



SAMPLE PLAN

WALMART GLUTEN-FREE FAMILY PLAN

If you are dealing with any medical issues pertaining to gluten, it is your responsibility to check with your doctor.
 ALWAYS read labels to make sure each recipe ingredient is G-free and complies with your doctor's recommendations.
 Products & ingredient sources can change.


MEAL #: Side dishes are in <i>ITALICS</i>	INGREDIENTS: Staples are in parenthesis	INSTRUCTIONS:
Meal 1 CHICKEN ALFREDO OVER SPAGHETTI SQUASH <i>Green Salad with Diced Orange</i>	1 spaghetti squash (Plastic wrap, cooking spray) 1 lb cooked chicken, diced ½ onion, chopped 12 oz sliced mushrooms (2 T butter) 4 c broccoli florets 16 oz jar Alfredo sauce (Parmesan cheese, salt, pepper) <hr/> <i>Bag chopped romaine lettuce</i> <i>1 orange, peeled & diced</i> <i>(2 T grated Parmesan cheese)</i> <i>(Favorite G-free salad dressing)</i>	Cut squash in half & clean out seeds. Put in microwavable dish, add ¼ c water, and cover with plastic wrap. Microwave on high for 8-10 min. Scrape pulp with fork to collect strings. Spray baking dish with cooking spray. Spread squash in bottom of dish. Sauté onion & mushrooms in butter until onions are tender. Add broccoli, then stir in Alfredo sauce. Bring to simmer. Season with salt & pepper. Place chicken on top of squash in baking dish. Pour sauce over chicken & sprinkle with Parmesan cheese. Bake at 350° until bubbly. <i>In a large bowl, toss lettuce, orange & Parmesan cheese. Drizzle with dressing.</i>
Meal 2 On The Grill BALSAMIC MARINATED SIRLOIN STEAKS <i>Skillet Asparagus with Roasted Red Peppers</i>	(½ c red cooking wine) (¼ c olive oil) (1 T balsamic vinegar) 2 garlic cloves, minced (½ t salt, ½ t pepper) (Zip-top bag) 6 sirloin steaks <hr/> <i>(Cooking spray)</i> <i>(3 T G-free balsamic vinaigrette, divided)</i> <i>(1 T water)</i> <i>1 lb asparagus, trimmed</i> <i>1 c bottled roasted red bell peppers</i> <i>2 T finely chopped parsley</i>	Combine wine, oil, vinegar, garlic, ½ t salt & pepper in a heavy-duty storage bag. Add steaks, seal & shake to blend. Refrigerate 8 hours to overnight. Remove from marinade and let come to room temp. Grill on outdoor grill for 12 min or until done. <i>Heat a large nonstick skillet coated with cooking spray over med heat. Add 1 T vinaigrette, 1 T water & asparagus to pan. Cook, covered, 5 min or until crisp-tender. Remove from pan to serving platter. Add 1 T vinaigrette & bell peppers to pan; cook 1 min. Spoon over asparagus. Drizzle 1 T vinaigrette over asparagus & bell peppers. Sprinkle with parsley.</i>
Meal 3 PEACHY ROSEMARY PORK CHOPS <i>Garlic-Roasted Potatoes</i>	4-6 thin-cut boneless pork chops (½ t salt) (½ t pepper) (1 T dried rosemary, finely crushed) (2 T canola oil) 4-6 canned peach halves, drained <hr/> <i>1 lb small red potatoes</i> <i>(1 t olive oil)</i> <i>(¼ t garlic powder)</i> <i>(Salt & pepper to taste)</i> <i>(Cooking spray)</i>	Season pork chops with salt, pepper & rosemary. Let stand at room temp for 30 min. Heat oil in large skillet over med heat. Add pork chops & cook 3-5 min per side, until well browned & no longer pink. Arrange peach half, cut side down, on each pork chop. Cover & heat 1 min, until peaches are heated. <i>Preheat oven to 450°. Cut each potato into 8 wedges. Toss potatoes with oil, garlic powder, salt & pepper. Toss until evenly coated. Arrange wedges in single layer on baking sheet coated with cooking spray. Bake 20 min or until browned.</i>
Meal 4 SHRIMP & SAUSAGE CREOLE <i>White Rice</i>	(Staples are in parenthesis)	



