

## Kroger Meal Plan

July 16-22, 2006

\*Sale prices are good for this time period only. Prices may vary slightly and apply to stores in southeast regions: AL, GA, SC, and Knoxville, TN.

<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>
<b>Meal 1</b>  <b>Glazed Topped Meatloaf</b> <i>Mashed Potatoes</i> <i>Tangy Salad</i>	1 ½ lb ground beef (1 egg, 1 C milk, 1 C breadcrumbs, 1 tsp salt, ¼ tsp pepper) 1 onion, chopped (2 T brown sugar, 2 T mustard, 1/3 C ketchup) <hr/> <i>4-5 potatoes, peeled, cut into thin slices</i> <i>(Butter, milk, salt, pepper)</i> <i>1 bag salad</i> <i>Sliced green onions</i> <i>Grape tomatoes</i> <i>Balsamic vinaigrette dressing</i>	In bowl mix beef, egg, onion, milk, bread crumbs, salt & pepper. Shape two small loaves in a 9X13-baking dish. In separate bowl mix brown sugar, mustard, ketchup. Pour over meatloaf. Bake at 350 for 40 min. Check for doneness.  <i>Cover potatoes with water. Boil until tender; drain. Add 2-3 T butter, ¼-½ C milk, salt and pepper. Mash with electric mixer; whip, adding more milk if needed.</i> <i>Toss salad, onions and tomatoes w/ dressing.</i>
<b>Meal 2</b>  <b>Foiled BBQ Chicken</b> <i>w/Corn on Cob</i> <i>Pinto Beans</i> <i>Biscuits</i>	1 pkg chicken quarters, 4-6 pieces 4-6 ears fresh corn (1 tsp salt, ½ tsp pepper) (1 T butter, melted) BBQ sauce 15 oz can pinto beans (Alum foil sheets) <hr/> <i>Frozen biscuits (butter, honey)</i>	Tear off 4-6 sheets of aluminum foil; lightly greased (18 X 12") Place Chicken, 1 ear of corn in center of foil. Sprinkle evenly with salt and pepper; drizzle corn with butter. Spoon BBQ sauce over chicken; top evenly with beans. Seal packets; place on a baking sheet. Bake @450, 40 min. Carefully open packets. <i>Cook biscuits according to package.</i>
<b>Meal 3</b>  <b>Georgia Chicken</b> <i>Buttered Noodles</i> <i>Green Beans</i>	1 ½ lb boneless chicken breast (2 eggs) Ritz crackers, smashed Provolone cheese, slices <hr/> <i>12 oz egg noodles (butter, salt, pepper)</i> <i>Frozen green beans (Butter, salt)</i>	Empty one pkg. of Ritz crackers into a large Ziploc bag. Crush fine. Wisk eggs in shallow bowl. Dip chicken breasts in egg; then coat in cracker crumbs. Place in 9x13. Bake for 40 min, @350. Last 5 minutes, top with cheese. Return to melt. <i>Cook noodles as directed. Drain. Add butter, salt/pepper. Heat beans as directed. Season.</i>
<b>Meal 4</b>  <b>Ranch Bacon Quesadillas</b> <i>Fresh Cantaloupe</i>		
<b>Meal 5</b>  <b>Mexican Ole' Crunchy Salad</b> <i>Combread</i>		
<b>Meal 6</b>  <b>Eggs Benedict</b> <i>Hash browns</i> <i>Sweet Strawberries</i>		
<b>Meal 7</b>  <b>Italian Sausage Cacciatore</b> <i>Drizzled Salad</i> <i>Garlic Bread</i>		

(Staples are in parenthesis)

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## Kroger Grocery List

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MEAL #	X	GROCERY ITEM	PRICE	OTHER GROCERIES:	X
-----	X	<b>PRODUCE</b>	-----		
7		1 red bell pepper	1.50		
7		1 green bell pepper	2.00		
1,5,7		2 lg onions	.90		
1		1 bunch green onions	.89		
1,5		5 lb bag potatoes	1.99		
1,5		2 bags Fresh Express salad	5.00		
1,4		Grape tomatoes	2.62		
4		Cantaloupe	1.66		
5		1 cucumber	.79		
6		1 container Strawberries	2.50		
7		1 head lettuce	1.39		
2		Del Monte corn on the cob (4 ct.) Buy 2 if needed	2.30		
-----	X	<b>MEATS /DELI</b>	-----		
3		1 pkg boneless chicken breasts	4.94		
7		1 lb Kroger Italian dinner sausage	3.00		
1		1.5 lb ground chuck @1.99 lb	2.97		
4		Kroger Sliced bacon	3.00		
5		1 pkg Hillshire Farm Kielbasa BOGO	1.90		
6		1/3 lb Private Selection Deli ham	2.00		
2		1 pkg leg quarters (4-6 pieces)	2.00		
-----	X	<b>DAIRY/REFRIG.</b>	-----		
6		1 dozen eggs	.89		
4		8 oz Kroger shredded Mexican blend cheese	1.25		
3		Kroger Provolone cheese slices	1.19		
-----	X	<b>FROZEN</b>	-----		
3		Kroger green beans	1.25		
7		Kroger Texas toast, cheese and garlic	1.79		
2		White Lily Frozen Biscuits	2.64		
6		Kroger Hash browns	1.66		
-----	X	<b>CANNED/BOTTLED</b>	-----		
5		1 box Home-Style croutons	1.00		
7		24 oz jar Prego spaghetti sauce	1.66		
5		1 can Campbell's Southwest Pepper Jack soup	1.59		
2		1 can Kroger Pinto beans	.40		
2		Kroger BBQ sauce	.99		
1		Kroger Salad dressing (vinaigrette type)	1.26		
-----	X	<b>PACKAGED</b>	-----		
3		12 oz bag egg noodles	.79		
5		1 Box Jiffy cornbread	.33		
3		Ritz Crackers	2.00		
7		Kroger 12 oz penne pasta	.99		
4		10 count Kroger Flour Tortillas	1.00		
6		1 pkg Cobblestone Mill English Muffins	1.99		
6		1 pkg Private Selection Hollandaise Sauce mix	.88		
-----	X	<b>TOTAL COST (approx)</b>	<b>68.90</b>	<b>Copyright 2006, E-mealz.com</b>	

### STAPLES:

#### Meal 1

1 egg  
1 c milk  
1 c bread crumbs  
Brown sugar  
Mustard  
Ketchup

#### Meal 2

Butter  
Boney  
Alum. foil

#### Meal 3

2 eggs  
Butter

#### Meal 4

Ranch dressing  
Salsa  
Sour cream

#### Meal 5

Butter  
Milk  
Ranch dressing  
Egg

#### Meal 6

Butter  
Confectioner's Sugar

#### Meal 7

Creamy Italian drsng  
Parmesan cheese