

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 1 Kid-Friendly</p> <p>Cheese-Filled Meat Loaf Muffins</p> <p><i>Macaroni and Cheese and Green Beans</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">Prep</td> <td style="padding: 2px;">Cook</td> <td style="padding: 2px;">Total</td> </tr> <tr> <td style="padding: 2px;">15m</td> <td style="padding: 2px;">20m</td> <td style="padding: 2px;">35m</td> </tr> </table> </div>	Prep	Cook	Total	15m	20m	35m	<p>2 lb lean ground beef 1 cup crushed saltine crackers 2 Tbsp Montreal steak seasoning 2 Tbsp Worcestershire sauce 2 large eggs, lightly beaten 4 mozzarella string-cheese sticks, each cut into 6 pieces ¼ cup ketchup 2 Tbsp brown sugar</p> <hr/> <p>1 (14-oz) box <i>deluxe macaroni-and-cheese</i> 1 (12-oz) bag <i>frozen steam-in-bag green beans</i></p>	<p>Preheat oven to 450°F. Stir together ground beef, crackers, steak seasoning, Worcestershire, and eggs in a large bowl. Press half of mixture into 12 muffin cups. Place 2 cheese stick pieces in center of each muffin. Press remaining meat mixture over cheese. Bake 15 minutes. Stir together ketchup and brown sugar; brush over meat loaf muffins. Bake 5 minutes longer or until beef is no longer pink in center. Let stand 5 minutes before serving.</p> <hr/> <p><i>Prepare macaroni and cheese according to package directions. Steam beans according to package directions; toss with butter and salt before serving.</i></p>
Prep	Cook	Total						
15m	20m	35m						
<p>Meal 2 Easy for Entertaining</p> <p>Baked Chicken with Lemon-Basil Sauce</p> <p><i>Steamed Rice and Chopped Romaine Salad and Pesto Crescents</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">Prep</td> <td style="padding: 2px;">Cook</td> <td style="padding: 2px;">Total</td> </tr> <tr> <td style="padding: 2px;">15m</td> <td style="padding: 2px;">20m</td> <td style="padding: 2px;">35m</td> </tr> </table> </div>	Prep	Cook	Total	15m	20m	35m	<p>2 lb boneless, skinless chicken breasts 2 cloves garlic, minced ⅓ cup dry white wine ⅓ cup butter, melted 1 Tbsp grated lemon rind 3 Tbsp fresh lemon juice 1 tsp salt, ½ tsp pepper 1 (.75-oz) pkg fresh basil, chopped</p> <hr/> <p>2 cups <i>uncooked long-grain rice</i> 1 (10-oz) bag <i>chopped romaine salad</i> 1 tomato, <i>chopped</i> ½ cup <i>Ranch salad dressing</i> 1 (8-oz) can <i>refrigerated crescent rolls</i> 3 Tbsp <i>prepared pesto</i></p>	<p>Preheat oven to 350°F; spray a 13- x 9-inch baking dish with cooking spray. Cut chicken breasts in half; pound to ¼-inch-thickness; place in prepared dish. Stir together garlic, wine, melted butter, lemon rind, lemon juice, salt, and pepper in a small bowl. Pour over chicken, and bake 20 minutes or until chicken is done. Sprinkle with basil and serve over rice.</p> <hr/> <p><i>Cook rice according to package directions. Toss lettuce, tomato and dressing together. Unroll and separate crescent rolls into triangles. Spread 1 to 2 tsp pesto over each triangle; roll up according to package directions. Place on a baking sheet, and bake according to package directions.</i></p>
Prep	Cook	Total						
15m	20m	35m						
<p>Meal 3 Slow Cooker</p> <p>White Bean and Chicken Chili</p> <p><i>Easy Cornbread Muffins</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">Prep</td> <td style="padding: 2px;">Cook</td> <td style="padding: 2px;">Total</td> </tr> <tr> <td style="padding: 2px;">15m</td> <td style="padding: 2px;">9h 30m</td> <td style="padding: 2px;">9h 45m</td> </tr> </table> </div>	Prep	Cook	Total	15m	9h 30m	9h 45m	<p>1 (1-lb) pkg dried great Northern beans 1 (28.8-oz) pkg boneless, skinless chicken thighs, cut into bite-size pieces 5 cups chicken broth 1 onion, chopped 3 jalapeño peppers, seeded and minced 2 (4-oz) cans diced green chiles 1 Tbsp ground cumin 1 Tbsp chili powder 2 tsp garlic salt ½ tsp pepper 1 (8-oz) pkg Monterey Jack cheese, shredded 1 (8-oz) carton sour cream</p> <hr/> <p>2 (6.5-oz) pkg <i>cornbread and muffin mix</i></p>	<p>Soak beans according to package directions; drain. Combine beans, chicken, broth, onion, jalapeno, chiles, cumin, chili powder, garlic salt and pepper in a 4- to 6-quart slow cooker. Cover and cook on LOW 10 hours or until beans are tender. Stir in cheese and sour cream; cook 30 minutes or until blended and thoroughly heated.</p> <hr/> <p><i>Prepare cornbread according to package directions.</i></p>
