

Beef and Noodles

Meal Plan

Serves 4

- 8 ounces dry egg noodles, prepared as directed
- 10 1/2 oz beef gravy
- 12 oz canned beef, drained

Heat gravy and beef together.

Serve on prepared noodles

Serve with vegetable side dish

Please leave the meal plan or recipe in bag.



Beef and Noodles

Shopping List

- 8 oz pkg egg noodles or larger
- 10 1/2 oz beef gravy
- 12 oz canned beef
- 28 oz can of vegetable

Beef Shepherd's Pie

4 servings

- 2 4 oz packages instant mashed potato complete (just add water)
- 38 oz Canned Beef Stew (Like Dinty Moore)
- Serve with fruit side like applesauce

- ☞ Heat oven to 400°F
- ☞ Prepare mash potatoes as directed on package
- ☞ In baking dish, place stew. Spoon mashed potatoes over stew
- ☞ Bake 25 minutes or until hot and bubbly. Serve and enjoy

Please leave the meal plan or recipe in bag.



Beef Shepherds Pie

Shopping List

- 2 4 oz packages instant mashed potato complete (just add water)
- 38 oz Canned Beef Stew (Like Dinty Moore)
- Fruit side like applesauce

Chicken Alfredo

Meal Plan

Serves 6

Chicken Alfredo

- 12 oz dry pasta—prepare according to package
- Combine 14-16 oz pasta sauce and 12.5 oz can of drained chicken flaked, heat.

Serve with side of vegetable or fruit.

Please leave the meal plan or recipe in bag.



Chicken Alfredo

Shopping List

- 12-16 oz box of pasta such as like rigatoni
- 13-16 oz jar/can of alfredo sauce
- 12.5 can of chunked chicken breast
- 28 oz can of vegetable

Chicken and Dumplings

Meal Plan

Serves 6

- 40-48 oz canned chicken and dumplings like Dinty Moore or Sweet Sue, prepared as directed.
- Side dish Vegetable side.

Please leave the meal plan or recipe in bag.



Chicken and Dumplings

Shopping List

- two 20 oz can of chicken & dumplings or one 48 oz can of chicken & dumplings.
- A side of your choice for six people, like canned fruit or canned vegetable.

Chicken and Rice Dinner

4—5 servings

- Family Size Chicken Rice-a-Roni 13.8 oz box (or two small boxes)
 - 12.5 oz canned chunked chicken breast
 - 29 oz family canned vegetable
- ✎ Prepare rice as directed on the box, skip step one if you do not have butter.
- ✎ Add chicken and heat through
- ✎ Serve with vegetable.

Please leave the meal plan or recipe in bag.



Chicken and Rice Dinner

Shopping List

- Family Size Chicken Rice-a-Roni 13.8 oz box (or two small boxes)
- 12.5 oz canned chunked chicken breast
- 29 oz family canned vegetable

Chicken and Stuffing Chicken Bake

6 servings

- 1 pkg. (6 oz.) Stuffing Mix for Chicken (like Stove Top)
- 2 12.5 oz canned chicken drained, flaked
- 1 14.5 oz can green beans, drained
- 1 10-3/4 oz. canned condensed cream of chicken soup
- 1/2 cup water (milk can be used)

- ↪ Heat oven to 350°F.
- ↪ Prepare stuffing as directed on package.
- ↪ Combine remaining ingredients; spoon into 13x9-inch baking dish sprayed with cooking spray.
- ↪ Top with stuffing.
- ↪ Bake 30 min. or casserole is heated through.

Please leave the meal plan or recipe in bag.



Chicken and Stuffing Chicken Bake

Shopping List

- 1—6 oz. package Stuffing Mix for Chicken (like Stove Top)
- 2—12.5 oz canned chicken
- 1—14.5 oz can green beans
- 1—10-3/4 oz. canned condensed cream of chicken soup
- A side of your choice, six people, like canned fruit or canned vegetable.

Chicken Fajitas

Meal Plan

Serves 5

- 2 12.5 cans of chicken breast
- 1 16 oz can of refried beans
- 1.4 oz packet fajita seasoning mix
- 10 medium flour tortillas

Side dish: 29 oz canned corn

- ☞ Prepare chicken using the fajita seasoning mix following the instructions on the back of the packet.
- ☞ Heat beans through
- ☞ Prepare fajitas using the chicken mix and beans

Please leave the meal plan or recipe in bag.