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Meal 5 SPINACH FETA FRITTATA <i>Apple Salad</i>		
Meal 6 Crock-Pot CHICKEN & SAUSAGE CACCIATORE <i>Cheesy Pasta</i>		
Meal 7 POTATOES TOPPED WITH BLACK BEANS & CORN <i>Sautéed Zucchini</i>		

(Staples are in parenthesis)

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WALMART GLUTEN-FREE FAMILY GROCERY LIST

Prices may vary slightly from store to store.

This is a non-medical menu plan. Review each recipe for your specific dietary preferences.

See website for full menu disclaimer. <https://www.eMeals.com/gluten-free/walmart.shtml>

MEAL #	X	GROCERY ITEM	PRICE:	OTHER GROCERIES I NEED:	X
-----	X	PRODUCE ®= Suggested National Brands			
1		1 spaghetti squash	2.56		
1,4,5,6,7		4 small onions	2.50		
1,6		16 oz pkg sliced mushrooms	3.96		
1		1 head broccoli	2.38		
1		18 oz bag chopped romaine lettuce	2.98		
1		1 orange	.58		
2,4,7		1 head garlic	.89		
2		1 lb asparagus	1.50		
2		1 bunch parsley	.77		
3		1 lb small red potatoes	1.89		
4,6		2 green bell peppers	1.14		
5		1 bunch green onions	1.16		
5		4 apples	3.00		
7		4-6 baking potatoes	2.77		
7		1 bunch cilantro	.88		
7		3 zucchini	2.98		
-----	X	FROZEN			
5		10 oz pkg chopped spinach, Great Value™	1.32		
7		12 oz pkg corn, Great Value™	1.00		
-----	X	MEATS			
1,6		2 lbs boneless, skinless chicken breasts, Tyson®	10.96		
2		6 sirloin steaks	6.23		
3		4-6 boneless pork chops	5.38		
4,6		2 lbs smoked turkey sausage, Hillshire Farms®	4.82		
4		1 lb raw peeled & deveined shrimp, American Harvest®	7.73		
-----	X	CANNED / BOTTLED / PACKAGED			
1		16 oz jar Alfredo sauce, Classico®	2.00		
2		12 oz jar roasted red bell peppers, Mazzetti®	2.82		
3		15 oz can peach halves, Great Value™	.72		
4		14.5 oz can diced tomatoes, Hunt's®	.63		
4		14 oz pkg boil-in-bag white rice, Success®	1.74		
5		6 oz pkg dried cranberries, Great Value™	1.48		
6		8 oz can tomato sauce, Hunt's®	.77		
6		8 oz box G-free penne pasta, DeBoles®	1.78		
7		15 oz can black beans, Bush's®	.92		
7		16 oz jar salsa, Taco Bell®	1.88		
-----	X	DAIRY / REFRIG			
5		1 dozen eggs, Sunny Meadow®	1.68		
5		5 oz container feta cheese, Treasure Cave®	3.48		
6,7		8 oz bag shredded cheddar cheese, Great Value™	2.32		
-----	X	APPROXIMATE TOTAL:	\$91.60		

Staples Needed For Each Meal #:

The key to delicious G-free cooking is savory herbs and spices. Stock your kitchen!

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Meal 1

Plastic wrap

Meal 2

½ c red cooking wine
¼ c olive oil
Large zip-top bag
3 T G-free balsamic vinaigrette

Meal 3

Rosemary
Garlic powder

Meal 4

Cajun seasoning

Meal 5

Meal 6

Oregano
Basil
Italian seasoning

Meal 7

Cumin
Chili powder