


MEAL #: Side dishes are in <i>ITALICS</i>	INGREDIENTS: Staples are in parenthesis	INSTRUCTIONS:
<p>Meal 1</p> <p>BEAN & RICE BURRITOS <i>Salad</i></p>	<p>2 c instant brown rice, cooked (1 T olive oil) 1 med orange bell pepper, diced ½ c diced onion (1 T minced garlic) (1 T chili powder) (1 t cumin) (⅛ t crushed red pepper flakes) 15 oz can black beans, drained 8 whole wheat tortillas, warmed ½ c salsa Shredded cheese Sour cream Chopped cilantro</p> <hr/> <p><i>1 head iceberg lettuce, finely shredded</i> <i>1 Roma tomato, diced,</i> <i>3 stalks celery, chopped</i> <i>(¼ c Italian dressing)</i></p>	<p>Prepare rice according to package directions. Heat oil in a large skillet. Sauté bell pepper, onion and garlic until tender, about 8 minutes. Stir in chili powder, cumin and pepper flakes. Add beans and rice; cook and stir for 4 - 6 minutes until thoroughly heated. To warm tortillas, heat in a hot skillet for apx 10 seconds on each side. Spoon about ½ c filling onto each tortilla; top with salsa. Fold sides and ends over filling and roll up. Serve topped with cheese, sour cream and cilantro if desired.</p> <p><i>In a large bowl combine lettuce, tomato, celery and dressing. Toss well. Serve alongside burritos.</i></p>
<p>Meal 2</p> <p>GRILLED VEGETARIAN SKEWERS <i>Brown Rice</i> <i>Cantaloupe</i></p>	<p>1 large pineapple, peeled, cut in 1" cubes 8 oz pkg tempeh, cubed 1 large red bell pepper, seeded and cut into 1" pieces ½ c lite coconut milk 2 T pomegranate balsamic vinegar (2 T olive oil) 1 package wooden skewers, soaked in water 10 minutes</p> <hr/> <p><i>2 c brown rice</i> <i>Remaining coconut milk</i> <i>(2 T olive oil)</i> <i>(2 T soy sauce)</i> <i>Cantaloupe</i></p>	<p>Add pineapple, tempeh and bell pepper to a shallow dish. In a small bowl, whisk together coconut milk, vinegar and olive oil. Add to dish. Gently stir pieces until coated with marinade. Let sit for 30 - 40 min, turning to recoat at least once. Assemble onto soaked skewers, dividing pieces evenly among number of skewers needed. Grill 12 - 15 min, turning to avoid burning.</p> <p><i>Prepare rice according to package directions. Use remaining coconut milk as part of liquid needed along with soy sauce and olive oil. Remove contents from skewers and serve over rice.</i></p> <p><i>Serve with sliced, chilled cantaloupe.</i></p>
<p>Meal 3</p> <p>PESTO WALNUT FETTUCCINE <i>Spinach Salad</i></p>	<p>½ c walnuts (1 t vegetable bullion dissolved in ½ c hot water) 5 - 6 T pesto, more if desired 2 T cilantro, chopped (Salt) 1 lb fettuccini pasta ⅓ c grated Parmesan cheese</p> <hr/> <p><i>5 oz bag spinach</i> <i>Shredded carrots</i> <i>(Croutons)</i> <i>(Dressing of choice)</i></p>	<p>Preheat oven to 350° F. On a shallow cookie sheet, toast walnuts for 5 - 6 min. Set aside. In a sm saucepan, combine vegetable broth, pesto, cilantro, walnuts and salt to taste. Heat for 2 min. Set aside. Cook pasta according to package directions, drain and pour into lg bowl. Add pesto mixture and Parmesan cheese; toss.</p> <p><i>Combine desired amount of spinach, carrots and croutons in a bowl. Drizzle with dressing and toss well. Serve alongside fettuccine.</i></p>
<p>Meal 4</p> <p>GRILLED SWEET POTATOES & CORN <i>French Bread</i> <i>Watermelon</i></p>	<p>(Staples are in parenthesis)</p>	



SAMPLE PLAN

WALMART VEGETARIAN FAMILY PLAN

MEAL #: Side dishes are in <i>ITALICS</i>	INGREDIENTS: Staples are in parenthesis	INSTRUCTIONS:
<p>Meal 5</p> <p>TOMATO - FETA FRITTATA <i>Tropical Fruit Salad</i></p>		
<p>Meal 6</p> <p>MEDITERRANEAN COUSCOUS <i>Nutty Carrot Salad</i></p>		
<p>Meal 7</p> <p>HAWAIIAN PIZZA BAKE <i>Salad</i></p>		

(Staples are in parenthesis)

Copyright 2013, eMeals, Inc.