Chicken Fajitas

Shopping List

- 2-12.5 cans of chicken breast
- 1-16 oz can of refried beans
- 1-1.4- oz packet fajita seasoning mix
- 1-10 medium flour tortillas
- 1-29 oz canned corn

Chili & Cheese Mac

Meal Plan Serves 4

- 1 pkg 14 oz Deluxe Macaroni and Cheese
- 1 can 15 oz no bean canned chili

- Apple Sauce or Canned Fruit Side

- ☞ Prepare Macaroni and Cheese according to recipe on the box
- ☞ Add canned chili and heat through

- ☞ Serve with a side of applesauce or canned fruit.

Please leave the meal plan or recipe in bag.



Chili & Cheese Mac

Shopping List

- 1 pkg 14 oz Deluxe Macaroni and Cheese
- 1 can 15 oz no bean canned chili
- Apple Sauce or Canned Fruit Side enough for 4 people

Shopping tip: Check out stores like the Dollar Tree for products like small jars of mayonnaise, pickle relish, egg noodles ,soy sauce, etc. Sometimes their items can provide big savings.

Chow Mein (Beef or Chicken)

Meal Plan Serves 6

- 2 42 oz Cans La Choy Beef or Chicken Chow Mein
- Rice
- Soy Sauce for serving, (optional)

- 🔗 Prepare Beef Chow Mein per packaging instructions.
- 🔗 Serve over rice prepared as directed on packaging.
- 🔗 Season with soy sauce to taste, (optional)

Please leave the meal plan or recipe in bag.



Chow Mein (Beef or Chicken)

Shopping List

- 2 42 oz Cans La Choy Beef or Chicken Chow Mein
- 1 Small package of rice
- 1 Small bottle of soy sauce (optional)

Shopping tip: Check out stores like the Dollar Tree for products like small jars of mayonnaise, pickle relish, egg noodles soy sauce, etc. Sometimes their items can provide big savings.

Green Bean Casserole Dinner

6-8 Servings

- 1 can (10 1/2 ounces) ® Condensed Cream of Mushroom Soup
- 1/2 water (or cup milk)
- 2 cans cut green beans, drained
- 1 1/3 cups French Fried Onions (amount divided in recipe steps below)

- ↻ Heat the oven to 350°F.
- ↻ Stir the soup, milk, beans and 2/3 cup onions in a 1 1/2-quart casserole.
- ↻ Season the mixture with salt and pepper.
- ↻ Bake for 25 minutes or until hot.
- ↻ Stir the bean mixture. Sprinkle with the remaining 2/3 cup onions.
- ↻ Bake for another 5 minutes or until the onions are golden brown

- ↻ Serve with Spam or canned ham heated according to can instructions.

Please leave the meal plan or recipe in bag.



Green Bean Casserole Dinner

Shopping List

- 1—10 1/2 ounces) ® Condensed Cream of Mushroom Soup
- 2—14.5 oz cans cut green beans
- 1—2.8 oz container french fried onions
- Include canned Spam or canned ham enough for 6 people

Shopping tip: Check out stores like the Dollar Tree for products like small jars of mayonnaise, pickle relish, egg noodles soy sauce, etc. Sometimes their items can provide big savings.

Grilled Cheese Tortillas

Meal Plan Serves 4-5

- 1 16oz Block of Shelf Stable Cheese, like velveeta
- 1 10 Pack of Flour Tortillas, Taco Size
- 1 Small Can of Cooking Spray
- 1 8 Pack of Fruit Cups

- 🔗 Thinly slice cheese
- 🔗 Preheat a skillet or griddle over medium heat.
- 🔗 Spray pan with cooking spray.
- 🔗 Place one tortilla on the skillet or griddle.
- 🔗 Add cheese on top of tortilla
- 🔗 Place another tortilla on top
- 🔗 .Toast on each side of the sandwich
- 🔗 Serve with fruit cups

Please leave the meal plan or recipe in bag.



