



RALPHS MEAL PLAN

April 21 - 27, 2010

| 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 <i>Crock Pot</i> Chinese Roast <i>Steamed Rice</i> <i>Steamed Broccoli</i> | 2 lb chuck roast 1 med onion, chopped 1 bag baby carrots (½ c soy sauce, 1 t ginger, 2 T corn starch) <hr/> <i>Instant rice (+ 1 c reserve for meal #4)</i> 1 bag frozen broccoli | Place roast, carrots and onions in crock-pot. Combine soy sauce with ½ c water, and ginger. Pour over meat. Cook on low 6 hrs. Dissolve cornstarch in 2 T water. Stir into meat juices to thicken. <i>Prepare rice; enough for family(reserve 1 c for meal #4). Steam broccoli to just tender. Drain, season and serve.</i> |
| Meal 2 Chicken and Mushrooms Over Penne <i>Green Beans</i> | 3-4 split chicken breasts, cooked (¼ c butter) 6 oz sliced fresh mushrooms (1 c dry white wine) 1 can cream of chicken soup 16 oz pkg Penne <hr/> <i>1-2 cans green beans</i> | Place chicken in a 2 qt pot. Cover with water, bring to a boil. Reduce heat and cover. Cook for 25 min. Drain, let cool. Shred. Cool until ready to use. Prepare pasta as directed. Melt 2 T butter in a skillet over med hi heat. Sauté mushrooms 8 minutes. Add wine; bring to a boil while scraping the bottom of skillet. Remove from heat; add soup. Whisk until smooth. Add shredded chicken. Serve over pasta. <i>Heat green beans; season.</i> |
| Meal 3 Peppered Pork Loin <i>Asian Pasta Salad</i> | 1 lb pork tenderloin (1 t paprika, 1 t dried thyme, ½ t oregano) (¼ t salt, ¾ t pepper) (1 t olive oil, 2 t minced garlic) <hr/> <i>8 oz dried linguine, cooked</i> <i>2 c broccoli flowerets</i> <i>1 tomato, diced</i> <i>4 green onions, sliced</i> <i>2 large carrots, scraped & sliced diagonally</i> (¼ c soy sauce, 2 T oil, 1 T lemon juice) (2 T brown sugar, 1 t minced garlic) | Cut pork crosswise into 12 slices. Place between two pieces of plastic wrap and flatten to ¼ inch thickness. Combine all spices and rub on both sides of pork slices. Place pork on broiler rack coated w/ cooking spray. Broil 5½" from heat (w/ electric oven door partially opened) 3-4 minutes on each side until done. <i>Cook and drain pasta. Rinse w/ cold water. Put pasta in a large bowl; add broccoli and next 3 ingredients, tossing well. Combine soy sauce and remaining ingredients in a small jar; cover tightly and shake vigorously. Pour over pasta mixture; toss gently. Serve alongside pork slices. Very yummy!</i> |
| Meal 4 <i>Quick Meal</i> Grilled Egg and Cheese Sandwiches <i>Hearty Rice Soup</i> | | |
| Meal 5 Salisbury Steak <i>White Rice</i> <i>Peas</i> | | |
| Meal 6 <i>Baked, Not Fried!</i> Paw Paw's Chicken <i>Party Potatoes</i> <i>Steamed Carrots</i> <i>Combread Muffins</i> | | |
| Meal 7 Easy Lasagna <i>Green Salad</i> <i>Crusty French Bread</i> | | |

(Staples are in parenthesis)

