



WALMART 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 SEITAN BROCCOLI & CHEESE TORTILLAS	2 c cooked brown rice 2 pkgs seitan*** Barbecue sauce 2 bunches broccoli (1 T oil) 1 c shredded cheddar cheese 1 pkg whole wheat tortillas	Cook enough brown rice for 2 c according to package directions. Cut seitan into 1/4" cubes and marinate in barbecue sauce for several hrs. Steam broccoli florets in boiling water until tender. Drain and set aside. When seitan has marinated, remove with a slotted spoon. Heat oil in lg skillet over med heat. Cook seitan in oil until outside is slightly crunchy. Add broccoli and stir. Turn off heat. Sprinkle with cheese and cover until melted. Fill tortilla shells with rice and seitan/broccoli mixture.
MEAL 2 TEMPEH SALAD ON ROLLS <i>Grapes</i>	2 - 8 oz pkgs tempeh*** (1/2 c mayo, 2 T soy sauce, combined) 2 stalks celery chopped 1/2 c finely diced red onion 2 - 4 T minced parsley 4 - 6 oz chopped pecans (Salt & pepper to taste) 1 pkg crusty rolls <i>1 - 2 lbs seedless grapes</i>	Steam tempeh in a steamer basket for apx 20 min. Meanwhile, combine mayo, soy sauce, celery, onion, parsley, pecans, salt and pepper in a bowl. Let tempeh cool for apx 10 min. Cut into small pieces and add to salad bowl. Toss well. Serve on rolls. <i>Serve grapes on the side.</i>
MEAL 3 SPLIT PEA SOUP <i>Biscuits</i>	1 c finely chopped onion (1 T butter) (1/2 t seasoned salt) 10 oz bag split peas 32 oz vegetable stock (2 - 3 T soy sauce) 1/2 pkg meatless bacon, cooked & crumbled (Water as needed) <i>1 pkg frozen biscuits (Butter)</i>	In a med to lg sized saucepan, sauté onion in butter until very tender. Add seasoned salt, split peas, vegetable stock and soy sauce. Let simmer for apx 10 min. Add bacon and apx 5 - 6 more cups of water. Cover and let simmer until peas are soft. If too thick add 1 c of water at a time until desired thickness is acquired. <i>Cook biscuits according to package directions. Serve with butter alongside soup.</i>
MEAL 4 DECADENT TOMATO PIE <i>Steamed Spinach</i>	1 vegetarian piecrust 3 ripe tomatoes, peeled & sliced 1 med Vidalia onion, sliced (Salt & pepper) (1/2 t dried oregano) (1/2 c mayo) 1/2 c sour cream 2 c cheddar cheese <i>Lg bag frozen spinach (1 T balsamic vinegar) (1 T olive oil) (Salt & pepper to taste) (Parmesan cheese, optional)</i>	Preheat oven to 325° F. Pierce piecrust with fork in several places. Bake for apx 3 - 5 min. Remove from oven and layer tomatoes and onion on bottom of crust. In a sm bowl, combine salt, pepper and oregano with mayo, sour cream and cheese. Pour over tomato and onion. Bake for apx 45 min until bubbly and golden brown. Let cool before serving. <i>Steam spinach in small amount of water in saucepan. Drain excess water and add balsamic vinegar, olive oil, salt and pepper to taste. Sprinkle with Parmesan cheese, if desired.</i>


(Staples are in parenthesis)

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SAMPLE PLAN

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MEAL 5 EASY EGGPLANT DISH <i>Steamed Vegetables</i> <i>Garlic Bread</i>		
MEAL 6 CHEESY BEAN QUESADILLAS <i>Rice</i>		
MEAL 7 SHREDDED POTATOES WITH SAUSAGES & APPLES <i>Steamed Broccoli</i>		

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WALMART 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	PRICE	OTHER GROCERIES I NEED:	X
	X	DELI / BAKERY		® = Suggested Brands	
1		1 pkg of whole wheat flour tortillas, GV	1.88	GVWM = Great Value/Walmart Brand	
2		Pkg of 6 or more crusty rolls, WM	2.50		
5		Loaf of garlic bread, WM	1.50		
6		Small pkg of corn tortillas, GV	1.46		
	X	PRODUCE			
1		2 bunches broccoli	4.50	***SEITAN & TEMPEH are generally not found in Walmart	
2		Small bunch celery	1.46		
2		1 red onion	.60		
2		Bunch of parsley	.76		
2		1 - 2 lbs seedless grapes	5.50		
3		1 yellow onion	.75		
4		3 ripe tomatoes	1.00		
4		1 med Vidalia onion	.75		
5		2 eggplants	3.00		
6		Bunch of cilantro	.76		
7		2 lg apples	1.50		
	X	DAIRY / REFRIGERATED			
1,4,6		16 oz shredded cheddar cheese, GV	4.44		
4		8 oz sour cream, GV	.99		
7		Pkg hash browns, Simply Potatoes®	2.46		
	X	MEATLESS PRODUCTS			
1		2 pkgs seitan***	6.00		
2		2 - 8 oz pkgs tempeh***	6.00		
3		10 oz box meatless bacon, Morningstar®	3.32		
7		Pkg of meatless sausage links	3.50		
	X	FROZEN FOOD			
3		Frozen biscuits, GV	2.98		
4		Deep dish vegetarian piecrust	1.75		
4		Lg bag frozen spinach, GV	1.68		
5		16 oz bag California style vegetables, GV	1.64		
7		24 oz bag broccoli florets, GV	1.78		
	X	PACKAGED / BOXED			
1		18 oz bottle BBQ sauce, GV	.98		
5		14 oz can tomato sauce, GV	.76	THINGS TO HAVE ON HAND:	
1,6		32 oz bag brown rice, GV	1.68	Flour	
3		10 oz bag green split peas, GV	1.12	Milk	
3		32 oz carton vegetable broth	2.28	Soy sauce	
6		2 - 15 oz cans pinto beans, GV	1.52	Butter	
2		6 oz chopped pecans, Fisher®	3.28	Vinegar	
6		True Lime® seasoning	2.20	Salt & pepper	
		EST TOTAL COST:	78.22		

STAPLES NEEDED FOR EACH MEAL #:

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Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7
Oil	½ c mayo	Butter	Dried oregano	¼ c cornmeal	Coconut oil	Coconut oil
	Soy sauce	Seasoned salt	½ c mayo	Onion powder	Chopped jalapeños	Butter
		Soy sauce	Balsamic vinegar	Garlic powder	Sour cream	Thyme
			Olive oil	Olive oil		
			Parmesan cheese	Non-stick spray		
				Coconut oil		
				Soy sauce		