

Meals: <i>Side dishes are in ITALICS</i>		Ingredients:	Instructions:						
Meal 1	One Dish Dinner	2 Tbsp butter ½ (1.87-lb) pkg boneless skinless chicken breasts, cut into bite-size pieces 1 tsp garlic salt, ½ tsp pepper 2 Tbsp all-purpose flour 1 cup chicken broth 1 (10.75-oz) can cream of celery soup 1½ cups frozen mixed vegetables 1 cup frozen diced hash browns ½ tsp dried thyme ⅓ cup sour cream ½ (14.1-oz) box refrigerated pie crusts	Preheat oven to 400°F. Melt butter in a medium-size ovenproof skillet over medium heat. Add chicken, garlic salt, and pepper; cook, stirring, 8 minutes. Add flour; cook, stirring, 2 minutes. Stir in broth and soup; cook 5 minutes or until slightly thickened. Add vegetables, hash browns, and thyme; stir in sour cream. Unroll pie crust, and place crust over filling in skillet. Turn edges under, and crimp, if desired. Cut 4 (1-inch) slits in top of crust. Bake 25 minutes or until crust is browned and filling is hot and bubbly.						
Weeknight Chicken Pot Pie <i>Leafy Romaine Salad</i>		½ (10-oz) bag leafy romaine salad ¼ cup favorite salad dressing	<i>Toss salad with dressing just before serving.</i>						
	<table border="1"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>10m</td> <td>45m</td> <td>55m</td> </tr> </tbody> </table>	Prep	Cook	Total	10m	45m	55m		
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Meal 2	Quick and Easy	6 slices bacon, chopped 2 cups rotini pasta ½ cup balsamic salad dressing 1 (6-oz) bag fresh baby spinach 1 (11-oz) can mandarin oranges, drained, juice reserved ½ cup dried cranberries 1 Granny Smith apple, cored and chopped	Cook bacon in a large skillet over medium heat until crisp; drain on paper towels. Meanwhile, cook pasta according to package directions; drain, and rinse with cold water until cool. Drain again and transfer to a large bowl. Add dressing, tossing to combine. Add spinach, oranges, cranberries, apple, and bacon, tossing to combine. Serve immediately.						
Bacon, Spinach and Pasta Salad <i>Garlic Cheese Toast</i>		½ (14.8-oz) loaf Italian bread, halved lengthwise 2 Tbsp butter, softened ¼ tsp garlic powder 1 cup shredded Cheddar cheese	Note: Reserve juice from mandarin oranges for Easy Asian Lemon Chicken recipe, if desired. Substitute the orange juice for the pineapple juice in the recipe.						
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Prep	Cook	Total							
20m	15m	35m							
Meal 3	Kid-Friendly	1 (1-lb) pkg ground chuck ½ cup chopped red bell pepper ½ cup chopped onion 1 (16-oz) can bold sloppy joe sauce 1 (15-oz) can corn, drained 1 (8-oz) pkg shredded Cheddar cheese ½ (28-oz) pkg crispy seasoned tater tots	Preheat oven to 375°F; spray a 13x9-inch baking dish with cooking spray. Cook ground chuck, bell pepper, and onion in a large skillet over medium heat until browned and crumbly; drain and return to skillet. Stir in sloppy joe sauce and corn; spoon into prepared dish. Sprinkle with 1 cup cheese. Arrange tater tots in a single layer over cheese; sprinkle with remaining cheese. Bake 30 to 35 minutes or until potatoes are crisp.						
