



KROGER MEAL PLAN

OCT 3-9, 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 Italian Sausage Pie <i>Hearty Salad</i>	1 pkg Italian sausage 7 eggs, beaten 8 oz shredded mozzarella cheese (½ c Parmesan cheese) (2 t minced garlic) (1 t parsley) ¼ c finely chopped onion 10" frozen pie shell <hr/> 1 head lettuce, torn 1 cucumber, sliced ½ red onion, sliced 2 Roma tomatoes, diced (favorite dressing)	Heat oven to 375°. Remove thin skins from sausage. In a skillet, sauté sausage till browned; drain. Beat eggs; add mozzarella cheese, Parmesan cheese, garlic, parsley & onions. Add sausage to egg mixture. Pour into pie shell & bake 30 minutes. <i>Toss salad and serve with favorite dressing.</i>
Meal 2 Balsamic Pork Chops <i>Rice Pilaf</i> <i>Buttery Corn</i>	4-6 center cut pork chops, fat trimmed (2 T all purpose flour) (1 T olive oil) (1 T minced garlic) (½ c balsamic vinegar) ½ c chicken broth <hr/> <i>Rice pilaf</i> <i>Frozen corn</i>	Dust chops with flour. Heat olive oil in a large skillet on med. Cook chops for 4 min on each side or until lightly browned. Remove chops. Add garlic, vinegar, & broth to skillet. Simmer for 6 min until sauce thickens slightly. Spoon over chops. <i>Prepare rice as directed.</i> <i>Cook corn as directed & flavor w/ butter & salt.</i>
Meal 3 Smokey Orange Chicken <i>White Rice</i> <i>Green Beans</i>	4-6 bone in chicken breasts 1 c orange marmalade (2 T soy sauce) (2 T liquid smoke) <hr/> <i>(White rice)</i> <i>1 bag frozen green beans</i>	Heat oven to 350°. Remove skin from chicken breasts & place in baking dish. Season w/ salt & pepper to taste. Combine marmalade, soy sauce & liquid smoke in a bowl. Pour over chicken to coat. Bake 40 min. Reserve half of chicken for meal #6. <i>Prepare rice as needed for your family. Serve w/ chicken & sauce.</i> <i>Prepare green beans according to pkg directions; season to taste.</i>
Meal 4 White Chicken 'n Bacon Chili <i>Tortilla Chips</i>		
Meal 5 Beef Filets <i>Garlic Mashed Potatoes</i> <i>Sautéed Asparagus</i>		
Meal 6 Southwest Chicken Salad <i>Sliced Pineapple</i> <i>Corn Muffins</i>		
Meal 7 Egg and Bacon Burritos <i>Home Fries</i>		

KROGER GROCERY LIST
OCT 3 - 9, 2010

*Sale prices are good for this time period only. Prices may vary slightly from store to store

 This meal plan applies to stores in these southeast regions: **AL, GA, SC, and Knoxville, TN.**

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

Sale prices and Everyday Low Prices are in red. Don't forget to use your KRG Plus card for extra savings!

MEAL #	X	GROCERY ITEM	PRICE:	OTHER GROCERIES I NEED:	X
	X	DELI / BAKERY		^(R) = Suggested Brands	
4		1 rotisserie chicken	4.99		
	X	PRODUCE			
6		1 bag salad	2.50		
1,6		4 Roma tomatoes	1.25		
6		1 whole pineapple	2.99		
5		5 lb bag russet potatoes	2.99		
5		1 garlic bulb	.79		
5		1 lb asparagus	2.49		
1,4		2 yellow onions	2.00		
1,6		1 red onion	1.50		
1		1 head lettuce	1.25		
1		1 cucumber	.50		
	X	DAIRY / REFRIGERATED			
1,4		16 oz shredded mozzarella cheese KRG 2/\$5	2.50		
6,7		16 oz shredded Mexi-blend cheese KRG 2/\$5	2.50		
7		1 pkg flour tortillas KRG	1.09		
1,7		1-2 dozen eggs	1.00		
	X	MEATS			
1		18 oz pkg Italian sausage KRG	2.97		
2		2 lbs boneless pork chops 3.97 lb	7.94		
3,6		4 lbs split chicken breasts, Tyson® .97 lb	4.00		
4,7		2 pkgs bacon, Gwaltney® 2.99 each	5.98		
5		4-6 beef filets, Ledbetter® 2/\$6	12.00		
	X	FROZEN FOODS			
1		10" pie crust KRG	1.99		
2,4		2 - 12 oz bags corn KRG	2.50		
3		12 oz bag green beans KRG	1.25		
7		1 pkg potato wedges KRG	1.79		
	X	PACKAGED / BOXED			
2		1 box rice pilaf, Rice A Roni®	1.49		
6		1-2 boxes corn muffin mix, Jiffy®	.44		
6		1 bag corn chips KRG	1.59		
4		1 bag tortilla chips KRG	1.00		
	X	CANNED / BOTTLED		General Staples:	
3		18 oz jar orange marmalade KRG	1.89	Butter	
7		1 can tomatoes & green chilies, Ro-tel®	1.00	Vegetable and olive oil	
6		1 can whole kernel corn KRG	.69	Salt & pepper	
2,4		2 cans chicken broth, Swanson®	2.00	Milk	
4		2 cans great northern beans KRG	1.38	Sugar	
6		1 jar roasted red peppers, Cento®	1.89	Eggs	
	X	TOTAL COST (approx)	84.13	Cooking spray	
				Sale prices in red and italics	

Staples needed for each Meal #:

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Meal 1

 Minced garlic
 Dried parsley
 ½ c Parmesan cheese
 Favorite dressing

Meal 2

 Minced garlic
 Balsamic vinegar

Meal 3

 Soy sauce
 Liquid smoke
 White rice

Meal 4

 Minced garlic
 Cumin Oregano
 Lemon juice
 Hot sauce
 Salsa

Meal 5

 2 c milk
 ¾ c Parmesan cheese

Meal 6

 Cumin
 Garlic salt
 Ranch dressing

Meal 7

Ketchup