

## WHOLE FOODS FAMILY PLAN

MEAL#: Side dishes are in <i>ITALICS</i>	INGREDIENTS: Staples are in parenthesis	INSTRUCTIONS:
<b>Meal 1</b>  <b>Chimichurri Burgers</b> <i>Sweet Potato Fries</i>	1.5 lbs ground chuck 1 c finely chopped onion 1 c finely chopped red bell pepper (1 t minced garlic, 1 t oregano, 2 t soy sauce) (1 T Worcestershire) ½ c chopped cilantro (¾ t salt, divided, ½ t pepper) 3 c shredded cabbage 1 small red onion, sliced into rings 1 tomato, sliced 6 hamburger buns, split and toasted (2 T ketchup, 2 T mayo, 1 T mustard) <hr/> 20 oz pkg sweet potato fries	Combine beef, onion, bell pepper, garlic, oregano, soy sauce, Worcestershire, cilantro, ½ t salt and pepper. Form into 6 patties. Grill or cook in a skillet 5 to 6 minutes per side, or to desired degree of doneness. Combine cabbage and ¼ t salt. Cook in a skillet over medium, stirring occasionally, until slightly wilted, about 2 minutes. Divide over burgers. Sear onion and tomato in hot skillet over medium heat 2 minutes. Divide over burgers. Place burgers on toasted buns. Combine ketchup, mayo and mustard. Top burgers with sauce.  <i>Bake sweet potato fries according to package directions.</i>
<b>Meal 2</b>  <b>Chicken Milanese with Arugula Salad</b>	1¼ c panko breadcrumbs (¼ c olive oil, divided, ½ c flour, salt, pepper) (2 eggs) 1½ lbs boneless skinless chicken cutlets 2 T lemon juice 5 oz baby arugula ½ small red onion, thinly sliced 2 lemons, cut into wedges	Combine panko and 2 T olive oil in a shallow bowl. Place flour in a separate bowl; season with salt and pepper. Beat eggs in a separate shallow bowl. Place a wire rack on a rimmed baking sheet. Dredge chicken in flour, eggs and then breadcrumbs. Place on rack. Bake at 425° F for 10 to 15 minutes. Combine 2 T oil and lemon juice. Season with salt and pepper. Add arugula and red onion. Serve over chicken with lemon wedges.
<b>Meal 3</b>  <b>Italian Paninis</b> <i>Potato Chips</i> <i>Pickles</i>	1 medium red onion, thinly sliced (2 T olive oil) (1 T red wine vinegar, ½ t oregano, salt, pepper) 2 loaves ciabatta bread, split 12 oz pkg sliced provolone cheese (¼ c mayo, 1 T pesto) 7 oz thinly sliced capocollo 7 oz thinly sliced salami 5 oz pkg arugula (2 T olive oil) <hr/> 5 oz bag potato chips, pickle wedges	Combine onion, olive oil, vinegar, oregano, salt and pepper. Cover; let stand at room temp for 2 hours. Top bottom halves of bread with half of cheese. Combine mayo and pesto, spread over cheese. Top with capocollo, salami, red onion mixture, arugula and remaining cheese. Cover with top halves of bread. Brush bread with oil and grill on Panini press or grill pan until cheese is melted, about 5 minutes per side.  <i>Serve with potato chips and pickles.</i>
<b>Meal 4</b>  <b>Grilled Salmon Tacos</b>	<div data-bbox="711 1394 1268 1814" style="background-color: #90ee90; padding: 20px; border: 1px solid #ccc;"> <p style="font-size: 2em; margin: 0;">Click Here to order this meal plan</p> <p style="background-color: #ff0000; color: white; padding: 10px; border-radius: 15px; display: inline-block; font-weight: bold;">Start Now</p> </div>	
<b>Meal 5</b>  <b>Spaghetti Puttanesca</b> <i>Mixed Green Salad</i>		
<b>Meal 6</b>  <b>Couscous and Veggie Salad</b> <i>Toasted Lavash</i>		
<b>Meal 7</b>  <b>Pork Chops with Pineapple Relish</b> <i>Mixed Green Salad</i>		



**SAMPLE PLAN**

## WHOLE FOODS FAMILY GROCERY LIST

Prices & availability of grocery items may vary from store to store.

