

## NATURAL AND ORGANIC PLAN FOR TWO

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>
<b>Meal 1</b>  <b>Fettuccine with Zucchini Ribbons</b> <i>Fruit Salad</i>	3 T packed fresh cilantro leaves 3 T packed fresh parsley leaves 1 T chopped sweet onion (2 T olive oil, 1 T red wine vinegar) (1 t minced garlic, ½ t salt) 1 t chopped jalapeño 1 medium zucchini ½ - 16 oz pkg fettuccine <hr/> <i>8 oz prepared fruit salad</i>	Combine cilantro, parsley, onion, olive oil, vinegar, garlic, salt and jalapeño in a food processor. Pulse until smooth. Place in a lg shallow bowl. Using a vegetable peeler, peel long strips to make ribbons from zucchini. Cut strips in half lengthwise. Add to cilantro mixture. Cook fettuccine according to package directions. Drain and add immediately to cilantro mixture; tossing to coat. Serve immediately. <i>Serve with fruit salad.</i>
<b>Meal 2</b>  <b>Couscous and Veggie Salad</b> <i>Toasted Pitas</i>	5 oz box pearly couscous with basil and herbs (1¼ c water, 1 T olive oil) ¼ c chopped onion 1 carrot, julienned 1 small zucchini, julienned 2 c shredded rotisserie chicken (2 T veg oil, 1 T rice wine vinegar, ¼ t salt, ¼ t pepper) <hr/> <i>6 ct pkg pita bread, split and toasted</i>	In a med saucepan, combine couscous, water and oil. Bring to a boil, reduce heat, and simmer 8 min. Add spice mix and onion; simmer until couscous is tender. Cover and let stand 5 min. Add carrot, zucchini and chicken. Whisk oil, vinegar, salt and pepper until combined. Add to couscous; toss to coat. <i>Serve with toasted pita bread.</i>
<b>Meal 3</b>  <b>Shrimp and Caper Pasta</b> <i>Mixed Green Salad</i>	½ c plus 1 T butter, divided ¼ c chopped onion (1 t minced garlic) 1 cup chicken broth (¼ c dry white wine) 2 T lemon juice ¾ lb peeled and deveined med shrimp (1 T capers, drained) ¼ - 16 oz pkg uncooked capellini pasta, broken in half <hr/> <i>½ - 10 oz bag mixed green salad (salad dressing)</i>	In a Dutch oven, melt 1 T butter over med high heat. Add onion and garlic; cook, stirring often, 10 min. Stir in broth, wine and lemon juice. Cook for 7 min, or until reduced by half. Add ½ cup butter; stirring until melted. Add shrimp and capers; cook 1 min. Stir in uncooked pasta; cover and cook 6 to 8 min or until pasta is tender. <i>Serve mixed green salad with dressing.</i>
<b>Meal 4</b>  <b>Old - Fashioned Turkey Patty Melts</b> <i>Sweet Potato Fries</i>		
<b>Meal 5</b>  <b>Pasta and Bean Soup</b> <i>French Bread</i>		
<b>Meal 6</b>  <b>Pork with Sautéed Apples</b> <i>Steamed Green Beans</i> <i>Wild Rice</i>		
<b>Meal 7</b>  <b>Chicken and Mushroom Risotto</b> <i>Crusty French Bread</i> <i>Mixed Green Salad</i>		

(Staples are in parenthesis)

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**SAMPLE PLAN**

**NATURAL & ORGANIC FOR 2  
GROCERY LIST**

To eliminate a particular meal, cross out each grocery item with that corresponding meal #. Prices & availability of grocery items may vary from store to store.

MEAL #	X	GROCERY ITEM	OTHER ITEMS:	X
_____	X	<b>DELI / BAKERY / BREAD</b>		
1		8 oz prepared fruit salad		
2,7		1 rotisserie chicken		
2		6 ct pkg pita bread		
4		24 oz pkg sliced sprouted wheat berry bread		
5,7		1 loaf French bread		
_____	X	<b>PRODUCE</b>		
1		1 bunch cilantro		
1,6		1 bunch parsley		
1,2,3,4,5,7		3 sweet onions, about 1¼ lbs		
1		1 jalapeño, about 2 oz		
1,2		2 zucchini, about 8 oz		
2		1 carrot, about 6 oz		
3,7		1 lemon		
3,7		10 oz bag mixed green salad		
4,7		8 oz pkg mushrooms		
5		1 bunch celery, use 1 stalk		
6		1 Granny Smith apple, about 8 oz		
6		½ lb fresh green beans		
7		4 oz pkg mixed fresh mushrooms		
_____	X	<b>MEATS</b>		
3		¾ lb medium peeled and deveined shrimp		
4		1 lb ground turkey, use ¾ lb		
6		½ lbs bnl's pork chops		
_____	X	<b>DAIRY / REFRIGERATED</b>		
3		1 lb butter		
4		12 oz pkg sliced provolone cheese, use 2 slices		
7		4 oz container shredded Parmesan cheese		
_____	X	<b>FROZEN</b>		
4		15 oz bag sweet potato fries		
_____	X	<b>CANNED / BOTTLED</b>		
5		14 oz can diced tomatoes		
_____	X	<b>PACKAGED</b>		
1		16 oz pkg fettuccine, use ½		
2		5 oz box pearly couscous with basil and herbs		
3		16 oz pkg capellini pasta, use ½		
3,5,6,7		2 - 32 oz boxes reduced-sodium chicken broth		
5		16 oz bag cannellini beans		
5		16 oz cavatelli pasta, use ¾ c		
6		6 oz box long grain and wild rice		
7		14 oz pkg Arborio rice, use ¾ c		

**STAPLES NEEDED FOR EACH MEAL:**

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**Meal 1**

- Olive oil
- Red wine vinegar
- Minced garlic

**Meal 2**

- Olive oil
- Veg oil
- Rice wine vinegar

**Meal 3**

- Minced garlic
- ¼ c dry white wine
- Capers
- Salad dressing

**Meal 4**

- Butter
- A-1 steak sauce
- Thyme

**Meal 5**

- Minced garlic
- Sage
- Rosemary
- Crushed red pepper
- Extra-virgin olive oil

**Meal 6**

- Flour
- Cumin
- Veg oil
- Butter
- White wine vinegar
- Whole grain mustard

**Meal 7**

- Olive oil
- Minced garlic
- Butter
- ¼ c white wine
- Salad dressing