

Meals: <small>Side dishes are in <i>ITALICS</i></small>	Ingredients:	Instructions:								
<p><b>Meal 1</b> <span style="float: right;"><b>Vegan</b></span></p> <p style="text-align: center;"><b>Avocado and Tomato Salad with Garbanzo Beans</b></p> <p style="text-align: center;"><i>Hummus with Pita Triangles</i></p> <table style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center; border-bottom: 1px solid black;">Prep</td> <td style="text-align: center; border-bottom: 1px solid black;">Cook</td> <td style="text-align: center; border-bottom: 1px solid black;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">20m</td> <td style="text-align: center;">0m</td> <td style="text-align: center;">20m</td> </tr> </table>		Prep	Cook	Total		20m	0m	20m	<p>1½ avocados, chopped (save remaining avocado half for Meal 2)</p> <p>½ pint cherry tomatoes, cut in half</p> <p>½ large English cucumber, peeled and chopped</p> <p>½ cup diced red onion, (save remaining onion for Meal 7)</p> <p>2 tablespoons chopped fresh cilantro</p> <p>1 cup garbanzo beans, drained</p> <p>1 teaspoon minced fresh garlic</p> <p>Juice of 1 lime</p> <p>2 tablespoons olive oil</p> <p>¼ teaspoon salt, ¼ teaspoon freshly ground pepper</p> <hr style="border: 0.5px solid black;"/> <p><i>1 package pita bread</i></p> <p><i>8 oz container hummus</i></p>	<p>Place avocados, tomatoes, cucumbers, onion, cilantro, and beans in a medium bowl; toss gently. Mix garlic, lime juice, olive oil, salt and pepper in a jar; shake vigorously. Pour dressing over salad, and mix well. Serve with hummus and pita triangles.</p> <p style="margin-top: 10px;"><i>Cut desired number of pita bread rounds into triangles, and serve with hummus.</i></p>
	Prep	Cook	Total							
	20m	0m	20m							
<p><b>Meal 2</b></p> <p style="text-align: center;"><b>Pinto Bean Nachos</b></p> <p style="text-align: center;"><i>Chilled Honeydew</i></p> <table style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center; border-bottom: 1px solid black;">Prep</td> <td style="text-align: center; border-bottom: 1px solid black;">Cook</td> <td style="text-align: center; border-bottom: 1px solid black;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">5m</td> <td style="text-align: center;">30m</td> <td style="text-align: center;">35m</td> </tr> </table>		Prep	Cook	Total		5m	30m	35m	<p>6 (6-inch) corn tortillas, quartered</p> <p>½ tablespoon canola oil</p> <p>1 teaspoon ground cumin</p> <p>½ teaspoon chili powder</p> <p>1 clove garlic, minced</p> <p>15 oz can pinto beans, undrained</p> <p>½ cup (2 oz) crumbled queso fresco</p> <p>½ cup salsa</p> <p>½ avocado, chopped (from Meal 1)</p> <p>2 tablespoons chopped fresh cilantro</p> <hr style="border: 0.5px solid black;"/> <p><i>½ honeydew melon</i></p>	<p>Preheat oven to 425 degrees. Arrange half of tortilla wedges in a single layer on a large baking sheet; lightly coat wedges with cooking spray. Bake 8 minutes or until crisp; repeat procedure with remaining wedges. Heat oil in a medium saucepan over medium-high heat; add cumin, chili powder and garlic; cook 20 seconds, stirring constantly. Add pinto beans, and bring to a boil, stirring frequently; reduce heat to medium and simmer 10 minutes. Partially mash bean mixture with a potato masher until slightly thick. Place 10 to 11 chips on each plate; top each serving with about ½ cup bean mixture, half of cheese, half of salsa, and half of avocado. Sprinkle with cilantro.</p> <p style="margin-top: 10px;"><i>Cut melon in half and scoop out seeds with a spoon; discard seeds. Slice melon into 2-inch wedges; refrigerate until serving time.</i></p>
	Prep	Cook	Total							
	5m	30m	35m							
<p><b>Meal 3</b> <span style="float: right;"><b>Vegan</b></span></p> <p style="text-align: center;"><b>Warm Quinoa Salad with Pomegranate and Almonds</b></p> <p style="text-align: center;"><i>Crusty Bread</i></p> <table style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <tr> <td style="text-align: center;"></td> <td style="text-align: center; border-bottom: 1px solid black;">Prep</td> <td style="text-align: center; border-bottom: 1px solid black;">Cook</td> <td style="text-align: center; border-bottom: 1px solid black;">Total</td> </tr> <tr> <td></td> <td style="text-align: center;">15m</td> <td style="text-align: center;">35m</td> <td style="text-align: center;">50m</td> </tr> </table>		Prep	Cook	Total		15m	35m	50m	<p>2 tablespoons olive oil, divided</p> <p>½ small yellow onion, diced</p> <p>½ cup sliced baby Portobello (crimini) mushrooms</p> <p>¾ cup quinoa</p> <p>1 cup vegetable broth</p> <p>2 tablespoons pomegranate seeds</p> <p>¼ cup green onions, diagonally sliced</p> <p>½ tablespoon chopped fresh parsley</p> <p>Juice and rind of ½ lemon (save remaining lemon for Meal 5)</p> <p>½ teaspoon honey or coconut sugar</p> <p>¼ cup slivered almonds</p> <hr style="border: 0.5px solid black;"/> <p><i>½ loaf of multigrain bread</i></p> <p><i>2 tablespoons olive oil</i></p> <p><i>¼ teaspoon salt, ¼ teaspoon pepper</i></p>	<p>Heat one tablespoon oil in a medium saucepan over medium-high heat; sauté onion and mushrooms 2 to 3 minutes or until tender. Add quinoa and stir to coat; add broth and bring to a boil. Reduce heat to medium-low and simmer until liquid is absorbed, about 20 minutes. Combine remaining oil, pomegranate seeds, scallions, parsley, lemon juice, rind, and honey in a large mixing bowl. Add cooked quinoa, and season with salt and pepper to taste. Top with slivered almonds.</p> <p style="margin-top: 10px;"><i>Slice bread and drizzle with olive oil, sprinkle with salt and pepper.</i></p>
	Prep	Cook	Total							
	15m	35m	50m							

