












SAMPLE PLAN

Walmart Gluten-free Plan for Two

Meals: Side dishes are in <i>ITALICS</i>	Ingredients:	Instructions:								
<p>Meal 1 On the Grill</p> <p>Italian Pork Chops</p> <p><i>Tomato-Basil Salad</i></p> <table border="1"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>10m</td> <td>20m</td> <td>30m</td> </tr> </table>		Prep	Cook	Total		10m	20m	30m	<p>2 tablespoons chopped fresh parsley 2 tablespoons olive oil 1 tablespoon chopped fresh chives 1 tablespoon chopped fresh rosemary ½ teaspoon salt, ¼ teaspoon pepper 2 cloves garlic, minced 2 bone-in pork chops</p> <hr/> <p><i>1 large tomato, thinly sliced and quartered</i> <i>1 tablespoon chopped fresh basil</i> <i>1 tablespoon olive oil</i> <i>1 tablespoon balsamic vinegar</i> <i>½ teaspoon salt, ¼ teaspoon pepper</i></p>	<p>Preheat grill. Combine parsley, oil, chives, rosemary, salt, pepper and garlic in a small bowl. Rub mixture evenly over pork chops. Grill 10 minutes per side or to desired degree of doneness.</p> <p><i>Arrange tomato on a platter; sprinkle with basil. Drizzle with oil and vinegar. Sprinkle with salt and pepper.</i></p>
	Prep	Cook	Total							
	10m	20m	30m							
<p>Meal 2 Slow Cooker</p> <p>Butternut Squash and Pork Stew</p> <p><i>Squash and Spinach Salad</i></p> <table border="1"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>15m</td> <td>6h</td> <td>6h 15m</td> </tr> </table>		Prep	Cook	Total		15m	6h	6h 15m	<p>1 tablespoon olive oil 1½ lb pork roast, cut into 2-inch pieces ¼ teaspoon salt, ¼ teaspoon pepper 1 small onion, chopped 1 stalk celery, chopped 1 cup chicken broth 1 cup coconut milk 2 cups cubed butternut squash</p> <hr/> <p><i>1 large yellow squash</i> <i>5 oz package baby spinach</i> <i>¼ cup Green Goddess dressing</i> <i>¼ teaspoon salt, ¼ teaspoon pepper</i></p>	<p>Heat oil in a large skillet over medium-high heat. Season pork with salt and pepper; brown in pan 2 minutes per side. Transfer to a 3- to 4-quart slow cooker; add onion, celery, broth and coconut milk. Cover and cook on Low 4 hours. Stir in butternut squash. Cover and cook on Low 2 hours or until pork is done and squash is tender.</p> <p><i>Use a Y-shaped vegetable peeler to cut squash into long, thin ribbons. Combine squash, spinach, dressing, salt and pepper in a medium bowl; toss. Let stand 10 minutes before serving.</i></p>
	Prep	Cook	Total							
	15m	6h	6h 15m							
<p>Meal 3 Super Fast</p> <p>Thai Turkey Lettuce Wraps</p> <p><i>Sesame Steamed Broccoli</i></p> <table border="1"> <tr> <td></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td></td> <td>10m</td> <td>15m</td> <td>25m</td> </tr> </table>		Prep	Cook	Total		10m	15m	25m	<p>1 tablespoon toasted sesame oil ½ small onion, minced 2 cloves garlic, minced 12 oz ground turkey breast 2 tablespoons gluten-free soy sauce ½ tablespoon Thai chili paste 1 tablespoon chopped fresh basil 1 head Bibb lettuce</p> <hr/> <p><i>12 oz package frozen broccoli florets</i> <i>½ tablespoon toasted sesame oil</i> <i>½ tablespoon toasted sesame seeds</i> <i>¼ teaspoon salt</i> <i>¼ teaspoon crushed red pepper</i></p>	<p>Heat oil in a large skillet over medium-high heat. Add onion and garlic; cook 4 minutes or until browned. Stir in turkey, gluten-free soy sauce and chili paste. Cook 8 minutes or until turkey is browned stirring to crumble. Stir in basil. Separate lettuce leaves, and fill leave evenly with turkey mixture.</p> <p><i>Place broccoli in a microwave-safe bowl. Microwave on High 3 to 4 minutes or until just tender. Drain and transfer to a large bowl. Stir in oil, sesame seeds, salt and red pepper</i></p>
	Prep	Cook	Total							
	10m	15m	25m							

