

Meal Plan for Two
Walmart

July 23 – 29, 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 Tender Chicken Parmesan <i>Roasted Veggies</i> <i>Loaded Baked Potatoes</i> <i>*Cooked chicken is for 2 meals!</i>	1 ½ lb. chicken breasts (1 beaten egg, 1 c bread crumbs, ½ c grated parmesan cheese, 3 T olive oil) <hr/> 1 <i>zucchini, cut ½" pieces</i> 1 <i>yellow squash, cut ½" pieces</i> (<i>Olive oil</i>) 2 <i>medium baking potatoes</i> 4 <i>strips of bacon, cooked/crumbled</i> <i>Shredded cheddar</i> (<i>Butter, sour cream</i>)	Pound chicken to tenderize. Cut in half lengthwise. Combine breadcrumbs and parmesan cheese. Dip each piece of chicken in egg & coat with breadcrumbs mixture. Heat oil in a saucepan & cook chicken 7 min each side until browned & cooked. *Reserve 1 cooked chicken breast for meal #3 <i>Toss veggies in 1 T olive oil. Salt/pepper. Roast @400 on baking sheet, 10-15 min, until tender-crisp. Serve w/ baked potatoes w/ bacon, cheese, butter, & sour cream.</i>
Meal 2 Mexican Casserole <i>Tortilla Chips</i>	½ lb ground beef 1 ½ c crushed tortilla chips 1 c salsa ½ can chili beans, drained 8 oz sour cream 1 med tomato, diced 4 oz can sliced black olives, drained 1 c shredded cheddar <hr/> <i>Remaining tortilla chips & salsa</i>	Spread crushed chips in bottom of square baking dish. Combine cooked ground beef, salsa, and drained chili beans. Spread over chips. Spread sour cream over meat mixture. Sprinkle tomatoes, black olives, then cheese. Bake uncovered @ 350 for 30 min or until bubbly. <i>Serve with remaining chips and salsa.</i>
Meal 3 Grilled Chicken Salad <i>Garlic Bread</i>	1 cooked Pamesan chicken breast *from meal 1 ½ bag chopped lettuce 5 strips bacon – cooked, crumbled* ½ cucumber, sliced (2 eggs - boiled & chopped, Ranch dressing) <hr/> ½ loaf frozen garlic bread	Divide lettuce on plates. Top each evenly w/ warmed chicken, bacon, cucumber, & egg. Drizzle w/ Ranch. <i>Serve w/ hot garlic bread.</i> *Cook extra bacon and reserve for meal 4.
Meal 4 Broccoli & Ham Rolls <i>Hot Muffins</i> <i>Grapes</i>		
Meal 5 <i>Lazy Meal</i> Baked Ravioli <i>Italian Salad</i> <i>Garlic Cheese Bread</i>		

(Staples are in parenthesis)

Copyright 2010, E-mealz.com



Meal Plan for Two

Walmart Grocery List

July 23 – 29, 2010

*To eliminate a particular meal, cross out each grocery item with that corresponding meal number.
Prices & availability of grocery items may vary from store to store.

MEAL #	X	GROCERY ITEM <small>WM/GV= Walmart/ Great Value</small>	PRICE	OTHER ITEMS I NEED :	X
-----	X	DELI & BAKERY & BREAD			
4		6 slices of ham, not shaven	3.98		
-----	X	PRODUCE			
1		1 zucchini & 1 yellow squash	1.94		
1		2 medium baking potatoes	1.25		
2		1 tomato	1.00		
3,5		1 bag chopped lettuce mix	2.50		
3,5		1 cucumber	.58		
4		½ lb grapes	.94		
-----	X	MEATS			
1,3		1.5 lbs boneless fresh chicken breasts, 3 ct	5.48		
2		1 lb ground beef, freeze ½	2.88		
1,3		12 oz sliced bacon, Morrell	1.96		
-----	X	DAIRY/REFRIG			
2		8 oz sour cream, GV	.78		
1,2,4,5		12 oz shredded cheddar, GV	1.96		
-----	X	FROZEN			
3,5		1 frozen loaf garlic bread, GV	1.83		
4		7 oz pkg frozen chopped broccoli, GV	.98		
5		1 lb pkg frozen cheese ravioli	2.28		
-----	X	CANNED/BOTTLED			
2		16 oz salsa, On the Border	1.96		
2		1 can chili beans, GV	.68		
2		4 oz sliced black olives, GV	1.18		
4		1 can cr of mushroom soup	.64		
5		26 oz spaghetti sauce, GV	1.33		
-----	X	PACKAGED			
2		1 pkg tortilla chips, GV	1.75		
4		1 box of muffin mix, Jiffy	.56		
		TOTAL COST: approx	38.44		

STAPLES NEEDED FOR EACH MEAL:

Meal 1

1 egg
1 c Italian bread crumbs
½ c grated Parmesan
Olive oil
Butter
Sour cream

Meal 2

Meal 3

2 eggs
Ranch dressing

Meal 4

1 c dry bread crumbs
1 T chopped onion
Crushed rosemary

Meal 5

Italian drsng