

**PUBLIX MEAL PLAN**
**MARCH 17 - 23, 2010**

MEAL #: <i>Side dishes are in ITALICS</i>	INGREDIENTS: <i>Side dish ingredients are in ITALICS</i>	INSTRUCTIONS: <i>Side dish instructions are in ITALICS</i>
<b>Meal 1</b>  <b>Chicken Poulet</b> <i>Strawberry Green Salad</i>	1 (8 oz) pkg stuffing mix (1 stick butter, 1 c hot water, ½ c mayo) ½ c green onions, chopped ½ c celery, chopped 2 ½ c cooked chicken, diced or turkey (2 eggs, 1 ½ c milk) 1 can cream of mushroom soup 2 c shredded cheddar cheese <hr/> 1 bag salad 1 carton strawberries, cut up Chopped green onions ( <i>Balsamic vin. drsng</i> )	Combine stuffing mix, melted butter, hot water, mayo, green onions and celery; place half the mixture in a greased baking dish. Add cooked chicken on top & then the rest of the stuffing over this. Beat eggs and milk; pour over chicken. <b>Refrigerate overnight.</b> Take out 1 hour before baking. Pour mushroom soup over top and bake 40 min. at 350°. Add cheddar cheese and bake 10 min. <i>Toss greens, strawberries, onions and dressing. Serve along with chicken poulet.</i>
<b>Meal 2</b>  <b>Tangy Pork Tenderloin</b> <i>Cheesy Broccoli</i> <i>Corn On The Cob</i>	1 lb tenderloin (¼ c honey, 2 T apple cider vinegar) (1 T Dijon mustard, ½ t paprika) <hr/> 1 can condensed cheddar cheese soup (¼ c milk) 1 bag frozen broccoli cuts 4 ct bag corn on the cob ( <i>Butter, salt &amp; pepper</i> )	Place tenderloin on rack in pan. Mix together other ingredients. Spoon onto tenderloin. Bake at 350° for 30 minutes. Continue basting during cooking. <i>In 2 qt microwavable dish, combine soup &amp; milk. Add broccoli. Cover &amp; microwave 8 minutes until tender, stirring once during heating.</i> <i>Place corn on the cob in large pot of water. Boil for 10 minutes. Serve w/ butter, salt &amp; pepper.</i>
<b>Meal 3</b>  <b>Oven- Fried Chicken</b> <i>Roasted Potatoes</i> <i>Fried Okra</i>	(½ c olive oil) 2 lbs (4) split chicken breast halves, skinned (LAWRY'S® seasoned salt, flour) <hr/> 4-5 potatoes, diced 1 envelope dry onion soup mix (¼ c oil, Ziploc® bag) 1 bag frozen breaded okra ( <i>Veg oil</i> )	Pour olive oil in bottom of an iron skillet. Season chicken with seasoned salt, liberally, on both sides. Cover chicken with flour using brown paper bag. Bake uncovered at 425° for 30 minutes. Turn chicken pieces. Bake 20 additional minutes until brown on both sides. Serves 4 to 5. <i>Heat oven to 425°. In a Ziploc® bag, add potatoes, soup mix &amp; oil. Toss to coat well. Spread on baking sheet &amp; bake for 25 min, or until knife tender.</i> <i>Pour veg oil in lg skillet, heat until very hot. Add okra, fry until golden brown. Drain. You will have to do this in several batches.</i>
<b>Meal 4</b>  <b>Country Fried Steak Bits</b> <b>in Gravy</b> <i>Mashed Potatoes</i> <i>Steamed Green Beans</i>		
<b>Meal 5</b> <i>Can cook the night before and reheat!</i>  <b>Texas Beef Brisket</b> <i>Baked Potatoes</i> <i>Garlic Carrots</i>		
<b>Meal 6</b>  <b>Rancho Catfish</b> <i>Roasted Asparagus</i> <i>Mashed Sweet Potatoes</i>		
<b>Meal 7</b>  <b>EZ Panini's</b> <i>Carrots N Dip</i> <i>Sliced Cantaloupe</i>		



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MEALTIME MAKEOVER.COM

**PUBLIX GROCERY LIST**

**MARCH 17 - 23, 2010**

\*Prices are good for these dates; HOWEVER, check your area to find out if these prices begin on WED or THURS.  
Prices may vary slightly from store to store.