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MEALTIME MAKEOVER.COM

RALPHS GROCERY LIST

April 21 - 27, 2010

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

| MEAL # | <input type="checkbox"/> | GROCERY ITEM | PRICE | OTHER GROCERIES: |
|--------|--------------------------|--|--------------|---------------------------------------|
| | X | PRODUCE/BAKERY | | <i>Sale prices in red and italics</i> |
| 1,5 | | 2 med onion | 1.00 | [®] = Suggested Brands |
| 1,6 | | 2 bags baby carrots | 4.00 | |
| 2 | | 6 oz sliced mushrooms | 2.29 | |
| 3 | | 1-2 lbs broccoli florets (2 c) | 1.99 | |
| 3,7 | | 2 tomatoes | 1.50 | |
| 3 | | 1 bunch green onions | .99 | |
| 3 | | 2 carrots | .50 | |
| 6 | | 5-6 potatoes | 1.00 | |
| 7 | | 1 bag Fresh Express [®] salad | 1.00 | |
| 7 | | 1 cucumber | 1.00 | |
| | | MEATS/DELI | | |
| 1 | | 2 lb chuck roast @ 3.49 lb | 6.98 | |
| 2 | | 2-3 lbs split chicken breasts (3-4 breasts) @ .99 lb | 1.98 | |
| 6 | | 2 lbs chicken thighs @ .99 lb | 1.98 | |
| 3 | | 1-2 lb pork tenderloin @ 3.99 lb | 3.99 | |
| 5,7 | | 2.5 lbs ground beef @ 1.99 lb | 4.98 | |
| | | DAIRY/REFRIG. | | |
| 4 | | 1 Ralphs dozen eggs | 1.99 | |
| 4 | | 8oz Ralphs shredded cheddar cheese | 2.50 | |
| 7 | | 16 oz Ralphs shredded mozzarella cheese | 3.50 | |
| 6 | | 8 oz Ralphs sour cream | 1.00 | |
| 7 | | 16 oz Ralphs cottage cheese | 2.99 | |
| | | FROZEN FOODS | | |
| 1 | | 1 bag Ralphs broccoli | 1.00 | |
| 7 | | Private Selection [®] garlic bread | 2.50 | |
| | | CANNED/BOTTLED/PACKAGED | | |
| 6 | | 1 box Jiffy [®] cornbread | .44 | |
| 1,4,5 | | 1 lg box Ralphs instant white rice | 2.00 | |
| 2 | | 1 can Ralphs cream of chicken soup | .79 | |
| 4 | | 2 can Campbell's [®] chicken and rice soup | 2.00 | General Staples: |
| 5 | | 1 can Ralphs cream of mushroom soup | .79 | <i>Sea or kosher salt/pepper</i> |
| 3 | | 8 oz Ralphs linguine | 1.00 | <i>Vinegar, reg and rice wine</i> |
| 2 | | 16 oz Ralphs penne pasta | 1.00 | <i>Butter</i> |
| 7 | | 8 oz Barilla [®] lasagna noodles | 2.29 | <i>Vegetable and Olive oil</i> |
| 7 | | 28 oz Ralphs pasta sauce | 1.59 | <i>Garlic salt</i> |
| 2 | | 1-2 can Ralphs green beans | .79 | <i>Milk</i> |
| 5 | | 1-2 can Ralphs peas | .79 | <i>Sugar</i> |
| 7 | | 1 bag Ralphs croutons | 1.29 | <i>Flour</i> |
| 4 | | 1 loaf Van de Kamps [®] bread | 1.00 | |
| | X | TOTAL COST (approx) | 66.43 | <i>Sale prices in red and italics</i> |

Staples needed for each meal #:

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Meal 1

- ½ c soy sauce
- Ginger
- Corn starch

Meal 2

- ¼ c butter
- 1 c dry white wine

Meal 3

- Paprika
- Dried thyme
- Oregano
- ¼ c soy sauce
- Lemon juice
- Brown sugar
- Minced garlic

Meal 4

- Mayonnaise
- 1 chicken bouillon cube

Meal 5

- ½ c dried bread crumbs
- 1 egg
- Milk

Meal 6

- 1 c flour
- ¼ c milk
- 1/3 c milk
- 2 eggs
- ¼ c oil

Meal 7

- ½ c grated parmesan
- 2 eggs
- Favorite dressing