(Staples in parenthesis)

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**Meal 4**

**Spaghetti Pot**

*Tofu and Miso Italian Salad*

	Prep	Cook	Total
	10m	25m	35m

**Meal 5**

**Zucchini Fritters**

*Figs with Parmesan and Balsamic Vinegar*

	Prep	Cook	Total
	20m	30m	50m

**Meal 6**

**Skillet Dinner with Red Peppers, Zucchini and Eggs**

*Multigrain Rice Blend*

	Prep	Cook	Total
	10m	40m	50m

**Meal 7**

**Goat Cheese and Fig Pizza**

*Arugula Salad with Eggs*

	Prep	Cook	Total
	20m	25m	45m

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SAMPLE PLAN



## Walmart Vegetarian Plan for Two

Meals	Grocery Items to Purchase	Price
	<b>Produce</b>	
1	1 pint cherry tomatoes, use half	1.87
1	1 English cucumber, use half	.99
1	1 package fresh cilantro, for 2 tablespoons	.89
1	1 lime	.33
1,2	2 avocados	1.98
1,2,4,7	1 bulb garlic	.29
1,7	1 red onion	.79
2	1 honeydew melon	2.49
3	4.4 oz package pomegranate seeds, 3 tablespoons, (Pomegranate Arils)	2.98
3	Bunch fresh parsley, for ½ tablespoon	.89
3,4	8 oz package baby Portobello mushrooms, for 1 cup (crimini)	2.24
3,4,5	2 lemons	.88
3,4,6	2 yellow onions	.90
3,5	1 bunch green onions	1.10
4	1 head romaine lettuce	1.49
4	1 package fresh basil, use half	.89
5,6	3 medium zucchini	2.70
5,7	8 oz package fresh figs	1.98
6	1 red bell pepper	1.50
7	5 oz package arugula, Marketside®	2.98
	<b>Refrigerated</b>	
1	10 oz package hummus, Sabra®	2.29
2	8 oz queso fresco, for ½ cup, LaVaquita®	1.79
4	14 oz package extra-firm tofu, use half, Nasoya®	2.49
4,5	5 oz shredded Parmesan cheese, Frigo®	2.32
6	6 oz container plain Greek yogurt, for 1 cup,	.89
5,6,7	½ dozen eggs	.79
7	4 oz log goat cheese	2.29
	<b>Frozen</b>	
7	16 oz pizza dough, Pizza Buddy®	2.49
	<b>Canned &amp; Packaged</b>	
1	15 oz can garbanzo beans, Great Value™	1.36
2	7 oz package (6-inch) corn tortillas	1.08
2	15 oz can pinto beans, Great Value™	.68
2	16 oz jar salsa, for ½ cup, Taco Bell®	1.87
3	5 oz package quinoa, for ½ cup, Roland®	2.63
3	8 oz package slivered almonds, for ¼ cup, Diamond®	3.12
3,4	32 oz container vegetable broth, Swansons®	2.88
4	8 oz package linguine, for 6 oz, Barilla®	1.89
4,6	2 (15 oz) cans diced tomatoes, Great Value™	.98
6	6 oz box wild rice blend, Near East®	2.15
7	8 oz bottle Italian vinaigrette, for ¼ cup, Drew's®	1.79
	<b>Bakery &amp; Deli</b>	
1	1 package pita bread, Toufayan®	1.89
3	1 loaf multigrain bread	1.19
	<b>Approximate Total:</b>	<b>69.02</b>

SAMPLE PLAN



## Walmart Vegetarian Plan for Two

### Staples

Meal 1	Meal 2	Meal 3	Meal 4
2 tablespoons olive oil	1 teaspoon ground cumin ½ tablespoon canola oil ½ teaspoon chili powder Cooking spray	4 tablespoons olive oil ½ teaspoon honey or coconut sugar	3 tablespoons olive oil 1 teaspoon dried oregano ¼ teaspoon crushed red pepper flakes Cooking spray 1½ tablespoons Miso paste

Meal 5	Meal 6	Meal 7
3 tablespoons flour ¼ teaspoon baking powder ¼ to ½ cup olive oil (for frying) 1½ teaspoons balsamic vinegar	2 tablespoons olive oil ½ teaspoon paprika	2 tablespoons olive oil 1 teaspoon fennel seeds 1 teaspoon dried thyme 1 to 2 tablespoons commmeal or flour ½ cup mayonnaise