



ANY-STORE VEGETARIAN MEAL 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>
MEAL 1 RICE CURRY <i>Egg Rolls</i>	4 c cooked rice 2 unpeeled apples, cored & diced 1 lb mushrooms, sliced 1 c diced onion 2 stalks celery, chopped ½ c diced green pepper (2 - 3 T olive oil) (3 t curry powder) (2 - 3 T soy sauce) 1 c plain yogurt ½ c raisins (Non-stick spray) 1 c seedless grapes <hr/> <i>1 pkg fresh egg rolls</i>	Cook rice according to pkg directions. Preheat oven to 350° F. Sauté apples, mushrooms, onion, celery and green bell pepper in olive oil until tender. Remove from heat. Add rice, curry, soy sauce, yogurt and raisins. Mix and pour into casserole dish sprayed with non-stick spray. Bake for 25 min. Stir in grapes and bake for 5 more min. <i>While rice is baking, bake egg rolls according to pkg directions. Directions may indicate frying as an alternative. Cut in half before serving.</i>
MEAL 2 CHILEQUILES <i>Oranges & Grapes</i>	2 c lightly steamed mixed vegetables (Non-stick spray) 2 c prepared salsa 8 -10 corn tortillas, torn in pieces 8 oz softened cream cheese 2 eggs (3 T cornstarch) 8 oz extra firm tofu, crumbled 1 c frozen corn 7 oz can green chilies 4 oz shredded cheddar cheese <hr/> <i>4 oranges cut into sections</i> <i>1 lb grapes</i>	Lightly steam vegetables in small amt of water. Preheat oven to 350° F. Spray a 9"x13" casserole dish with non-stick spray. Spread ¾ c salsa on bottom. Scatter ⅓ of tortillas on top. In a food processor, combine ½ c salsa, cream cheese, eggs and cornstarch. Process until smooth. Stir in tofu. Spoon ½ of mixture over tortillas. Sprinkle vegetables and corn on top. Top with remaining salsa and corn tortillas. Finish with green chilies. Bake for 40 min. Sprinkle with cheese. Bake for 10 more min. <i>Serve with sliced oranges and grapes.</i>
MEAL 3 POTATO CHEDDAR SOUP <i>Wedge Salad</i>	⅓ c chopped onion ⅓ c chopped celery (2 T butter) (2 T vegetable bullion) 4 diced potatoes (3 c water) 8 oz shredded cheddar cheese 2 c milk (¼ t pepper) <hr/> <i>1 head lettuce, cut into wedges</i> <i>(Favorite dressing)</i>	In a lg saucepan, sauté onion and celery in butter until tender. Dissolve bullion in 3 c warm water in another saucepan. Add potatoes; bring to a boil. Reduce heat and cover. Simmer until potatoes are soft. Puree potatoes in blender until smooth. Small batches at a time do better. Place back in saucepan with onion and celery. Stir in cheese, milk and pepper. If too thick add more water. Simmer until cheese is melted. <i>Drizzle lettuce wedges with favorite dressing.</i>
MEAL 4 STUFFED BAKED TOMATOES <i>Pasta</i>	6 - 8 lg tomatoes, halved (Salt) (2 T minced garlic) (4 T olive oil) 4 T chopped fresh basil 4 T chopped green onions 1½ c breadcrumbs 3 oz shredded Parmesan cheese <hr/> <i>Pasta of choice</i> <i>(Butter)</i> <i>(Salt & pepper)</i> <i>Chopped basil</i>	Preheat oven to 425° F. Scoop seeds from tomato halves. Sprinkle interior of tomato with salt. Place halves on a non-stick baking pan. In small skillet, heat garlic in oil. Add basil and green onions after a few min. Then add breadcrumbs. Stir well. Remove from heat and add Parmesan cheese. Quickly scoop into tomatoes to keep from sticking to pan. Bake for apx 15 min or until tops of tomatoes are golden brown. <i>Cook desired amt of pasta according to pkg directions. Add butter, salt, pepper and basil.</i>

(Staples are in parenthesis)

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SAMPLE PLAN

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MEAL 5 TOFU LASAGNA <i>Bread & Butter</i>		
MEAL 6 RICE CROQUETTES <i>Steamed Green Beans & Carrots</i>		
MEAL 7 CAJUN OMELET <i>English Muffins & Grapes</i>		

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ANY-STORE VEGETARIAN GROCERY LIST

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

MEAL #	X	GROCERY ITEM	OTHER GROCERIES I NEED:	X
	X	DELI / BAKERY	[®] = Suggested Brands	
1		Pkg of egg rolls		
2		30 ct pkg small corn tortillas		
5		Loaf French bread		
7		1 pkg English muffins		
	X	PRODUCE		
1		2 apples		
1		16 oz sliced mushrooms		
1,3,7		2 onions		
1,3,7		Sm bunch celery		
1,2,7		3 lb red grapes		
1		Sm green bell pepper		
2		4 oranges		
3		3 lb bag med potatoes		
3		1 head lettuce		
4		6 - 8 lg tomatoes		
4		Fresh basil		
4,6		Bunch green onions		
6		Red bell pepper		
6		10 oz bag shredded carrots		
7		3 plum or Roma tomatoes		
7		Bunch of parsley		
	X	DAIRY / REFRIGERATED		
1		8 oz plain yogurt		
2		8 oz cream cheese		
2,6,7		18 ct eggs		
2,3,5,7		2 - 16 oz bags shredded cheddar cheese		
3		1 quart milk		
4,5		6 oz shredded Parmesan cheese, Frigo [®]		
5		8 oz Ricotta cheese		
	X	MEATLESS PRODUCTS		
2,5		2 pkgs firm tofu, Azuraya [®]		
7		Pkg meatless sausage patties, Morningstar [®]		
	X	FROZEN FOOD		
2,5		2 - 16 oz bags stir fry vegetables		
2		16 oz bag corn		
6		32 oz bag Italian style green beans, Fresh Frozen [®]		
	X	PACKAGED / BOXED / CANNED / BOTTLED		
1		32 oz bag rice		
1		15 oz box raisins		
2		26 oz jar salsa	THINGS TO HAVE ON HAND:	
2		7 oz can chopped green chilies	Flour	
4		15 oz breadcrumbs	Milk	
4		16 oz pkg pasta of choice	Soy sauce	
5		26 oz jar meatless spaghetti sauce	Butter	
6		16 oz short grain brown rice, Lundberg [®]	Vinegar	
7		Creole seasoning	Salt & pepper	

STAPLES NEEDED FOR EACH MEAL:

Meal 1

Olive oil
Curry powder
Soy sauce
Non-stick spray

Meal 2

Non-stick spray
Cornstarch

Meal 3

Butter
Vegetable bullion
Favorite dressing

Meal 4

Minced garlic
Olive oil
Butter

Meal 5

Coconut oil
Oregano
Butter

Meal 6

Coconut oil
Flour
Thyme
Soy sauce
Butter

Meal 7

5+ T butter
Minced garlic
Hot sauce

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