

WHOLE FOODS PLAN FOR 2

MEAL#: Side dishes are in <i>ITALICS</i>	INGREDIENTS: Staples are in parenthesis	INSTRUCTIONS:
Meal 1 Mediterranean Chicken Salad <i>Pita Chips</i>	(1 c boiling water) ½ c uncooked bulgur wheat (1 t salt, divided, ½ t minced garlic) 1½ c shredded rotisserie chicken ½ c halved grape tomatoes 1 T chopped fresh parsley ¼ c Caesar salad dressing ¼ c crumbled feta cheese ½ c peeled and chopped cucumber <hr/> 2 rounds pita bread (2 t olive oil, salt, pepper)	Combine boiling water, bulgur, ½ t salt and garlic. Cover and let stand 20 minutes, or until tender. Drain and rinse with cold water. Combine bulgur, chicken, tomatoes, parsley, dressing, feta, cucumber and remaining ½ t salt. <i>Cut pita into wedges. Brush wedges with olive oil and sprinkle with salt and pepper. Place on a baking sheet and bake at 400° F for 7 to 9 minutes, or until crisp.</i>
Meal 2 BBQ Pork Quesadillas <i>Chile Corn on the Cob</i>	½ lb shredded BBQ pork (BBQ sauce) 2 T chopped fresh cilantro 2 green onions, minced 4 fajita size flour tortillas 4 oz Monterey Jack cheese with peppers, shredded (1 T butter, softened) <hr/> 2 ears corn on the cob, shucked (2 T butter, melted, ¼ t minced garlic, ½ t chili powder)	Combine pork, desired amount of BBQ sauce, cilantro and green onions. Spread pork mixture on one side of each tortilla. Sprinkle with cheese. Fold tortillas in half, spread butter on both sides of tortillas. In a large skillet, cook quesadillas for 2 to 3 minutes per side over med heat, or until browned. <i>Boil corn until tender, about 10 minutes. Combine butter, garlic and chili powder. Brush over hot corn.</i>
Meal 3 Tomato and Corn Pizza	2 small plum tomatoes, sliced (Pinch salt, pinch pepper, 1 T oil) 3 pita rounds (2 T pesto) ¾ c shredded rotisserie chicken ½ c fresh corn kernels (¼ c grated Parmesan, ¼ t sugar) ½ - 8 oz pkg fresh mozzarella cheese, sliced 2 T minced fresh basil	Place tomato slices on paper towels; sprinkle with salt and pepper. Let stand 20 minutes. Spread oil over pita rounds. Bake for 10 minutes at 450° F. Spread pesto over pitas. Top with chicken. Combine corn, Parmesan and sugar. Sprinkle over pesto. Top with tomatoes and cheese. Bake at 450° F for 12 to 15 minutes, or until cheese is melted. Top with basil leaves and cut into wedges.
Meal 4 Chicken Sausage and Peppers <i>Creamy Grits</i> <i>Mixed Green Salad</i>	<div style="background-color: #90EE90; padding: 20px; border: 1px solid black;"> <h1 style="margin: 0;">Click Here to order this meal plan</h1> <div style="background-color: #FF4500; color: white; padding: 10px; border-radius: 15px; display: inline-block; margin-top: 10px;"> Start Now </div> </div>	
Meal 5 Lemon Chicken <i>Feta and Tomato</i> <i>Green Beans</i>		
Meal 6 Crock Pot Red Beans and Rice <i>Mixed Green Salad</i>		
Meal 7 Perfect Beach Shrimp <i>Sliced Pineapple</i>		



WHOLE FOODS FOR 2 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> AND <http://www.wholefoodsmarket.com/coupons/>

MEAL #	X	GROCERY ITEM	PRICE	OTHER ITEMS:	X
	X	DELI / BAKERY / BREAD			
1		½ c uncooked bulgur wheat, about 4 oz, in bulk section	.30		
1,3		1 rotisserie chicken	7.99		
1,3		12 oz pkg pita bread, 365 [®]	1.49		
2		½ lb shredded BBQ pork, from BBQ bar	3.00		
7		1 loaf French bread	2.49		
	X	PRODUCE			
1		8 oz container grape tomatoes	3.99		
1,5,7		1 bunch parsley	1.49		
1		1 med cucumber	2.49		
2		1 bunch cilantro	1.69		
2,7		1 bunch green onions	1.50		
2,3		3 ears corn on the cob	1.50		
3		2 small plum tomatoes, about 8 oz	.98		
3		1 pkg fresh basil	1.99		
4,6		2 small green bell peppers, about 1 lb	1.50		
4,5,6		1 onion, about 8 oz	.75		
4,6		1 bag mixed green salad	2.29		
5		1 lemon	.74		
5		½ lb fresh green beans	.83		
6		1 bunch celery	2.49		
7		1 pineapple	3.99		
	X	MEATS			
4,6		12 oz pkg smoked chicken sausages, Original Brat Hans [®]	12.98		
5		½ lb bnls sknls chicken breast	2.33		
7		½ lb large shrimp	5.50		
	X	DAIRY / REFRIGERATED			
1,5		6 oz container crumbled feta cheese, 365 [®]	2.99		
2		8 oz pkg Monterey Jack cheese with peppers, use 4 oz, 365 [®]	5.49		
3		8 oz pkg fresh mozzarella, use ½, 365 [®]	2.99		
4		1 qt milk, use 1 c, 365 [®]	1.69		
	X	FROZEN			
2		8 oz pkg flour tortillas, 365 [®]	1.99		
	X	CANNED / BOTTLED			
1		16 oz bottle Caesar salad dressing, use ¼ c, 365 [®]	3.99		
5		14 oz can diced tomatoes, 365 [®]	1.69		
	X	PACKAGED			
4,5		32 oz box chicken broth, 365 [®]	1.99		
4		16 oz pkg stone-ground grits, use ½ c, McEwen and Sons [®]	5.99		
6		1 lb dried red kidney beans, use ½, Goya [®]	1.99		
6		32 oz bag long-grain white rice, use 1 c, 365 [®]	3.99		
	X	APPROXIMATE TOTAL	\$99.09		

Staples Needed For Each Meal:

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Meal 1
Minced garlic
Olive oil

Meal 2
BBQ sauce
Butter
Minced garlic
Chili powder

Meal 3
Oil
Pesto
¼ c grated Parmesan
Sugar

Meal 4
Apricot preserves
Apple cider vinegar
Olive oil
Salad dressing

Meal 5
Flour
Butter
Olive oil
Minced garlic
Oregano

Meal 6
Minced garlic
Creole seasoning
Salad dressing

Meal 7
¼ c butter
Minced garlic
White wine
Lemon juice
Dill