Prep	Cook	Total						
15m	9h 30m	9h 45m						

Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 4 Skillet Meal</p> <p>Smothered Pork Chops</p> <p><i>Mashed Potatoes and Steamed Broccoli</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> <tr> <td>15m</td> <td>20m</td> <td>35m</td> </tr> </table> </div>	Prep	Cook	Total	15m	20m	35m	<p>2 lb boneless pork chops 1 Tbsp olive oil 1 onion, thinly sliced 1 green bell pepper, thinly sliced 1 (8-oz) pkg sliced fresh mushrooms 2 Tbsp all-purpose flour 2 cups chicken broth 1 tsp dried dill</p> <hr/> <p>1 (24-oz) bag frozen steam and mash potatoes 1 (12-oz) pkg frozen steamable broccoli</p>	<p>Sprinkle pork with salt and pepper. Heat olive oil in a large skillet over medium-high heat; add pork, and cook 2 minutes per side or until browned. Remove from skillet, and keep warm. Add onion, bell pepper and mushrooms to skillet; cook 6 minutes, stirring frequently, until tender. Sprinkle flour over vegetables, and cook 2 minutes. Stir in broth and dill. Return pork to skillet, and cook 10 minutes or until sauce is thickened and pork is done.</p> <hr/> <p><i>Prepare potatoes according to package directions. Steam broccoli according to package directions.</i></p>
Prep	Cook	Total						
15m	20m	35m						
<p>Meal 5 Kid-Friendly</p> <p>Creamy Ham, Peas and Ranch Pasta</p> <p><i>Italian Salad</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> <tr> <td>10m</td> <td>15m</td> <td>25m</td> </tr> </table> </div>	Prep	Cook	Total	10m	15m	25m	<p>1 (16-oz) pkg egg noodles ¼ cup butter 1 (16-oz) pkg diced cooked ham 1 cup chopped onion 2 cups frozen peas, thawed ¾ cup Ranch dressing ½ cup sour cream ½ cup shredded Parmesan cheese</p> <hr/> <p>1 (12.7-oz) pkg chopped Italian salad</p>	<p>Cook egg noodles according to package directions; drain and keep warm. Melt butter in a large saucepan over medium heat; add ham and onion. Cook 5 minutes or until onion is tender; stir in peas, and cook until heated through. Stir in noodles, Ranch dressing, sour cream, and cheese, stirring to combine.</p> <hr/> <p><i>Prepare salad according to package directions.</i></p>
Prep	Cook	Total						
10m	15m	25m						
<p>Meal 6 Kid-Friendly</p> <p>Pumpkin and Egg Pancake Stacks</p> <p><i>Crispy Bacon</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> <tr> <td>10m</td> <td>20m</td> <td>30m</td> </tr> </table> </div>	Prep	Cook	Total	10m	20m	30m	<p>4 cups pancake mix 1 (15-oz) can pure pumpkin ¼ cup sugar 2 tsp pumpkin pie spice 1 cup maple or favorite syrup 1 dozen eggs</p> <hr/> <p>1 (16-oz) pkg bacon</p>	<p>Stir together 3½ cups water and pancake mix in a large bowl. Stir in pumpkin, sugar, and pumpkin pie spice. Preheat griddle to medium heat; spray with cooking spray. Drop batter by ¼ cupfuls onto griddle. Turn pancakes when bubbles form on top and edges look dry; cook until golden brown. Fry eggs, 1 to 2 each, to desired firmness. Over-medium is recommended. Stack 3 pancakes with 1 to 2 eggs buried in between layers. Serve with maple or favorite syrup.</p> <hr/> <p><i>Cook bacon according to package directions.</i></p>
Prep	Cook	Total						
10m	20m	30m						
