


WHOLE FOODS MARKET 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 Slow Simmered Texas Beef Chili	2 lbs beef stew meat (1 T veg oil, 2 T chili powder, 1 T ground Ancho chili pepper, 1 T cumin, 1½ t salt, 1 t garlic powder) 1 c chopped onion 2 each: poblano, jalapeño peppers, seeded, chopped 12 oz bottle Mexican beer 6 c beef broth 15 oz can tomato sauce 15 oz can chili beans Toppings: shredded cheese, sour cream	In a lg Dutch oven, heat oil over med-high. Brown beef, in batches; set aside. Add chili powder, chili pepper, cumin, salt, garlic powder, onion and peppers, Cook 8 min, or until tender. Slowly add beer; cook 2 min. Stir in broth, tomato sauce and beans; bring to a boil, reduce heat. Simmer 2 hours, or until beef is tender. Serve with shredded cheese and sour cream.
Meal 2 Pasta with Broccoli Rabe and Sausage <i>Dinner Rolls</i>	16 oz box penne pasta, cooked 1 lb pork sausage, casings removed 2 cloves garlic, minced (⅛ t crushed red pepper) 2 c low-sodium chicken broth 1 bunch broccoli rabe, trimmed & cut into 1" pieces (4 T butter, ¼ t salt, ¼ t pepper) 6 oz grated Pamesan cheese <i>8 ct dinner rolls, heated</i>	Cook pasta according to pkg directions. In a lg skillet, cook sausage and garlic over med heat until browned and crumbly; drain well. Add crushed pepper and broth; bring to a boil. Add broccoli rabe; cover and simmer 3 min until tender. Stir in butter, salt, pepper and cheese. Cook uncovered about 3 min. Add pasta; toss to combine. Let stand 5 min before serving. <i>Serve with hot dinner rolls.</i>
Meal 3 Chicken and Asparagus with Pesto Sauce <i>Hot Cooked Pasta</i> <i>Mixed Green Salad</i>	1 lb boneless chicken breasts, cut in ½ & pounded (Salt & pepper, 2 T olive oil) 1 lb asparagus, trimmed & cut into 1" pieces 2 c heavy whipping cream 3 T prepared pesto <i>16 oz box linguini pasta, cooked</i> <i>Mixed green salad</i> <i>(Salad dressing)</i>	Sprinkle chicken w/ salt & pepper. Sauté in olive oil over med-high heat in skillet. Remove; keep warm. Add asparagus to skillet; cook 1 min. Remove and keep warm. Add cream to skillet; cook for 8 min until slightly reduced. Stir in pesto; add chicken. Simmer for 5 min until cooked through. Stir in asparagus. <i>Cook pasta according to pkg directions. Serve chicken over pasta. Serve salad w/ desired dressing.</i>
Meal 4 Overnight Marinade Tangerine Beef with Scallions <i>Roasted Cauliflower</i> <i>Steamed Sugar Snap Peas</i>		
Meal 5 Egg and Prosciutto Panini <i>Pita Chips</i> <i>Grapes</i>		
Meal 6 Chicken Curry over Rice <i>Steamed Broccoli</i>		
Meal 7 Split Pea Soup <i>Cheesy French Bread</i>		



SAMPLE PLAN

WHOLE FOODS MARKET 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 ITEMS I MAY NEED:	X
	X	DELI/BAKERY/BREAD			
2		8 ct pkg dinner rolls, Mom's®	3.79		
5		22 oz loaf organic sliced sourdough bread, 365®	3.79		
5		6 oz thinly sliced prosciutto	6.38		
7		1 loaf French bread	2.49		
	X	PRODUCE			
1,6,7		3 lg onions, about 1½ lbs	3.44		
1		2 Poblano peppers, about ½ lb	1.75		
1		2 jalapeño peppers, about 4 oz	.37		
2,4,7		1 bulb garlic	.79		
2		1 bunch broccoli rabe	2.99		
3		1 lb asparagus	3.49		
3		4 oz pkg organic baby romaine lettuces, Earthbound Farms®	2.29		
4		1 tangerine	.75		
4		1 bunch scallions	1.99		
4		2" piece fresh ginger	.75		
4		1 head cauliflower	3.99		
5		1 lb seedless grapes	2.49		
6		1 bunch broccoli	2.99		
7		1 bunch celery	1.99		
	X	MEATS			
1		2 lbs beef stew meat	8.98		
2		1 lb pork sausage	6.99		
3,6		2 lbs boneless skinless chicken breasts	13.98		
4		1 lb London broil	9.99		
	X	DAIRY/REFRIGERATED			
1		8 oz pkg cheddar cheese, 365®	3.69		
1		8 oz container sour cream, Axelrod®	1.59		
2		6 oz grated Parmesan cheese	4.83		
3		16 oz container heavy whipping cream, Organic Valley®	3.49		
5,7		12 slice pkg Havarti cheese, 365®	5.99		
5		½ dozen eggs	.89		
	X	FROZEN			
4		16 oz pkg sugar snap peas, 365®	2.49		
	X	CANNED/BOTTLED			
1		12 oz bottle Mexican beer	1.99		
1		15 oz can tomato sauce, 365®	1.49		
1		15 oz can chili beans, 365®	1.69		
3		6 oz jar pesto, 365®	3.99		
6		14 oz can diced tomatoes, 365®	1.69		
6		13 oz can coconut milk, Thai Kitchen®	3.49		
6		4 oz jar Massaman curry paste, Sun Luck®	2.99		
	X	PACKAGED			
1		2 (32 oz) boxes beef broth, 365®	3.98	Staples to have on hand:	
2		16 oz box penne pasta, 365®	1.19	Salt & pepper	
2		32 oz box low-sodium chicken broth, 365®	1.99	Vegetable oil	
3		16 oz pkg linguini pasta, 365®	1.19	Milk	
5		18 oz bag pita chips, Stacys®	3.99	Olive oil	
6		16 oz pkg brown rice, Lundberg®	1.99	Butter	
7		1 lb split peas, Arrowhead Mills®	2.99	Garlic powder	
		APPROXIMATE TOTAL:	144.08		

STAPLES NEEDED FOR EACH MEAL:

MEAL 1

Veg oil
Chili powder
Ancho chili pepper
Cumin
Garlic powder

MEAL 2

Crushed red pepper
4 T butter

MEAL 3

Olive oil
Salad dressing

MEAL 4

¼ c soy sauce
Sesame oil
Sugar
Red pepper flakes
Orange marmalade
Olive oil

MEAL 5

¾ c butter
6 T whole grain
mustard
Milk
Grated Parmesan

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MEAL 6

Ginger
Cumin
Curry powder
Ground red pepper
Veg oil

MEAL 7

Veg oil
Bay leaf
Thyme