25-oz) pkg taco seasoning mix, need half, Publix	0.79
6		1 (9-oz) bag tortilla chips, Tostitos <i>2/\$6</i>	<i>3.00</i>
6		1 (15.25-oz) can chili beans, Publix	0.89
7		1 (16-oz) pkg long-grain rice, need ¾ cup, Publix	1.00
Bakery & Deli			
1		1 small rotisserie chicken	7.39
Approximate Total			\$83.98

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