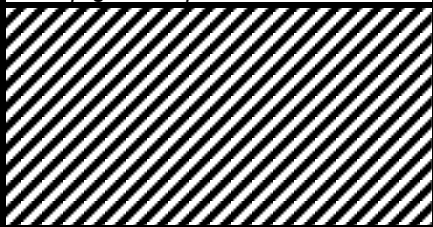
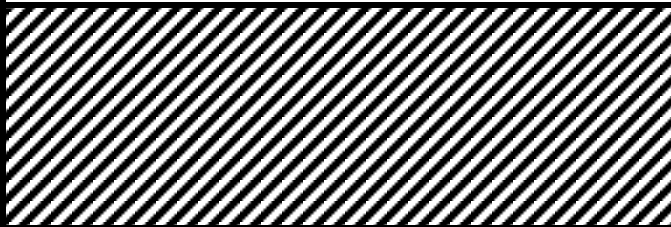
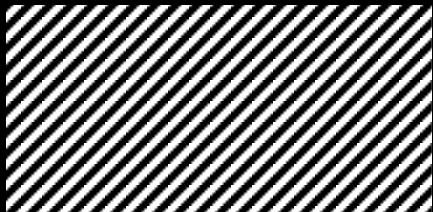
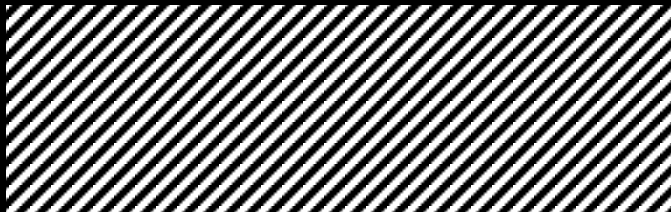
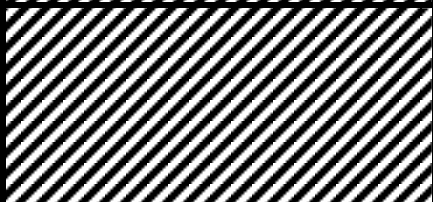
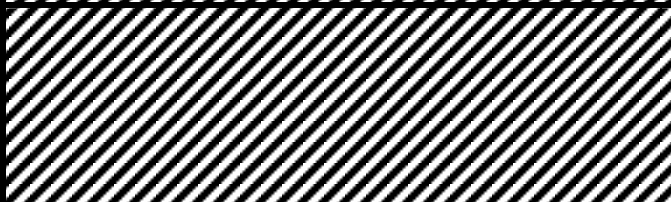
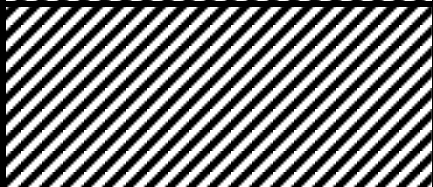
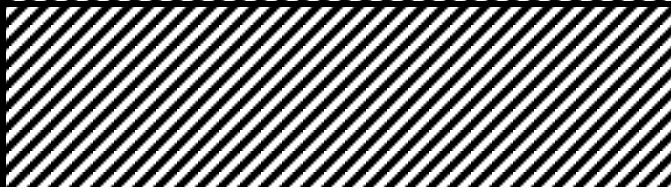


RALPHS MEAL PLAN

AUG 6-12, 2008

MEAL #: Side dishes are in <i>ITALICS</i>	INGREDIENTS: Side dish ingredients are in <i>ITALICS</i>	INSTRUCTIONS: Side dish instructions are in <i>ITALICS</i>
Meal 1 Creamy Crock Pot Chicken <i>Steamed White Rice</i> <i>Tossed Salad</i> <i>Garlic Bread</i>	3 split chicken breasts, approx 2+ lbs 1 can cream of chicken soup 8 oz cream cheese 1 pkt dry Italian seasoning mix (1 c dry white wine or cooking wine) <hr/> <i>(White rice - 3 c cooked)</i> 11.5 oz bag Ready Pac salad kit 1 loaf garlic bread	Soften cream cheese in microwave. Mix cream cheese, cr of chicken soup, Italian seasoning and wine until smooth in crock-pot. Remove skins from chicken. Fold chicken into soup mixture. Cook on low 6 hrs. Cut and/or shred chicken off bone and stir in gravy mixture. Serve chicken and creamy gravy over rice. <i>Prepare rice according to package directions.</i> <i>Toss salad. Serve w/ hot French bread and butter.</i>
Meal 2 Cheddar Stuffed "Soup"er Burgers <i>Grilled Magic</i> <i>Roasted Veggies</i>	2 lbs ground beef 1 pkg onion soup mix (¼ c water) ¾+ c shredded cheddar cheese 1 pkg buns (Mayo, mustard, ketchup) <hr/> 2 yellow squash 1 zucchini squash 1 green pepper ½ onion (3-4 T olive oil) (<i>Magic dust</i> : 1 T salt, 1 T sugar, combined)	In a large bowl, combine dry soup mix, ground beef and water; shape into 8-12 thin patties. Place 2 T cheese in center of 4-6 patties. Top with remaining 4-6 patties and seal the edges. Broil until done. Top w/ extra cheese to melt, if desired. Serve on buns with favorite condiments. <i>Cut squash into chunks, green peppers and onion in to slices. In a bowl, toss with 3-4 T olive oil. Sprinkle with magic dust and toss thoroughly. Puncture a disposable aluminum pan with a knife making several slits. Place veggies on pan and place on grill, tossing to cook. (If preferred, spread on a baking sheet and place under broiler. Toss often and cook for 5-7 min. Don't overcook and watch for burning.)</i>
Meal 3 <i>Crock Pot</i> EZ Slow Bake Burritos <i>Tortilla Chips</i>	1.5 to 2 lb chuck roast 15 oz can diced tomatoes, undrained 1 pkt pot roast seasoning mix 1 can pinto beans, drained ½ can chopped green chilies, drained (½ t chili powder) 1 sliced small onion 1 pkg burrito size flour tortillas 1 c shredded cheddar 8 oz sour cream <hr/> 16 oz pkg tortilla chips	In crock-pot, combine roast, tomatoes, roast seasoning pkt, beans, chilies, chili powder, and onion. Cook on low 4 to 6 hours. Remove cooked roast and slice off enough for meal #5 – need 3 cups chopped. Return remaining roast to crock-pot. Pull apart meat and stir ingredients together. Wrap meat mixture in tortillas. Garnish w/ cheese and sour cream. <i>Serve w/ chips.</i>
Meal 4 Mesquite Grilled Chicken <i>Pork n Beans</i> <i>Macaroni & Cheese</i>		
Meal 5 Beef Stroganoff <i>Broccoli</i> <i>Cranberry Relish</i>		
Meal 6 Tuna Potato Patties <i>Chilled Applesauce</i> <i>Peas</i>		
Meal 7 <i>30 Min Meal</i> Tortellini & Sausage Soup <i>Garlic Bread</i>		