<p>Meal 7 Easy for Entertaining</p> <p>Pesto Chicken with Vegetables</p> <p><i>Angel Hair Pasta and Italian Breadsticks</i></p> <div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> <tr> <td>10m</td> <td>20m</td> <td>30m</td> </tr> </table> </div>	Prep	Cook	Total	10m	20m	30m	<p>2 lb boneless, skinless chicken breasts ¼ tsp salt, ¼ tsp pepper 3 Tbsp olive oil 2 red bell peppers, chopped 2 yellow squash, sliced 2 zucchini, sliced 1 cup heavy whipping cream ½ cup prepared pesto ½ cup finely shredded Parmesan cheese</p> <hr/> <p>1 (16-oz) pkg angel hair pasta 1 (11-oz) can refrigerated breadsticks 2 Tbsp butter, melted 1 tsp dried Italian seasoning</p>	<p>Cut chicken into bite-size pieces; sprinkle with salt and pepper. Heat oil in large skillet over medium-high heat. Add chicken; cook 5 minutes. Add bell pepper, squash and zucchini; cook, stirring frequently, 5 minutes. Stir in cream and pesto; cook, stirring occasionally, 6 minutes or until slightly thickened. Spoon chicken mixture over hot cooked pasta; sprinkle with Parmesan cheese.</p> <hr/> <p><i>Cook pasta according to package directions. Place breadsticks on pan according to package directions; brush with melted butter and sprinkle with seasoning. Bake according to package directions.</i></p>
Prep	Cook	Total						
10m	20m	30m						



Meal	✓	Grocery Items to Purchase	Price
Produce			
2		1 (.75-oz) pkg fresh basil	1.98
2		1 tomato (about 8 oz)	0.94
2		1 lemon, need 1 Tbsp grated rind and 3 Tbsp juice	0.58
2		1 (10-oz) bag chopped romaine salad, Marketside	2.98
3		3 jalapeño peppers (about 6 oz)	0.36
3,4,5		3 onions (about 1½ lb)	1.47
4		1 (8-oz) pkg sliced fresh mushrooms	1.98
4,7		1 green AND 2 red bell peppers	3.74
5		1 (12.7-oz) pkg chopped Italian salad, Marketside	3.74
7		2 yellow squash (about 1 lb)	1.68
7		2 zucchini (about 1 lb)	1.68
Meat & Seafood			
1		2 (1-lb) pkg lean ground beef	9.94
2,7		1 (4-lb) pkg boneless, skinless chicken breasts, Tyson	7.96
3		1 (28.8-oz) pkg boneless, skinless chicken thighs, Tyson	4.97
4		2 lb boneless pork chops	7.32
5		1 (16-oz) pkg diced cooked ham, Farmland	3.68
6		1 (16-oz) pkg bacon, Great Value	4.44
Refrigerated			
1		4 (1-oz) pkgs mozzarella string-cheese sticks, Frigo Cheese Heads	1.48
2		1 (8-oz) can refrigerated crescent rolls, Great Value	1.75
3		1 (8-oz) pkg Monterey Jack cheese, Great Value	2.48
3,5		1 (16-oz) carton sour cream, need about 1½ cups, Great Value	1.68
5,7		1 (5-oz) container shredded Parmesan cheese, need 1 cup, Frigo	2.44
6		1 dozen eggs	2.50
7		1 (16-oz) carton heavy whipping cream, need 1 cup, Great Value	2.34
7		1 (11-oz) can refrigerated breadsticks, Pillsbury	2.48
Frozen			
1		1 (12-oz) bag frozen steam-in-bag green beans, Great Value	0.98
4		1 (12-oz) pkg frozen steamable broccoli, Great Value	0.98
4		1 (24-oz) bag frozen steam and mash potatoes, Ore Ida	3.34
5		1 (16-oz) pkg frozen peas, need 2 cups, Great Value	0.98
Canned & Packaged			
1		1 (14-oz) box deluxe macaroni-and-cheese, Great Value	1.94
1		1 (16-oz) box saltine crackers, need 1 cup crushed, Homekist	1.24
2		1 (16-oz) pkg long-grain rice, need 2 cups, Great Value	0.78
2,5		1 (16-oz) bottle Ranch dressing, need 1¼ cups, Kraft	1.98
2,7		1 (6.25-oz) jar pesto, need about ¾ cup, Mezzetta	2.98
3		1 (1-lb) pkg dried great Northern beans, Great Value	1.56
3		2 (4-oz) cans diced green chiles, Great Value	1.44
3		2 (6.5-oz) pkgs cornbread and muffin mix, Betty Crocker	0.96
3,4		2 (32-oz) cartons chicken broth, need 7 cups, Great Value	3.72
5		1 (16-oz) pkg egg noodles, Great Value	2.14
6		1 (32-oz) pkg pancake mix, need 4 cups, Great Value	1.68
6		1 (15-oz) can 100 % pure pumpkin, Great Value	1.43
7		1 (16-oz) pkg angel hair pasta, Great Value	1.00
Approximate Total			\$105.72

Necessary Staples
Meal 1
2 Tbsp Montreal steak seasoning ¼ cup ketchup 2 Tbsp brown sugar 3 Tbsp butter 2 Tbsp Worcestershire sauce 2 large eggs
Meal 2
½ cup dry white wine 2 cloves garlic Cooking spray ⅓ cup butter
Meal 3
1 Tbsp ground cumin 1 Tbsp chili powder 2 tsp garlic salt
Meal 4
1 Tbsp olive oil 2 Tbsp all-purpose flour 1 tsp dried dill
Meal 5
¼ cup butter
Meal 6
¼ cup sugar 2 tsp pumpkin pie spice 1 cup maple or favorite syrup Cooking spray
Meal 7
3 Tbsp olive oil 2 Tbsp butter 1 tsp dried Italian seasoning