WFC/WFSD = Whole Foods Coupons and Whole Foods Sure Deals. [Click this link to find printable coupons.](http://www.wholefoodsmarket.com/products/wholedeal/suredeals.php)

<http://www.wholefoodsmarket.com/products/wholedeal/suredeals.php>

MEAL #	X	GROCERY ITEM	PRICE	OTHER ITEMS:	X
_____	X	<b>DELI / BAKERY / BREAD</b>			
1		8 ct pkg hamburger buns, 365 <sup>®</sup>	3.29		
3		2 loaves ciabatta bread	6.68		
3		7 oz pkg sliced capocollo, Applegate <sup>®</sup>	4.99		
3		7 oz pkg sliced genoa salami, Naturalisma <sup>®</sup>	3.99		
5		½ c kalamata olives, from olive bar, about 4 oz	2.50		
6		1 rotisserie chicken	7.99		
6		12 oz pkg lavash bread	2.79		
_____	X	<b>PRODUCE</b>			
1,6,7		2 med onions, about 1 lb	1.49		
1,7		1 red bell pepper, about 8 oz	1.75		
1,4		1 bunch cilantro	1.69		
1		1 small head cabbage, about 2 lbs	1.98		
1,2,3		3 small red onions, about 1.5 lbs	2.99		
1		1 tomato, about 8 oz	.49		
2		3 lemons	2.97		
2,3		16 oz pkg arugula, use 10 oz	5.99		
4		½ lb med red potatoes	1.00		
4		1 lime	.50		
4		1 bunch green onions	1.99		
5,7		2 bags mixed green salad	4.58		
6		2 carrots, about 4 oz	.37		
6		1 lg zucchini, about 12 oz	1.87		
7		1 bunch parsley	1.69		
7		2 jalapeños, about 4 oz	.37		
_____	X	<b>MEATS</b>			
1		1.5 lbs ground chuck	7.49		
2		1.5 lbs bnls sknls chicken cutlets	10.49		
4		1.5 lbs skinless salmon fillets	13.49		
5		1 lb Italian sausage	6.99		
7		1.5 lbs boneless pork chops	10.49		
_____	X	<b>DAIRY / REFRIGERATED</b>			
3		12 oz pkg sliced provolone cheese, 365 <sup>®</sup>	5.49		
4		8 oz container sour cream, Axelrod <sup>®</sup>	1.59		
_____	X	<b>FROZEN</b>			
1		20 oz pkg sweet potato fries, Alexia <sup>®</sup>	4.69		
4		2 - 8 oz pkgs corn tortillas, 365 <sup>®</sup>	2.98		
_____	X	<b>CANNED / BOTTLED</b>			
3		24 oz jar pickle wedges, 365 <sup>®</sup>	3.69		
4		16 oz jar salsa verde, use 1 c, Herdez <sup>®</sup>	2.99		
5		28 oz can peeled tomatoes in juice, Muir Glen <sup>®</sup>	2.79		
5		2 oz jar capers, use 2 T	2.29		
7		15 oz can black-eyed peas, 365 <sup>®</sup>	.99		
7		20 oz can crushed pineapple in juice, 365 <sup>®</sup>	2.29		
_____	X	<b>PACKAGED</b>			
2		10 oz pkg panko, use 1¼ c, Kikkoman <sup>®</sup>	2.00		
3		5 oz pkg potato chips, 365 <sup>®</sup>	1.69		
5		1 lb pkg spaghetti noodles, 365 <sup>®</sup>	1.19		
6		2 - 5 oz boxes pearly couscous with basil and herbs, Near East <sup>®</sup>	5.98		
_____	X	<b>APPROXIMATE TOTAL</b>	<b>\$153.55</b>		

**Staples Needed For Each Meal:**

**Meal 1**

- Minced garlic
- Oregano
- Soy sauce
- Worcestershire
- Ketchup
- Mayo
- Mustard

**Meal 2**

- ¼ c olive oil
- ½ c flour
- 2 eggs

**Meal 3**

- Olive oil
- Red wine vinegar
- Oregano
- ¼ c mayo
- Pesto

**Meal 4**

- Ground chipotle pepper
- Sugar

**Meal 5**

- Olive oil
- Minced garlic
- Crushed red pepper
- Salad dressing

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**Meal 6**

- Olive oil
- ¼ c veg oil
- Rice wine vinegar

**Meal 7**

- Cumin
- Olive oil
- Thyme
- Salad dressing