



On March 29, 2008, we went to Kroger and purchased groceries to fill our freezer with 4 meals 4 minutes "smoosh" meals for the upcoming weeks.

The cost of the ingredients used for the meals was \$78.00 (chicken was on sale for \$1.57 lb and we purchased pork tenderloin, flank steak, 1 pot roast and 1 package of pork chops).

Our family "smoosh" meals typically include enough meat for two meals.

It took me about 30 minutes to make the following meals. ☺

And, the average cost per Ziploc bag (remember that is two meals each) is:
\$5.37 per Ziploc/\$2.68 per meal.

Easy sides can be a can of vegetables, salad, rice, wheat pasta, etc. So for about \$4.00 per meal –we are set for the next few weeks.

The grand finale is we have the following meals in our freezer:

Garlic Lemon Chicken (variation)
Salsa Pork Chops
Sweet Garlic Basil Chicken
Orange BBQ Chicken
Creamy Tortilla Chicken
Italian Mozzarella Chicken
Peachy Chicken
Spicy Tropical Round Steak

Hawaiian Chicken
Traditional Pot Roast
Tropical Chicken (with V-8)
Asian Lemon Chicken
Hot Asian Pork Tenderloin
Italian Pear Chicken
Santa Fe Chicken
Tangy Tejano Chicken

Please visit www.ezmeals4U.com for the recipes and many other recipes too!

You won't see me doing the kitchen 2-step or wondering what's for dinner. ☺

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