(Staples are in parenthesis)

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RALPHS GROCERY LIST

AUG 6-12, 2008

*Sale prices are good for this time period only in the California region. Prices may vary slightly from store to store.
To eliminate a particular meal, cross out each grocery item with that corresponding meal number.

MEAL #	X	GROCERY ITEM	PRICE	OTHER GROCERIES:
-----	X	PRODUCE/ DELI/ BREAD/BAKERY	-----	<i>Sale prices & 'Everyday Low Prices'</i>
1		11.5 oz bag Ready Pac [®] salad kit	3.50	<i>are in red. Don't forget to use your Ralphs</i>
1,7		2 loaves garlic bread foiled and ready	3.38	<i>Plus card for extra savings!</i>
2		2 yellow squash	1.99	
2		1 zucchini squash	1.00	
2		1 green pepper	1.29	
2,3,5		1 small onion, 1 med onion	1.50	
-----	X	MEATS	-----	
1,4		4 + lbs split chicken breasts .97 lb	3.88	
2,5		4 - 16 oz pkgs Flavor Seal [®] ground beef BOGO	7.18	
3		1.5 - 2 lbs beef round roast 2.99 lb	5.98	
7		12 oz Farmer John [®] sausage patties	2.50	
-----	X	DAIRY/REFRIG.		
1		8 oz Ralphs cream cheese	1.50	
2,3		8 oz Ralphs shredded cheddar cheese	2.00	
3,5		2- 8 oz Daisy [®] sour cream	4.00	
-----	X	FROZEN	-----	
5		16 oz Ralphs frozen broccoli	1.50	
7		1 bag Private Selection frozen cheese tortellini	3.33	
7		10 oz frozen chopped spinach	1.29	
-----	X	CANNED/BOTTLED/PACKAGED	-----	
2		1 pkg Ralphs hamburger buns	1.00	
3		1 pkg burrito size Mission [®] flour tortillas	2.99	
5		1 can Ralphs cream of mushroom soup	.80	
5		1 4 oz Ralphs beef broth	.59	
1		1 can Ralphs cream of chicken soup	.80	
2		1 pkg Lipton [®] onion soup mix	1.99	
4		1 pkg mesquite chicken seasoning marinade	1.99	
1		1 pkt dry Italian seasoning mix	2.50	
6		1 can Ralphs peas	.69	
5		8 oz Ralphs sliced mushrooms	.99	
5		1 can Ralphs whole cranberry sauce	1.50	
6		25 oz jar Ralphs applesauce	1.79	
7		28 oz can Ralphs tomato sauce	1.29	
7		14 oz can Ralphs diced Italian tomatoes	.99	
3		1 can Ralphs diced tomatoes	.99	
3		1 pkt Ralphs pot roast seasoning mix	.50	
3		15 oz Ralphs pinto beans	.79	
4		31 oz Ralphs pork n' beans	1.49	General Staples:
3		1 can chopped green chilies	.99	<i>Cooking spray Butter</i>
4		1 pkg Kraft [®] macaroni and cheese	1.00	<i>Vegetable oil Milk</i>
5		12 oz pkg Yolk [®] egg noodles	1.66	<i>Vinegar Sugar</i>
6		4 oz bag Idahoan [®] mashed potatoes	1.25	<i>Flour Olive oil</i>
6		3 - 6.5 oz Chicken of the Sea [®] tuna	3.00	<i>Pepper Mayo</i>
3		16 oz pkg Santita [®] tortilla chips	2.19	<i>Sea or kosher salt</i>
-----	X	TOTAL COST (approx)	79.59	<i>Sale prices in red and italics</i>

Staples Needed for Each Meal:

Meal 1

Dry white wine or
Cooking wine
White rice

Meal 2

Mayo
Mustard
Ketchup
Olive oil
Sugar

Meal 3

Chili powder

Meal 4

Milk
Butter

Meal 5

Flour
Olive oil
Garlic salt

Meal 6

Bread crumbs
Celery
Pepper
Tabasco[®]
Mayo

Meal 7

Italian seasoning
Beef bouillon

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