Grilled Cheese Tortillas

Shopping List

- 1 16oz Block of Shelf Stable Cheese, like velveeta
- 1 10 Pack of Flour Tortillas, Taco Size
- 1 Small Can of Cooking Spray
- 1 8 Pack of Fruit Cups

Grilled Cheese Tortillas with Soup

Meal Plan Serves 4-5

- 1 16oz Block of Shelf Stable Cheese, like velveeta
 - 1 10 Pack of Flour Tortillas, Taco Size
 - 1 Small Can of Cooking Spray
 - 2 10.5-10.75 oz cans condensed soup
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- 🌀 Thinly slice cheese
 - 🌀 Preheat a skillet or griddle over medium heat.
 - 🌀 Spray pan with cooking spray.
 - 🌀 Place one tortilla on the skillet or griddle.
 - 🌀 Add cheese on top of tortilla
 - 🌀 Place another tortilla on top
 - 🌀 .Toast on each side of the sandwich
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- 🌀 While grilling the sandwiches prepare soup as instructed on can.

Please leave the meal plan or recipe in bag.



Grilled Cheese Tortillas with Soup

Shopping List

- 1 16oz Block of Shelf Stable Cheese, like velveeta
- 1 10 Pack of Flour Tortillas, Taco Size
- 1 Small Can of Cooking Spray
- 2 10.5-10.75 oz cans condensed soup

Mexican Chicken Chili

6 servings

- 2 10 oz can Rotel Tomatoes, undrained
- 2 12.5 oz can of chicken, drained
- 1 1oz pkt Taco Seasoning
- 1 15.5 canned black beans, undrained
- 1 15 oz canned corn, drained
- 1 4oz can tomato sauce (optional)
- Pasta or rice (Optional)

☞ In a pot, combine all the ingredients in a sauce pan.

☞ Simmer 15-20 minutes.

☞ Can serve on pasta or rice

Please leave the meal plan or recipe in bag.



Mexican Chicken Chili

Shopping List

- 2 10 oz cans Rotel Tomatoes
- 2 12.5 oz can of chicken
- 1 1oz pkt Taco Seasoning
- 1 15.5 canned black beans
- 1 15 oz canned corn
- 1 4oz can tomato sauce
- Consider including a 12 oz box of pasta.

Pancakes and Bacon

Meal Plan

- 32 oz Complete Pancake Mix (just add water)
- 24 oz pancake syrup
- 2 2.5oz packages precooked bacon

✂ Prepare all items as indicated on packaging and enjoy.

Please leave the meal plan or recipe in bag.



Pancakes and Bacon

Shopping List

- 32 oz Complete Pancake Mix (just add water)
- 24 oz pancake syrup
- 2 2.5oz packages precooked bacon

Pancakes and Spam

Meal Plan

- 32 oz Complete Pancake Mix (just add water)
- 24 oz pancake syrup
- 2 12 oz cans Spam

✂ Prepare all items as indicated on packaging and enjoy.

Please leave the meal plan or recipe in bag.



Pancakes and Spam

Shopping List

- 32 oz Complete Pancake Mix (just add water)
- 24 oz pancake syrup
- 2 12 oz cans Spam

Pineapple Oatmeal

3 servings

- 1-1/4 cups water
- 1/2 cup unsweetened pineapple juice
- 1/4 teaspoon salt
- 1 cup quick-cooking oats
- 3/4 cup unsweetened pineapple cut into tidbits
- 1/2 cup raisins
- 2 tablespoons brown sugar
- 1/4 teaspoon ground cinnamon
- 1/4 cup chopped walnuts (optional)

- ☞ In a medium saucepan, bring water, pineapple juice and salt to a boil over medium heat. Stir in oats; cook and stir for 1-2 minutes or until thickened.
- ☞ If necessary cut pineapple into tidbits.
- ☞ Remove from heat. Stir in pineapple, raisins, brown sugar, and cinnamon. Cover and let stand for 2-3 minutes. Sprinkle with walnuts (optional).

Please leave the meal plan or recipe in bag.



Pineapple Oatmeal

Shopping List

- Small box quick-cooking oats
- 1 small can unsweetened pineapple
- Small pack of raisins
- Small package brown sugar
- Ground cinnamon
- 2 oz chopped walnuts (optional)

Shopping tip: Check out stores like the Dollar Tree for products like small jars of mayonnaise, pickle relish, egg noodles, soy sauce, etc. Sometimes their items can provide big savings.

Spaghetti and Meat Sauce

Meal Plan

Serves 5

- 3 Cups dried pasta like rigatoni, prepare according to package, drain
- 24 oz can of pasta sauce with meat
- 3 oz Pepperoni chopped
- Parmesan cheese

Serve with vegetable or fruit side dish

Mix first three ingredients together and heat through. Garnish with parmesan.

