



GLUTEN FREE MEAL PLAN

ANY STORE


If you are dealing with any medical issues pertaining to gluten, it is your responsibility to check with your doctor.
ALWAYS read labels to make sure each recipe ingredient is G-free and complies with your doctor's recommendations.
 Products & ingredient sources can change.

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>
Meal 1 MEXICAN CHICKEN SALAD <i>Baked Tortilla Wedges</i>	1.5+ lbs boneless, skinless chicken breasts (Salt & pepper to taste) 10 oz bag mixed greens 1 red bell pepper, chopped 1 c black beans, rinsed & drained ½ red onion, finely chopped 1 tomato, chopped ⅓ c fresh cilantro, chopped (2 T lime juice) 1 t chopped garlic (½ t chili powder, ¼ t cumin) (Salt & pepper to taste) (⅓ c olive oil) <hr/> 4-6 <i>G-free corn tortillas</i> (<i>Olive oil</i>)	Preheat oven broiler. Season chicken with salt & pepper. Broil 10-15 min or until cooked through. Let chicken cool, then thinly slice on the diagonal. In a large bowl toss greens, red pepper, beans, onion, tomato & cilantro until evenly mixed. Dressing: In med bowl, combine lime juice, garlic, chili powder, cumin, salt & pepper. Slowly whisk in oil. Toss salad with dressing until evenly coated. Top with chicken. <i>Preheat oven to 400°. Cut each tortilla into 4 wedges. Place on baking sheet & brush with olive oil. Bake 10 min or until crispy, serve with salad.</i>
Meal 2 BEEF STROGANOFF <i>Brown Rice</i>	1.5+ lb flank steak, cut into strips (Salt & pepper to taste) (2 T canola oil) (1 T butter) ½ c finely chopped onion 8 oz sliced mushrooms (¼ c red cooking wine) 1 c beef broth ½ c sour cream (2 t Dijon mustard) <hr/> <i>Box quick cooking brown rice</i>	Sprinkle meat with salt & pepper. In a large skillet heat oil over med-high heat. Brown meat, in batches, about 1 min per side. Transfer to platter. Heat butter in skillet; add onion & cook 3 min, or until tender. Add mushrooms & cook 10 min. Add wine & beef broth; cook 10 min, or until sauce thickens. Stir in sour cream & mustard. Add meat. Reduce heat to low & cook 3 min, until meat is heated through. <i>Cook rice according to pkg directions.</i>
Meal 3 BAKED TILAPIA <i>Roasted Squash</i>	(Cooking spray) 4-6 tilapia fillets (Old Bay® seasoning to taste) (2 t butter) 1 garlic clove, minced 2 lemons, sliced 16 oz frozen mixed vegetables (Salt & pepper to taste) (Aluminum foil) <hr/> 1 <i>butternut squash</i> (1 T <i>olive oil</i>) (Salt & pepper to taste)	Preheat oven to 375°. Lightly spray 9x13" baking dish. Place tilapia in baking dish & season with Old Bay seasoning. Melt butter with garlic in a small microwave safe bowl; pour over fish. Top each fillet with lemon slices. Place frozen vegetables around fish; season with salt & pepper. Cover with foil & bake 25-30 min, until vegetables are tender & fish flakes easily. <i>Preheat oven to 425°. Peel squash; remove seeds & chop. Toss with oil. Season with salt & pepper. Spread on baking sheet & roast until lightly browned & tender, about 30 min.</i>
Meal 4 SPICY CHICKEN BREASTS <i>Sautéed Spinach</i>	(This area is intentionally left blank or obscured in the original image)	

(Staples are in parenthesis)

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<p>Meal 6</p> <p>VEGETABLE FRITTATA <i>Bean Salad</i></p>		
<p>Meal 7 <i>Crock-Pot</i></p> <p>BEEF SOUP <i>Baked Sweet Potatoes</i></p>		

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GLUTEN FREE ANY STORE Grocery List

Prices may vary slightly from store to store. To eliminate a particular meal, cross out each grocery item with that corresponding meal number.

This is a non-medical menu plan. Review each recipe for your specific dietary preferences.

See website for full menu disclaimer. <https://www.e-mealz.com/gluten-free/walmart.shtml>

MEAL #	X	GROCERY ITEM	OTHER GROCERIES I NEED:	X
_____	X	PRODUCE ®= Suggested Brands		
1		10 oz bag mixed greens		
4		10 oz bag spinach		
5		18 oz bag chopped romaine lettuce		
5		1 bunch parsley		
1		1 bunch cilantro		
2,5,6,7		4 onions		
1,6		2 red onions		
1,3,4,5,6,7		2 heads garlic		
7		1 green bell pepper		
1,5,6,7		4 red bell peppers		
4		2 jalapeno peppers		
2,6		2- 8 oz sliced mushrooms		
6		1 zucchini		
7		1 bag carrots		
3		1 butternut squash		
1,5		2 tomatoes		
6		1 large potato		
7		4- 6 sweet potatoes		
3		2 lemons		
_____	X	FROZEN		
3		16 oz bag frozen mixed vegetables		
7		10 oz bag frozen corn		
_____	X	MEATS		
1,4		2- 1.5+ lbs boneless, skinless chicken breasts		
2		1.5+ lb flank steak		
7		1.5+ lbs lean ground beef		
5		16 oz pkg kielbasa, Hillshire Farms®		
3		4-6 tilapia fillets		
_____	X	CANNED / BOTTLED / PACKAGED		
4,7		2- 14.5 oz cans diced tomatoes, Hunt's®		
7		2- 8 oz cans tomato sauce, Hunt's®		
6		14.5 oz can cannellini beans, Bush's®	Everyday staples:	
1		15 oz can black beans, Bush's®	Vinegars (all varieties)	
2		14.5 oz can beef broth, Swanson Natural Goodness®	Butter	
5		14.5 oz can sauerkraut	Sea salt/ground pepper	
5		12 oz box G-free pasta, Hartland®	Cooking spray	
2		14 oz box quick cooking brown rice, Success®	Canola & olive oil	
1		16 oz pkg corn tortillas, Mission®	Worcestershire sauce, Lea & Perrins®	
_____	X	DAIRY/REFRIG	Lemon Juice	
2		8 oz sour cream	G-free soy sauce	
6		1 dozen eggs	Mayo/mustard/ Dijon mustard	
7		8 oz shredded cheddar cheese	G-free dressing, Newman's Own®	

Staples needed for each Meal:

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The key to delicious Gluten-free cooking is savory McCormick® herbs and spices. Stock your kitchen!

Meal 1

Lime juice
Chili powder
Cumin
1/3 c olive oil

Meal 2

1/4 c red cooking wine

Meal 3

Old Bay® seasoning
Aluminum foil

Meal 4

Oregano

Meal 5

3 T olive oil
Cayenne pepper
1/4 c white cooking wine
Favorite dressing

Meal 6

1/2 c Parmesan cheese

Meal 7

Italian seasoning