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

*Weekly sale and Advantage Buy prices are printed in red and italicized.*

MEAL #	X	GROCERY ITEM	PRICE	OTHER GROCERIES:
-----	X	<b>PRODUCE/ DELI/ BAKERY</b>	-----	PX = Publix Name Brand items
7		12 oz pkg pre-sliced sweet ham PX	3.99	® = Suggested Brands
1		1 bag premium salad mix PX	2.50	
1		1 bunch celery	.99	
1		2 bunches green onions	1.19	
6		1 lb asparagus <i>1.99 lb</i>	1.99	
5,7		2 lb bag mini carrots PX	2.49	
3,4,5		5 lb bag Idaho potatoes	2.49	
7		1 cantaloupe	1.97	
1		1 carton strawberries	2.00	
-----	X	<b>MEATS</b>	-----	
1,3		4 lbs split chicken breasts <i>1.69 lb</i>	6.80	
2		1 lb pork tenderloin <i>3.99 lb</i>	3.99	
4		1.5 - 2 lbs beef cubed steak <i>3.49 lb</i>	5.25	
5		2 lb beef brisket <i>3.99 lb</i>	8.00	
6		1.5 lbs catfish fillets <i>4.99 lb</i>	7.50	
-----	X	<b>DAIRY/REFRIG.</b>	-----	
6		1 tub prepared sweet potatoes, Simply Potatoes® <i>BOGO</i>	1.25	
1		8 oz shredded cheddar cheese, Sargento® <i>2/\$4</i>	2.00	
7		1 pkg sliced American cheese, Borden's®	2.00	
-----	X	<b>FROZEN</b>	-----	
2		1 bag broccoli cuts PX	1.25	
4		1 bag green beans PX	1.25	
3		1 bag breaded okra, Stilwell®	2.69	
2		4 ct bag corn on the cob PX	2.59	
-----	X	<b>CANNED/BOTTLED/PACKAGED</b>	-----	
7		1 loaf bread, Arnold's® <i>BOGO</i>	1.85	<b>General Staples:</b>
3		1 box dry onion soup mix PX	1.15	Sea or kosher salt/pepper
2		1 can condensed cheddar cheese soup, Campbell's®	1.59	Flour
1		1 can cream of mushroom soup PX	.75	Cooking Spray
4		1 can golden mushroom soup, Campbell's®	1.50	Vinegar, reg and rice wine
1		1 box stuffing mix, KRAFT®	1.69	Butter
6		1 small jar salsa, Tostito's® <i>BOGO</i>	1.85	Vegetable and Olive oil
6		1 bag tortilla chips PX	2.59	Milk
-----		<b>TOTAL COST (approx)</b>	<b>77.15</b>	Sugar

**Staples needed for each meal#:**

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**Meal 1**

- 1 stick butter
- ½ c mayo
- 2 eggs
- 1 ½ c milk

**Meal 2**

- ¼ c honey
- Apple cider vinegar
- Dijon mustard
- Paprika
- ¼ c milk

**Meal 3**

- ⅓ c olive oil
- Lawry's® seasoned salt
- Ziploc® bag
- ¼ c oil

**Meal 4**

- ⅔ c flour

**Meal 5**

- Celery salt
- Garlic salt
- Onion salt
- Liquid smoke
- Worcestershire sauce
- Sour cream
- Aluminum foil

**Meal 6**

- Chili powder
- Lime juice
- Garlic salt

**Meal 7**

- Honey Dijon mustard
- Ranch dressing