



SAMPLE PLAN

WHOLE FOODS VEGETARIAN PLAN FOR 2

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>1 c brown rice (1 T olive oil) ½ medium onion, chopped 1 garlic clove, finely chopped 1 can diced Italian tomatoes (½ t dried oregano) ½ pkg frozen black-eyed peas <hr/>(2 t veg oi) ¾ lb turnips, coarsely chopped (½ t sugar) 2 cloves of garlic, minced (½ c beer) (2 t apple cider vinegar)</p>	<p>Cook 1 c brown rice and set aside. 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 and 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 Pears</i> <i>Warm Naan</i></p>	<p>1 small head of cauliflower (1 ½ T olive oil) (½ t cumin) (½ t paprika) (½ t chipotle or chili powder) (¼ t salt and pepper to taste) 1 can of black beans, rinsed & drained 4-5 cherry tomatoes, halved Juice of ½ lime, save other ½ for Meal 6 2 T cilantro, chopped <hr/><i>Sliced fresh pears</i> <i>Naan</i></p>	<p>Preheat oven to 375 degrees. Cut cauliflower into florets and place in a large bowl. Toss with olive oil, paprika, cumin, cayenne, 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 warm Naan and sliced pears on the side.</i></p>
<p>Meal 3</p> <p>Fried Rice <i>Steamed Broccoli</i></p>	<p>(1 T olive oil, divided) 2 eggs, beaten and divided (Salt and pepper to taste) ¾ c green onions, thinly sliced, divided 1 c carrots, thinly sliced 2 t freshly grated ginger 2 cloves garlic, finely chopped 3 c brown rice (2 T soy, or tamari, sauce) ½ pkg frozen green peas, thawed ½ c fresh parsley, chopped Parsley sprigs, for garnish <hr/>½ pkg frozen broccoli</p>	<p>Cook 3 c rice on stovetop or in microwave. Using a non-stick skillet, heat ½ of the 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 ½ of the onions, all of the carrots, ginger and garlic; 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>Steam broccoli until done. Season to taste and serve on the side.</i></p>
<p>Meal 4</p> <p><i>Vegan</i></p> <p>Sloppy Joe Tacos <i>Fresh Sliced 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>Warm Naan</i></p>	<div data-bbox="690 569 1321 1045" 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>Almond Nut Thins</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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SAMPLE PLAN

WHOLE FOODS VEGETARIAN PLAN FOR 2 GROCERY LIST

	X	GROCERY ITEM	PRICE	OTHER GROCERIES I NEED:	X
	X	BAKERY & DELI		® = Suggested National Brands	
2,5		12 oz pkg Naan, 365®	3.99		
	X	PRODUCE			
1,5,6,7		2 medium onions	1.99		
1		¾ lb fresh turnips	2.29		
1,2,6,7		Bulb garlic	1.00		
2		Head cauliflower	3.49		
2		2 fresh pears	2.49		
2		½ pint cherry tomatoes	3.79		
2,6		Fresh cilantro	1.69		
2,6		1 lime	.33		
3		Bunch green onions	1.99		
3		2 oz fresh ginger, about 3" piece	1.00		
3		Fresh parsley	1.69		
3,5,7		1 lb bag carrots	1.79		
4,5		3 apples, 1 Granny Smith and 2 your choice	2.99		
5		Small butternut squash	3.98		
6		1 small yellow squash	.99		
6		1 small zucchini	.99		
6		1 slicing tomato	1.99		
7		½ lb red potatoes	.98		
7		14 oz extra-firm tofu, 365®	1.99		
	X	DAIRY			
3		½ dozen large eggs, Omega-3®	1.99		
4		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		
3,7		16 oz frozen broccoli, 365®	1.99		
	X	CANNED & PACKAGED			
1		14.5 oz can Italian diced tomatoes, 365®	1.69		
1,3,6		32 oz long grain brown rice, 365®	3.99		
2		14.5 oz can black beans, 365®	1.19		
4		Packet Sloppy Joe mix, Simply Organic®	1.69		
4		12 oz Tofurky®, ground beef style	3.99		
5,7		32 oz vegetable broth, 365®	2.99		
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:	84.97		

Staples needed for each Meal #:

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Meal 1
Dried oregano
Sugar
½ c beer

Meal 2
Cumin
Paprika
Chili powder

Meal 3
Soy or tamari sauce

Meal 4
—

Meal 5
Thyme
Cayenne pepper

Meal 6
Cayenne pepper
Oregano

Meal 7
Curry powder