Sloppy Joe Tater Tot Casserole <i>Mixed Green Salad</i>		½ (10-oz) pkg leafy romaine salad 1 Roma tomato, chopped ¼ cup favorite salad dressing	<i>Toss together lettuce and tomato in a bowl; add dressing tossing to combine. Season with salt and pepper to serve.</i>						
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Meals: <i>Side dishes are in ITALICS</i>	Ingredients:	Instructions:						
<p>Meal 4 Classic Favorite</p> <p style="text-align: center;">Chicken and Corn Chowder with Bacon</p> <p style="text-align: center;"><i>Crunchy Garlic Italian Bread</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;">30m</td> <td style="padding: 2px;">45m</td> </tr> </table> </div>	Prep	Cook	Total	15m	30m	45m	<p>4 slices bacon, chopped ½ (1.87-lb) pkg boneless skinless chicken breasts, cut into ½-inch pieces ½ cup chopped onion 2 cloves garlic, minced ½ Tbsp smoked paprika ½ Tbsp dried parsley ½ tsp dried basil ¼ tsp crushed red pepper 1 (32-oz) carton chicken broth 1 cup frozen diced hash browns 1 (15-oz) can corn, drained ¼ cup heavy whipping cream or milk</p> <hr style="border: 0.5px dashed #000;"/> <p>½ (14.8-oz) loaf Italian bread ¼ cup butter, softened 1 tsp garlic salt</p>	<p>Cook bacon in a large Dutch oven over medium heat until crisp; remove with a slotted spoon and drain on paper towels. Add chicken, onion, and garlic to drippings; cook 6 minutes or until chicken is done. Stir in paprika, parsley, basil, and crushed red pepper; cook 1 minute. Stir in broth, hash browns, corn, and cream; bring to a boil, reduce heat, and simmer 10 minutes. Top servings with bacon.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Preheat oven to 400°F. Slice bread lengthwise and spread with butter on both cut sides. Sprinkle with garlic salt. Close and slice. Wrap in foil and bake 12 to 15 minutes. Serve piping hot.</i></p>
Prep	Cook	Total						
15m	30m	45m						
<p>Meal 5 Kid-Friendly</p> <p style="text-align: center;">Easy Asian Lemon Chicken</p> <p style="text-align: center;"><i>Steamed Rice and Sesame Asparagus</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;">10m</td> <td style="padding: 2px;">20m</td> <td style="padding: 2px;">30m</td> </tr> </table> </div>	Prep	Cook	Total	10m	20m	30m	<p>½ (24-oz) pkg frozen popcorn chicken ¼ cup honey 3 Tbsp soy sauce 2 Tbsp pineapple juice (or reserved mandarin orange juice from can) 2 Tbsp brown sugar 2 Tbsp fresh lemon juice 1 Tbsp apple-cider vinegar ⅛ tsp crushed red pepper</p> <hr style="border: 0.5px dashed #000;"/> <p>¾ cup uncooked long-grain rice ½ (1-lb) bunch fresh asparagus, trimmed 1 tsp dark sesame oil ½ cup chopped red bell pepper 1 Tbsp soy sauce</p>	<p>Fry or bake popcorn chicken according to package directions. Meanwhile, combine honey and all remaining ingredients in a small saucepan; bring to a boil over medium heat. Reduce heat, and simmer 10 to 12 minutes or until slightly thickened. Toss chicken with lemon glaze; serve over rice.</p> <p>Note: Mandarin orange juice is reserved from the Bacon, Spinach, and Pasta Salad meal.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Steam rice according to package directions. Cut asparagus into 2-inch pieces. Heat oil in a large skillet over medium-high heat; add asparagus and bell pepper. Cook, stirring, 5 minutes or until crisp-tender. Stir in soy sauce.</i></p>
Prep	Cook	Total						
10m	20m	30m						