(Staples in parenthesis)

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Meal 4

Braised Chicken Thighs with Fresh Herbs


Rosemary and Garlic Sauteed Mushrooms

	Prep	Cook	Total
	20m	30m	50m

Meal 5 **On the Grill**

Honey-Chive Pork Burgers


Grilled Acorn Squash

	Prep	Cook	Total
	10m	15m	25m

Meal 6 **Super Fast**

Egg and Sausage Scramble


Sweet Potato Hashbrowns

	Prep	Cook	Total
	5m	20m	25m

Meal 7 **Slow Cooker**

Basic Bolognese

Zucchini Ribbons

	Prep	Cook	Total
	15m	4h	4h 15m

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Meals	Grocery Items to Purchase	Price
	Produce	
1	1 large heirloom tomato	.60
1,3,4,5,7	1 head garlic, need 12 cloves	.45
1,3,7	1 bunch fresh basil, need about 3 tablespoons chopped/minced	1.15
1,4	1 bunch fresh rosemary, need about 3 tablespoons chopped/minced	1.15
1,4,5	1 bunch fresh chives, need 3 tablespoons chopped/minced	1.15
1,4,6	1 bunch fresh parsley, need about ½ cup chopped	.68
2	1 stalk celery	.30
2	12 oz bag pre-cut cubed butternut squash, for 2 cups	2.58
2	1 large yellow squash	1.56
2	5 oz package baby spinach	3.18
2,3,4,6,7	4 small onions	1.50
3	1 head Bibb lettuce	1.58
4	1 lb sliced baby bella (cremini) mushrooms	3.98
5	1 large acorn squash	1.26
6	1 large sweet potato	.98
7	1 large carrot	.37
7	1 medium zucchini	.96
	Meat & Seafood	
1	2 bone-in pork chops	2.80
2	1½ lb pork roast	2.97
3	12 oz ground turkey breast	2.72
4	4 bone-in chicken thighs, skinned	2.25
5	¾ lb lean ground pork	3.15
6	½ lb ground pork sausage	1.19
7	1 lb ground beef	3.98
	Refrigerated	
6	½ dozen eggs, need 5	.79
	Frozen	
3	12 oz package frozen broccoli florets, Pictsweet®	1.99
	Canned & Packaged	
2	14 oz can chicken broth, need 1 cup, Swanson®	.60
2	8 oz bottle Green Goddess dressing, need ¼ cup, Annie's®	3.12
2,7	14 oz can coconut milk, Thai Kitchen®	2.14
7	6 oz can tomato paste, need ½ cup, Hunt's®	.56
	Approximate Total:	51.69

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Staples

Meal 1	Meal 2	Meal 3	Meal 4
2 tablespoons olive oil 1 tablespoon balsamic vinegar Holland House® 1 tablespoon olive oil	1 tablespoon olive oil	1½ tablespoons tasted sesame oil 2 tablespoons gluten-free soy sauce ½ tablespoon Thai chili paste, Sambal Oelek® ½ tablespoon toasted sesame seeds ¼ teaspoon crushed red pepper	½ cup dry white wine 1 bay leaf 1 tablespoon olive oil

Meal 5	Meal 6	Meal 7
1 tablespoon honey 2 tablespoons olive oil ¼ teaspoon cayenne pepper	2 tablespoons olive oil	½ cup dry white wine 1 bay leaf 2 tablespoons olive oil