



e-mealz



MEALTIME MAKEOVER.COM

WALMART MEAL PLAN

April 15 - 21, 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 Chinese Chicken Salad <i>Fresh Hot Bread</i>	1 rotisserie chicken, deboned, shredded 1 bag slaw 4 green onions, chopped 2 oz bag slivered almonds, toasted 2 bag ramen noodles, noodles only Asian salad dressing <hr/> <i>Fresh bakery bread</i> <i>(Butter, alum foil, garlic salt)</i>	<i>Heat oven to 400°. Slice bread in half, horizontally. Open flat; spread with butter. Sprinkle lightly with garlic salt. Close and slice. Wrap in foil. Place in oven 12 min.</i> Mix shredded cabbage, green onions, chicken and almonds. Right before serving, pour dressing over all and sprinkle with noodles. Serve immediately!
MEAL 2 Ben's Tostados <i>Corn on the Cob</i>	1 pkg tostado or taco shells 2 lbs ground beef 1 can pork 'n beans 1 can tomatoes & green chilies, drained 1 bag shredded lettuce 8 oz Colby & Monterey Jack cheese, grated 1 c sour cream 1/3 c chopped green onions <hr/> <i>4 corn on the cob (butter, salt, pepper)</i>	<i>Heat a large pot of water to boiling for corn. Boil corn 10 min. Serve with butter, salt and pepper.</i> Brown beef; drain. Add beans and drained diced tomatoes & green chilies. Stir. Toast tostados (taco shells) in oven, as directed. Build with beef mixture, shredded lettuce and cheese; top with sour cream and chopped onions.
MEAL 3 Sweet 'n Sour Pork Roast <i>Jasmine Rice</i> <i>Sauteed Asparagus</i>	2 lbs boneless chuck roast (3 garlic cloves, peeled, sliced thin) (Salt and pepper) 1 jar sweet n' sour sauce, heated <hr/> <i>Jasmine rice</i> <i>1 bunch fresh asparagus</i> <i>(2 t oil, sea salt)</i>	With small sharp knife, stab pork roast, making 1" slits. Insert a slice of garlic into slits. Salt and pepper roast. Place on roasting pan; cook @350° for 45 min. Let it sit 10 min before slicing. Drizzle heated sweet n' sour sauce over sliced roast. <i>Cook enough jasmine rice for your family.</i> <i>Sauté asparagus in oil until just tender, about 5 min. Toss with salt and serve.</i>
MEAL 4 <i>Kid's Will Love it!</i> Pepperoni Loaf <i>Drizzled Salad</i>		
MEAL 5 Chicken Divan <i>Steamed Rice</i>		
MEAL 6 <i>Comfort Food!</i> Morning Marinade London Broil <i>Company Potatoes</i> <i>Peas</i>		
MEAL 7 <i>EZ Meal</i> Beef and Potato Hash <i>Simple Salad</i>		

(Staples are in parenthesis)



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WALMART GROCERY LIST

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To eliminate a particular meal, cross out each grocery item with that corresponding meal number.
GV = Great Value, WALMART'S brand name. Prices may vary slightly from store to store.

MEAL #	X	GROCERY ITEM	PRICES	OTHER GROCERIES I NEED:	X
_____	X	BAKERY/PRODUCE		® = Suggested Brands	
1		Fresh baked sourdough French bread	1.50	GV/WM=Great Value/Walmart	
1		1 rotisserie chicken	4.88		
6,7		5 lb bag red potatoes, Dole®	3.77		
7		1 bag salad, Marketside™	1.50		
2		1 bag shredded lettuce, Marketside™	1.50		
4		1 head lettuce	1.48		
7		1 tomato	2.16		
1		1 bag cole slaw, Fresh Express®	1.68		
1,2		1 bunch green onions	1.14		
3		1 lb bunch asparagus	2.00		
5		1 bunch fresh broccoli	2.28		
5		1 lemon	.36		
_____	X	MEATS			
2		2 lbs ground beef GV	3.56		
3		2 lb boneless chuck roast	7.16		
5		2 lb pkg chicken thighs, Tyson®	3.58		
4		6 oz package sliced pepperoni, Armour®	2.18		
6,7		3 lb chuck tender roast	11.94		
_____	X	DAIRY/REFRIG			
2,6		16 oz sour cream GV	.88		
4		8 oz shredded mozzarella cheese GV	1.96		
5		8 oz shredded cheddar cheese GV	1.96		
2		8 oz shredded Colby & Monterey Jack cheese GV	1.96		
_____	X	FROZEN			
2		4 pack corn on the cob GV	1.58		
_____	X	CANNED/BOTTLED/PACKAGED			
6		1 or 2 - 15 oz cans sweet peas GV	.78		
4		2 boxes pizza crust mix GV	.84		
7		15.25 oz can whole corn GV	.78	General Staples:	
2		15 oz can pork n beans GV	.46	<i>Cooking spray</i>	
2		10 oz can diced tomatoes & green chilies GV	.75	<i>Milk</i>	
4		26 oz jar pasta sauce GV	1.46	<i>Vinegar</i>	
2		1 pkg tostado shells (or taco, if preferred)	1.72	<i>Sugar</i>	
1		16 oz Asian sesame salad dressing, All Seasons™	1.72	<i>Sea or kosher salt/pepper</i>	
3		12 oz sweet 'n sour sauce, Kraft®	1.38	<i>Olive oil</i>	
3,5		2 lb bag jasmine rice, Mahatma®	2.48	<i>Vegetable oil</i>	
1		2 bags ramen noodles, any flavor, Marachan®	.30	<i>Flour</i>	
5		2 - 10.5 oz cans cream of chicken soup GV	1.72	<i>Butter</i>	
1		2 oz bag almond slivers, Fisher Chef's Naturals®	1.08	<i>Mayo</i>	
_____	X	APPROXIMATE TOTAL:	76.48		

Staples needed for each meal #:

Meal 1

Aluminum foil
Garlic salt

Meal 2

Meal 3

3 garlic cloves

Meal 4

1 egg
Dry mustard
Garlic salt
Italian seasonings
Favorite dressing

Meal 5

Curry powder
1 c mayo

Meal 6

½ c soy sauce
½ c Worcestershire sauce
Garlic powder
Italian seasonings
½ c butter
Large Ziploc bag
Onion powder
Garlic salt
¼ c olive oil

Meal 7

Seasoning salt
Favorite dressing
1¼ c diced onion
3 T butter