



SAMPLE PLAN

WHOLE FOODS VEGETARIAN FAMILY PLAN

MEAL #: Side dishes are in <i>ITALICS</i>	INGREDIENTS: Side dish ingredients are in <i>ITALICS</i>	INSTRUCTIONS: Side dish instructions are in <i>ITALICS</i>
<p>Meal 1</p> <p><i>Vegan</i></p> <p>New Year's Hoppin' John <i>Drunken Turnips</i></p>	<p>2 c brown rice (2 T olive oil) 1 onion, chopped 2 garlic cloves, finely chopped 2 cans diced Italian tomatoes (1 t oregano) 1 pkg black-eyed peas <hr/>(2 t veg oil) 1½ lbs turnips, coarsely chopped (1 t sugar) 4 cloves garlic, minced (1 c beer) (1 T apple cider vinegar)</p>	<p>Steam rice in oven or microwave. Heat oil in heavy sauce pan, sauté onion and garlic over medium heat about 5 minutes or until tender. Add remaining ingredients except rice and simmer about 45 minutes or until peas are tender. Add rice and simmer until heated through. <i>Heat oil in a large Dutch oven, add turnips and next three ingredients. Bring to a boil; cover, reduce heat and simmer about 30 minutes or until tender. Stir in vinegar.</i></p>
<p>Meal 2</p> <p>Roasted Cauliflower And Black Beans <i>Sliced Fresh Pears</i> <i>Warm Naan</i></p>	<p>1 head cauliflower (2 T olive oil) (¾ t <i>each</i> paprika and cumin) (¼ t chipotle/chili powder) (Salt and pepper to taste) 1 can black beans, rinsed & drained 8-10 cherry tomatoes, halved Juice of 1 lime ¼ c chopped cilantro <hr/>4-6 fresh pears, sliced <i>Naan</i></p>	<p>Preheat oven to 375. Cut cauliflower into florets and place in a large bowl. Toss with olive oil, paprika, cumin, chipotle, salt, and pepper. Spread on baking sheet and roast, stirring occasionally about 30 minutes or until tender. Place in a large bowl and add remaining ingredients. Stir gently just to combine. Serve warm or at room temperature. <i>Serve fresh pears and warm naan on the side.</i></p>
<p>Meal 3</p> <p>Fried Rice <i>Steamed Cabbage</i></p>	<p>5 c brown rice (2 T olive oil, divided) 4 eggs, beaten and divided (Salt and pepper to taste) 1½ c green onions, thinly sliced, divided 1 c carrots, thinly sliced 1 T freshly grated ginger 2 cloves garlic, finely chopped (¼ c soy, or tamari, sauce) 1 pkg green peas, thawed 1 c fresh parsley, chopped Parsley sprigs, for garnish <hr/>1 head of cabbage</p>	<p>Cook rice on stovetop or in microwave, and set aside. Using a non-stick skillet, heat ½ of olive oil over med-high heat. Pour half of the eggs and swirl to coat the pan. Cook about 2-3 minutes or until eggs are done. Slice in strips & reserve. Wipe skillet with paper towel and add remaining oil. Add 1 cup of the onions, carrots, ginger and garlic; stir-fry about 30 seconds. Add remaining raw egg mixture and rice, stir-fry about 3-4 minutes. Add remaining ingredients including green onions and cook about 1 minute or until combined and heated through. Top with reserved egg strips and additional parsley. <i>Slice cabbage in 1" strips and steam for about 7 minutes. Season as desired.</i></p>
<p>Meal 4</p> <p><i>Vegan</i></p> <p>Sloppy Joe Tacos <i>Sliced Fresh Apples</i></p>	<p>(Staples are in parenthesis)</p>	

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<p>Meal 5</p> <p><i>Vegan</i></p> <p>Butternut Squash Soup <i>English Muffin</i> <i>Cheese Toast</i></p>	<div data-bbox="657 598 1351 1123" style="background-color: #90EE90; padding: 20px; text-align: center;"> <p>Click Here to order this meal plan</p> <p>Start Now</p> </div>	
<p>Meal 6</p> <p><i>Vegan</i></p> <p>Brown Rice Salad <i>Crackers</i> <i>Prepared Hummus</i></p>		
<p>Meal 7</p> <p><i>Vegan</i></p> <p>Tofu Curry Over Rice Pasta <i>Steamed Broccoli</i></p>		

(Staples are in parenthesis)

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GROCERY LIST**

MEAL #	X	GROCERY ITEM	PRICE	OTHER GROCERIES I NEED:	X
	X	BAKERY & DELI		® = Suggested National Brands	
2		12 oz Naan, 365®	3.99		
5		13 oz pkg English muffins	2.99		
	X	PRODUCE			
1,5,6,7		3 medium onions	3.98		
1,2,6,7		Bulb garlic	1.00		
1		1½ lb fresh turnips	2.29		
2		Head cauliflower	3.49		
2		Pint cherry tomatoes	3.79		
2,6		2 limes	.66		
2		4-6 fresh pears	5.00		
2		½ pint cherry tomatoes	3.79		
2		Fresh cilantro	1.69		
3		Bunch green onions	1.99		
3		2 oz fresh ginger, about 3" piece	1.00		
3		Fresh parsley	1.69		
3		1-2 lb head cabbage	1.98		
3,5,7		1 lb bag carrots	1.79		
4,5		3 apples, 1 Granny Smith and 2 your choice	2.99		
5		Medium butternut squash	3.98		
6		2 small yellow squash	1.98		
6		2 small zucchini	1.98		
6		2 slicing tomatoes	3.00		
7		1 lb red potatoes	1.99		
7		14 oz extra-firm tofu, 365®	1.99		
	X	DAIRY			
3		½ dozen eggs, Omega-3®	1.99		
4,5		8 oz cheddar-style shreds cheese, Daiya®	3.50		
5		8 oz Greek yogurt, Oikos®	1.79		
6		Prepared hummus, Whole Foods®	3.99		
	X	FROZEN			
1		16 oz pkg frozen black-eyed peas, 365® <i>WFSD</i>	1.99		
3		16 oz pkg frozen green peas, 365®	2.29		
4		8 oz frozen corn tortillas, 365®	1.49		
7		16 oz frozen broccoli, 365®	1.99		
	X	CANNED & PACKAGED			
1		2-14.5 oz cans Italian diced tomatoes, 365®	3.38		
1,3,6		32 oz long grain brown rice, 365®	3.99		
2		24 oz can black beans, Goya®	2.19		
4		Packet Sloppy Joe mix, Simply Organic®	1.69		
4		12 oz Tofurky®, ground beef style	3.99		
5,7		2- 32 oz vegetable broth, 365®	5.98		
6		4.25 oz Almond Nut Thins crackers, Blue Diamond® <i>WFC</i>	2.99		
6		15 oz can chickpeas, 365®	.99		
7		8 oz pkg rice pasta, your choice, DeBoles®, <i>WFC</i>	2.99		
7		Coconut milk, 365®	1.99		
		APPROXIMATE TOTAL:	104.04		

Staples needed for each Meal #:

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Meal 1

Oregano
Sugar
Apple cider vinegar
1 c beer

Meal 2

Paprika
Cumin
Chipotle powder

Meal 3

Soy sauce

Meal 4

Meal 5

Thyme
Cayenne pepper

Meal 6

Cayenne pepper
Oregano

Meal 7

Curry powder