



**ANY-STORE MEAL PLAN**

**Sept 8 – 14, 2010**

<b>MEAL #:</b> Side dishes are in <i>ITALICS</i>	<b>INGREDIENTS:</b> Side dish ingredients are in <i>ITALICS</i>	<b>INSTRUCTIONS:</b> Side dish instructions are in <i>ITALICS</i>
<p>Meal 1</p> <p><b>Stuffed Shells Florentine</b> <i>Salad</i> <i>Garlic Toast</i></p>	<p>1 box jumbo shell macaroni 1 lb Italian sausage 32 oz pasta sauce 2 – 10 oz boxes chopped spinach, thawed 16 oz ricotta cheese 8 oz shredded mozzarella (2 eggs, ¼ t garlic, ¼ t salt, parmesan) <hr/>1 bag <i>salad greens</i> 1 <i>small tomato</i> 1 <i>cucumber</i> (<i>Italian salad dressing</i>) <i>Garlic toast</i></p>	<p>1. Boil noodles as directed. Drain, rinse in cold water. 2. Peel sausage from casing &amp; cook in skillet on med. Add sauce &amp; simmer. 3. Press moisture from spinach. In bowl combine eggs, ricotta, mozzarella, garlic salt &amp; salt then stir in spinach. Stuff shells w/ spinach mixture. In a 13x9, spread 1 c meat sauce on bottom. Arrange shells in layer on sauce then pour remaining sauce over shells. Sprinkle w/ parmesan and bake at 350 for 35 minutes. <i>Toss salad. Bake bread as directed.</i></p>
<p>Meal 2</p> <p><b>Montreal Chicken</b> <i>Glazed French Green Beans</i> <i>Rice Pilaf</i></p>	<p>4 to 5 lb whole chicken (Cooking spray) (Montreal steak seasonings) <hr/>2 cans <i>French cut green beans</i> (½ c <i>French salad dressing</i>, 2 T <i>bacon bits</i>) 1 box <i>rice pilaf</i></p>	<p>Peel back skin on chicken &amp; spray. Sprinkle generously with Montreal steak seasoning. Place chicken in crock pot &amp; cook 7-8 hrs on low. Remove, let sit for 5 min. Carve and serve. <i>Heat beans then drain juice. Toss w/ ½ c French salad dressing &amp; sprinkle w/ bacon bits. Prepare rice as directed and serve.</i></p>
<p>Meal 3 <i>Quick Meal</i></p> <p><b>Taco Bean Summer Salad</b></p>	<p>1 lb ground beef or turkey 1 can dark kidney beans, drained 1 pkt taco seasoning 1 bag <i>salad greens</i> 1 large tomato, chopped 8 oz shredded cheddar 8 oz sour cream Tortilla corn chips (White rice, 3 c cooked)</p>	<p>Cook and drain ground beef or turkey. Add drained kidney beans and cook with taco seasoning &amp; water as directed on taco packet. Each person assemble their own salad by topping lettuce with tomatoes, cheese, sour cream, crushed chips, rice, and hot meat mixture.</p>
<p>Meal 4</p> <p><b>Pepper Jack Brunch Braid</b> <i>Cantaloupe</i></p>		
<p>Meal 5 <i>30 Min Meal</i></p> <p><b>Lemon-Caper Fish</b> <i>Sautéed Asparagus</i> <i>Seasoned Rice</i></p>		
<p>Meal 6 <i>Easy Meal</i></p> <p><b>Slow Bake B'que Chicken</b> <i>Garlic Mashed Potatoes</i> <i>Corn</i></p>		
<p>Meal 7</p> <p><b>Bacon Cobb Pitas</b> <i>Chips</i></p>		

(Staples are in parenthesis)

## ANY-STORE GROCERY LIST

Sept 8 – 14, 2010

\*To eliminate a particular meal, cross out each grocery item with that corresponding meal number.

MEAL #	X	GROCERY ITEM	OTHER GROCERIES I NEED:	X
	X	<b>DELI / BAKERY</b>		
7		1 pkg pita bread		
	X	<b>PRODUCE</b>		
1,3		2 bags salad greens		
1,3		1 small and 1 large tomato		
1,7		2 cucumbers		
4		1 small onion		
4		1 cantaloupe or your favorite fruit		
5		1 lemon		
5		1 bunch asparagus		
		<b>DAIRY/REFRIGERATED</b>		
1		16 oz ricotta cheese		
1		8 oz shredded mozzarella		
3,7		16 oz shredded cheddar		
3		8 oz sour cream		
4		13.8 oz refrigerated pizza dough		
4		8 oz pepper jack cheese		
4,7		1 dozen eggs		
		<b>MEATS</b>		
1		1 lb Italian sausage		
2		4 to 5 lb whole chicken		
3		1 lb ground beef or turkey		
4		1 lb smoked sausage		
5		1 ½ to 2 lbs tilapia fillets		
6		4 lb pre-cut chicken		
7		12 oz pkg bacon		
7		9 oz pkg shaved ham and /or turkey		
		<b>FROZEN FOODS</b>		
1		2 – 10 oz boxes chopped spinach		
1		1 pkg garlic toast		
6		1 bag whole kernel corn		
		<b>CANNED / BOTTLED</b>		
1		32 oz pasta sauce		
2		2 – 14 oz cans French cut green beans		
3		1 can dark kidney beans		
5		1 small jar capers		
6		1 bottle b'que sauce		
		<b>PACKAGED / BOXES</b>		
1		1 pkg jumbo pasta shells		
2,5		1 box rice pilaf and 1 to 2 boxes seasoned rice		
3		1 pkt taco seasoning		
3,7		1 lg pkg tortilla corn chips		
6		1 box garlic mashed potatoes		

### STAPLES NEEDED FOR EACH MEAL:

**Meal 1**

2 eggs  
Parmesan  
Garlic salt  
Italian dressing

**Meal 2**

Cooking spray  
Montreal steak season  
½ c French salad dressg  
2 T bacon bits

**Meal 3**

3 c cooked rice

**Meal 4**

Cooking spray

**Meal 5**

Butter

**Meal 6**

Milk  
Butter

**Meal 7**

Ranch dressing