



GLUTEN FREE MEAL PLAN

WALMART

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 CHICKEN & BLACK BEAN STEW <i>G-Free Pasta</i>	1 lb boneless, skinless chicken breasts 14.5 oz can diced tomatoes, undrained 2- 8 oz cans tomato sauce (1 ½ quarts water) ¼ c diced onion 15 oz can black beans, rinsed & drained 1 c chopped broccoli 1 c diced carrots (½ t Cajun seasoning) (Pinch garlic powder) <hr/> 12 oz box <i>G-free pasta</i>	Preheat oven to 350°. Place chicken in 9x13" baking dish. Bake for 30 minutes or until chicken is cooked. Cool & dice. In a large saucepan over med-high heat, combine tomatoes, tomato sauce, water & onion. Bring to boil. Stir in chicken, beans, broccoli, carrots, Cajun seasoning & garlic powder. Let boil 5 minutes. Reduce heat & simmer 20 more minutes. <i>Cook pasta according to package directions. Serve stew over pasta.</i>
Meal 2 PORK CHOP FLORENTINE <i>Santa Fe Green Beans</i>	(2 T olive oil, divided) 4-6 boneless pork chops 1 onion, thinly sliced 14 oz jar G-free pasta sauce 10 oz frozen spinach, thawed & well drained 1 c shredded mozzarella cheese <hr/> 14 oz bag frozen whole green beans 14 oz can diced tomatoes & green chilies, undrained ¼ c shredded mozzarella cheese	Heat 1 T oil in large skillet over med-high heat. Add pork chops & cook until chops are well browned on both sides. Remove pork chops & set aside. Reduce heat to medium; add 1 T oil & onion. Cook & stir until onion is tender. Stir in pasta sauce & spinach; heat to boil. Return pork chops to skillet & reduce heat to low. Cover & cook until chops are cooked through, about 10 minutes. Sprinkle with cheese. <i>In med pot combine green beans & tomatoes. Cover & boil 2-3 minutes. Reduce heat to med & cook 5-7 minutes until tender.</i>
Meal 3 SAUTEED SHRIMP & ARTICHOKE <i>Cheese Grits</i>	1 lb raw shrimp, peeled & deveined (Creole seasoning to taste) (¼ c butter, divided) 4 green onions, sliced 2 - 14 oz cans artichokes, chopped & drained (½ c white cooking wine) 1 c heavy cream (Dash cayenne pepper) (Salt & pepper to taste) 2 T chopped fresh parsley <hr/> (1 ½ c water) ½ c uncooked quick-cooking grits (½ c milk) (½ c Parmesan cheese)	Sprinkle shrimp with Creole seasoning. Heat 2 T butter in large skillet over med-high heat. Add shrimp & sauté until cooked, about 5 minutes. Remove shrimp to plate. Heat remaining butter in skillet. Add green onions. Sauté until onions are soft. Add artichokes & wine. Simmer for 5 minutes or until heated through. Stir in cream; season with cayenne, salt & pepper. Serve shrimp over grits. Top with sauce & parsley. <i>Bring water to boil in medium saucepan. Gradually stir in grits. Cover, reduce heat & simmer 5 minutes. Stir in milk. Remove from heat & add cheese. Stir until cheese melts.</i>
Meal 4 <i>Crock-Pot Recipe</i> CHICKEN & SAUSAGE CACCIATORE <i>Roasted Squash</i>	(Staples are in parenthesis)	

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<p>Meal 6</p> <p>STUFFED BELL PEPPERS <i>Lettuce Wedge</i></p>		
<p>Meal 7</p> <p>GREENS, BEANS & BACON SOUP <i>G-Free Crackers</i></p>		

(Staples are in parenthesis)

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SAMPLE PLAN

GLUTEN FREE Walmart 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	GV/WM=Great Value/Walmart brands	PRICE:	OTHER GROCERIES I NEED:	X
---	X	PRODUCE	®= Suggested Brands			
6		1 head iceberg lettuce		1.00		
5		1 head Boston lettuce		1.26		
7		32 oz bag kale, Fresh Express®		3.86		
3		1 bunch parsley		.77		
1,2,4,6,7		4 onions		1.23		
3		1 pkg green onions, Tanimura & Antle®		1.16		
6		1 head garlic		.90		
4,6		7 green bell peppers		4.83		
5		2 leeks		2.19		
1,5		2 heads broccoli, Tanimura & Antle®		2.58		
1		1 bag carrots		.88		
4		8 oz sliced mushrooms, Monterey®		1.98		
4		1 butternut squash		1.74		
5		2 potatoes		1.37		
5		4 apples		1.92		
---	X	FROZEN				
2		10 oz box frozen chopped spinach, Pictsweet®		1.50		
2		14 oz frozen green beans, Pictsweet®		1.78		
---	X	MEATS				
1,4		2- 1+ lbs boneless, skinless chicken breasts GV		7.50		
4		1 lb Italian turkey sausage, Honeysuckle White®		2.41		
2		4-6 boneless pork chops GV		5.37		
7		12 oz bacon, John Morrell®		1.98		
6		2 lbs lean ground beef GV		4.36		
3		1 lb raw, peeled & deveined shrimp, American Harvest®		7.73		
---	X	CANNED / BOTTLED / PACKAGED				
1,6		2- 14.5 oz cans diced tomatoes, Hunts®		1.84		
2,6		2- 14 oz cans diced tomatoes with green chilies, Del Monte®		1.08		
1,4		3- 8 oz cans tomato sauce, Hunts®		1.14		
2		14 oz jar tomato & basil pasta sauce, Ragu®		1.50		
1		15 oz can black beans, Bush's®		.92		
7		2- 15 oz cans cannellini beans, Bush's®		1.84	Everyday staples:	
3		2- 14 oz cans quartered artichoke hearts, Reese®		5.76	Vinegars (all varieties)	
7		2- 14.5 oz cans chicken broth, Swanson Natural Goodness®		1.72	Butter	
6		12 oz box long grain white rice, Uncle Bens®		1.78	Sea salt/ground pepper	
3		32 oz pkg grits, Jim Dandy®		1.12	Cooking spray	
1,5		2- 12 oz G-free pasta, Hartland®		3.96	Canola & olive oil	
7		1 box G-free crackers, Seamark Rice Thins®		2.58	Worcestershire sauce, Lea & Perrins®	
---	X	DAIRY/REFRIG			Lemon Juice	
2,5		16 oz shredded mozzarella cheese GV		3.50	G-free soy sauce	
6		8 oz shredded cheddar cheese GV		1.93	Mayo/mustard/ Dijon mustard	
3		8 oz heavy cream GV		1.62	G-free dressing, Newman's Own®	
		APPROXIMATE TOTAL:		92.59		

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	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7
Cajun seasoning	Creole seasoning	Oregano	4 T butter	Aluminum foil	Hot sauce
Garlic powder		¼ c butter	Basil	½ c Parmesan cheese	G-free Ranch dressing	
		½ c white cooking wine	Italian seasoning	Cinnamon		
		Cayenne pepper	Maple syrup			
		½ c milk				
		½ c Parmesan cheese				