SAMPLE PLAN

WALMART VEGETARIAN FAMILY GROCERY LIST

MEAL #	X	GROCERY ITEM	PRICE	OTHER GROCERIES I NEED:	X
	X	DELI / BAKERY		® = Suggested National Brands	
1		Pkg of whole wheat wraps, Mission®	2.44	WM = Walmart Brand	
4		Loaf of crusty French bread, WM	1.40	**** Tempeh is not generally found in Walmart	
7		Loaf of sliced whole grain wheat bread, WM	2.78		
	X	PRODUCE			
1,2,7		Pkg of 3 red, yellow and orange bell peppers	3.18		
1		1 small onion	.50		
1		1 small head of iceberg lettuce	1.18		
1,5,7		5 Roma tomatoes	2.14		
1,7		1 bunch celery	1.38		
1,3,5		Bunch of cilantro	.78		
2		1 ripe lg pineapple	2.78		
2		1 ripe cantaloupe	2.24		
3		5 oz bag spinach	2.50		
3,6,7		2 -10 oz bags shredded carrots	2.28		
4		3 lg sweet potatoes	2.20		
4		4 - 5 ears of corn	1.65		
4		1 med watermelon	3.88		
5		1 mango	1.18		
5		1 ripe avocado	1.08		
6		1 red onion	.50		
6		1 pt cherry tomatoes	2.48		
6		Bunch of basil	2.48		
6		1 small eggplant	1.88		
6		1 zucchini	.50		
6		1 yellow squash	.50		
7		Head of romaine lettuce	1.88		
	X	DAIRY / REFRIGERATED			
1,5		8 oz shredded cheddar cheese, Great Value™	2.18		
1		8 oz sour cream, Great Value™	.98		
3		5 oz Parmesan cheese, Frigo®	2.18		
5		1 doz eggs	1.56		
5,6		5 oz container feta cheese, Treasure Cave®	3.18		
7		8 oz Italian style shredded cheese, Great Value™	2.28		
	X	MEATLESS PRODUCTS			
2		Pkg of tempeh ***	3.38		
	X	FROZEN FOOD			
5		6 oz pkg shredded coconut, Bird's Eye®	1.48		
	X	PACKAGED / BOXED / CANNED / BOTTLED			
1,5		8 oz jar salsa, Taco Bell®	1.88		
1,2,5		2 - 14 oz boxes instant brown rice, Great Value™	3.12		
1		15 oz can black beans, Great Value™	.68		
2		Balsamic vinegar with pomegranate, Pompeian®	1.48		
2		13.66 oz can lite coconut milk, Iberia®	1.48		
2		Pkg wooden skewers	2.00		
3		8 oz jar pesto, Classico®	2.78		
3		16 oz box fettuccini noodles, Great Value™	1.08		
3		4 oz chopped walnuts, Diamond®	2.64		
5		Lg can mandarin orange slices, Great Value™	1.56		
6		10 oz box couscous	2.46		
6		4.25 oz box raisins, Champion®	.98		
7		14 oz jar pizza sauce, Great Value™	1.00		
7		20 oz can pineapple chunks, Great Value™	1.12		
	X	APPROXIMATE TOTAL	\$86.23		

Staples Needed For Each Meal #:

Copyright 2013, eMeals, Inc.

Meal 1

- Olive oil
- Minced garlic
- Chili powder
- Cumin
- Red pepper flakes
- ¼ c Italian dressing

Meal 2

- Olive oil
- Soy sauce

Meal 3

- Vegetable bullion paste
- Croutons
- Favorite dressing

Meal 4

- Coconut oil
- Seasoned salt
- Butter

Meal 5

- Cooking spray
- Oregano

Meal 6

- Lemon juice
- Olive oil
- Course sea salt
- ⅓ c mayo
- Peanut butter

Meal 7

- Butter
- Favorite dressing