<p>Meal 6 Quick Prep Slow Cooker</p> <p style="text-align: center;">Italian Beef Roast with Mushrooms</p> <p style="text-align: center;"><i>Steamed Rice and Rosemary Asparagus</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;">20m</td> <td style="padding: 2px;">8h</td> <td style="padding: 2px;">8h 20m</td> </tr> </table> </div>	Prep	Cook	Total	20m	8h	8h 20m	<p>1 (8-oz) pkg sliced mushrooms 1 cup chopped onion 2½ lb bottom round roast, trimmed 1 envelope dry onion soup mix 1 Tbsp dried parsley 1 (14.5-oz) can beef broth 1 (8-oz) can tomato sauce</p> <hr style="border: 0.5px dashed #000;"/> <p>¾ cup uncooked long-grain rice ½ (1-lb) bunch fresh asparagus, trimmed ½ tsp dried rosemary 2 Tbsp butter, softened</p>	<p>Place mushrooms and onion in a 5- to 7-quart slow cooker. Top with roast. Sprinkle roast with soup mix, and parsley. Add broth and tomato sauce to cooker. Cover and cook on LOW 8 hours or until roast is tender. Shred roast (Reserve 2 cups meat for Creamy Cheesy Pasta Dish recipe.) Stir remaining roast into sauce in cooker; serve over rice.</p> <hr style="border: 0.5px dashed #000;"/> <p><i>Cook rice according to package directions. Place asparagus and rosemary in a microwave-safe dish; add 2 Tbsp water. Cover, and microwave on HIGH 3 minutes or until crisp tender; drain, toss with butter, and season to taste.</i></p>
Prep	Cook	Total						
20m	8h	8h 20m						



Walmart Classic Plan for Two Sample Plan

Meal	✓	Grocery Items to Purchase	Price
Produce			
1,3		1 (10-oz) bag leafy romaine salad, Marketside	2.48
2		1 (6-oz) bag fresh baby spinach, Marketside	2.98
2		1 Granny Smith apple (about 8 oz)	0.74
3		1 Roma tomato (about 8 oz)	0.62
3,5		1 red bell pepper	1.47
3,4,6		2 onions (about 1 lb)	0.78
5		1 lemon, need 2 Tbsp juice	0.58
5,6		1 (1-lb) bunch fresh asparagus	3.37
6		1 (8-oz) pkg sliced fresh mushrooms	1.50
Meat & Seafood			
1,4		1 (1.87-lb) pkg boneless skinless chicken breasts, Tyson	6.87
3		1 (1-lb) pkg ground chuck	3.87
2,4		1 (12-oz) pkg bacon, need 10 slices, Great Value	3.66
6,7		2½ lb bottom round roast	14.60
Refrigerated			
1		1 (15-oz) box refrigerated pie crusts, Great Value	2.36
1,7		1 (8-oz) carton sour cream, need ¾ cup, Kraft	0.99
2,3,7		2 (8-oz) pkgs shredded Cheddar cheese, Great Value	4.96
7		1 (8-oz) pkg cream cheese, need half, Great Value	1.96
Frozen			
1,4		1 (32-oz) pkg frozen diced hash browns, need 2 cups, Great Value	2.00
1,7		1 (16-oz) pkg frozen mixed vegetables, Great Value	0.98
3		1 (28-oz) pkg crispy seasoned tater tots, need half, Ore Ida	2.96
5		1 (24-oz) pkg frozen popcorn chicken, need half, Banquet	3.98
Canned & Packaged			
1		1 (10.75-oz) can cream of celery soup, Great Value	0.94
1,4		1 (14.5-oz) can AND 1 (32-oz) carton chicken broth, Great Value	2.64
2		1 (6-oz) bag dried cranberries, need ½ cup, Great Value	1.64
2,5		1 (11-oz) can mandarin oranges, Great Value	0.78
2,7		1 (16-oz) pkg rotini pasta, Great Value	1.00
3		1 (16-oz) can bold sloppy joe sauce, Manwich	1.00
3,4		2 (15.25-oz) cans corn, Great Value	1.36
5,6		1 (16-oz) pkg long-grain rice, need 1½ cups, Great Value	0.78
6		1 (14.5-oz) can beef broth, Great Value	0.78
6		1 (2.5-oz) box dry onion soup mix, need 1 packet, Great Value	1.14
6		1 (8-oz) can tomato sauce, Great Value	0.33
7		1 (24-oz) jar pasta sauce, Great Value	1.50
Bakery & Deli			
2,4		1 (14.8-oz) loaf Italian bread, The Bakery at Walmart	1.00
Approximate Total			\$78.60

Necessary Staples
Meal 1
1 tsp garlic salt 2 Tbsp butter 2 Tbsp all-purpose flour ¼ cup favorite salad dressing ½ tsp dried thyme
Meal 2
2 Tbsp butter ¼ tsp garlic powder ½ cup balsamic salad dressing
Meal 3
¼ cup favorite salad dressing
Meal 4
½ Tbsp dried parsley ¼ tsp crushed red pepper ½ Tbsp smoked paprika ½ tsp dried basil ¼ cup heavy whipping cream or milk 2 cloves garlic ¼ cup softened butter 1 tsp garlic salt
Meal 5
4 Tbsp soy sauce ¼ cup honey 2 Tbsp brown sugar 1 Tbsp apple-cider vinegar ¼ tsp crushed red pepper 1 tsp dark sesame oil 2 Tbsp pineapple juice
Meal 6
1 Tbsp dried parsley 2 Tbsp butter ½ tsp dried rosemary
Meal 7
½ Tbsp olive oil