Please leave the meal plan or recipe in bag.



Spaghetti and Meat Sauce

Shopping List

- 12-16 oz box of pasta such as like rigatoni
- 24 oz canned of red pasta sauce with meat
- 3.5 oz peperoni
- Small container Parmesan cheese
- 28 oz can of vegetable

Tortellini and Sauce

Meal Plan

Serves 5

- 1 12 oz Package of Dried Pasta Filled Tortellini (like cheese)
- 1 24 oz Canned Pasta Sauce
- 1 Family Size Can of Vegetables approx. 28 oz
- 1 Small can of parmesan cheese (optional)

- ↻ Prepare tortellini according to the package.
- ↻ Mix drained tortellini with sauce and heat through.
- ↻ Also heat vegetables
- ↻ serve

Please leave the meal plan or recipe in bag.



Tortellini and Sauce

Shopping List

- 1 12 oz Package of **Dried Pasta Filled Tortellini** like cheese, (please note this is dried pasta not frozen)
- 1 24 oz Canned Pasta Sauce
- 1 Family Size Can of Vegetables approx. 28 oz
- 1 Small can of parmesan cheese (optional)

Shopping tip: Check out stores like the Dollar Tree for products like small jars of mayonnaise, pickle relish, small cans of parmesan etc. Sometimes their items can provide big savings.

Tuna Cakes

6 Servings

- 2 cans (5 oz. each) light white tuna in water, drained, flaked 1
 - pkg. (6 oz.) Stuffing Mix for Chicken (like STOVE TOP)
 - 1/3 cup Mayo
 - 2 Tbsp. Sweet Pickle Relish
 - 3/4 cup water
- Optional Extra Ingredients**
- 8 ounces shredded cheese
 - 1 carrot, shredded

- 🔪 Combine ingredients. Refrigerate 10 min.
- 🔪 Heat large heavy nonstick skillet on medium heat. Coat with a light amount of oil or non-stick spray.
- 🔪 Use ice cream scoop to add 1/3-cup portions of tuna mixture, in batches, to skillet.
- 🔪 Flatten into patties with back of spatula.
- 🔪 Cook 6 min. or until golden brown on both sides, carefully turning after 3 min.
- 🔪 Serve with a side of vegetable or fruit.

Please leave the meal plan or recipe in bag.



Tuna Cakes

Shopping List

- 2 cans (5 oz. each) light white tuna in water
- 1 pkg. (6 oz.) Stuffing Mix for Chicken (like STOVE TOP)
- Very small jar of mayonnaise or miracle whip (only need 1/3 cup)
- Very small jar of sweet pickle relish (only need 2 tablespoons)
- Canned vegetable or canned fruit for 6 people

Shopping tip: Check out stores like the Dollar Tree for products like small jars of mayonnaise, pickle relish, etc. Sometimes their items can provide big savings.

Tuna Noodle Casserole

6 Servings

- 6 oz (3Cups) egg noodles
 - 2 cans (5 oz. each) light white tuna in water, drained, flaked 1
 - 10 1/2 oz can cream of soup
 - 1/2 C mayonnaise or tartar sauce
 - 1/2 C milk or water
 - 1/2 t salt
- Optional ingredients:**
- 1 C shredded cheese, (4oz)
 - 1 Cup thinly sliced celery
 - 1/3 C chopped onion
 - 1/4 chopped green pepper

- ↻ Preheat oven to 425 degrees
- ↻ Prepare noodles according to package and drain.
- ↻ Mix soup, milk (or water), salt and mayonnaise together
- ↻ Mix soup mixture, prepared noodles, tuna and any optional items together.
- ↻ Place the mixture in casserole pan and bake in oven for 20 minutes or until bubbly.

Please leave the meal plan or recipe in bag.



Tuna Noodle Casserole

Shopping List

- Small bag egg noodles (at least 6 oz)
- 2 cans (5 oz. each) light white tuna in water
- 10 1/2 oz can cream of soup
- Very small jar of mayonnaise or miracle whip or tartar sauce (only need 1/2 cup)
- Canned vegetable or canned fruit for 6 people

Shopping tip: Check out stores like the Dollar Tree for products like small jars of mayonnaise, pickle relish, egg noodles etc. Sometimes their items can provide big savings.