

WHOLE FOODS MEAL PLAN FOR 2

| 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 Bacon Wrapped Pork Tenderloin <i>Honey Mustard Swiss Chard</i> <i>Wild Rice</i> | ¾ lb pork tenderloin (2 t olive oil) (¼ t salt, ¼ t dried thyme) 1 slice bacon <hr/> (2 t veg oil) ½ lb Swiss chard or kale, stems trimmed, cut in 1" pieces (¼ t salt, 2 T honey mustard, 1 t water) 6 oz box long grain and wild rice, cooked | Rub pork with oil; sprinkle with salt and thyme. Wrap pork with bacon and secure with a toothpick. Place in a baking dish. Bake at 450° F for 12 min, turning occasionally, until pork registers 145° F. Let stand 5 min before slicing. <i>Heat oil over med-high in a lg skillet. Add Swiss chard, cook 3 min. Stir in salt. Combine honey mustard and water. Toss with greens. Cook rice according to package directions.</i> |
| Meal 2 Honey Ginger Glazed Chicken <i>Jasmine Rice</i> <i>Steamed Broccolini</i> | (1 t veg oil) ½ lb bnls sknls chicken breast, cut into 1" pieces (½ t salt, ¼ t pepper) ½ red bell pepper, thinly sliced (2 T honey, 1 t vinegar) 1 t grated peeled fresh ginger <hr/> ¾ c jasmine rice, cooked 1 bunch broccolini, trimmed | In a lg skillet, heat oil over med-high heat. Sprinkle chicken with salt and pepper. Cook chicken and bell pepper 7 to 8 min. In a small bowl, combine honey, vinegar and ginger; reduce heat to low and pour over chicken. Cook 1 min. <i>Cook rice according to package directions. Serve chicken over rice. Place broccolini in a microwave safe dish. Add ¼ c water; cover and cook 3 to 4 min, or until tender.</i> |
| Meal 3 Pasta with Peas and Lemon <i>Toasted Sourdough</i> <i>Sliced Melon</i> | ½ - 16 oz pkg fettuccine, cooked (2 T olive oil, 1 t minced garlic) 1 small jalapeño, seeded & thinly sliced ½ t lemon zest 3 T lemon juice 1 c frozen peas, thawed (½ t salt, ¼ t pepper) <hr/> 4 slices sourdough bread, toasted 1 plumelon, sliced | Cook fettuccine according to package directions; keep warm. In a lg skillet, heat 1 T oil over med-low heat. Add garlic, jalapeño, and lemon zest. Cook until garlic is golden. Add pasta to skillet with lemon juice, peas, salt, pepper and remaining 1 T oil. Heat until warmed through. <i>Serve with toasted sourdough bread and sliced plumelon.</i> |
| Meal 4 Tomato and Cheese Meatloaf <i>Smashed Potatoes</i> <i>Green Beans</i> | <div data-bbox="732 1234 1235 1545" style="text-align: center;"> <p>CLICK HERE ►</p> <p>TO ORDER</p> <p>THIS PLAN</p> </div> | |
| Meal 5 Roasted Chicken and Pasta Soup <i>French Bread</i> | | |
| Meal 6 Shrimp with Arugula and Couscous <i>Sliced French Bread</i> <i>Strawberries</i> | | |
| Meal 7 Cheesy Meatloaf Sandwiches <i>Potato Chips</i> | | |

(Staples are in parenthesis)

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WHOLE FOODS GROCERY LIST FOR 2

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.

WFC/WFSD = Whole Foods Coupons and Whole Foods Sure Deals. Click this link to find printable coupons.

<http://www.wholefoodsmarket.com/products/wholedeal/suredeals.php> AND <http://www.wholefoodsmarket.com/coupons/>

| MEAL # | X | GROCERY ITEM | PRICE | OTHER ITEMS: | X |
|--------|---|--|--------------|--------------|---|
| | X | DELI / BAKERY / BREAD | | | |
| 3,7 | | 20 ounce loaf deli sourdough bread, sliced | 3.79 | | |
| 5 | | 1 rotisserie chicken | 7.99 | | |
| 5,6 | | 1 loaf French bread | 2.49 | | |
| | X | PRODUCE | | | |
| 1 | | ½ lb Swiss chard or kale | 1.50 | | |
| 2,5 | | 1 red bell pepper, about 8 oz | 1.25 | | |
| 2 | | 1" piece fresh gingerroot | .75 | | |
| 2 | | 1 bunch broccolini | 2.99 | | |
| 3 | | 1 small jalapeño, about 1 oz | .18 | | |
| 3,6 | | 2 lemons | 1.00 | | |
| 3 | | 1 plumelon | 1.49 | | |
| 4 | | 1 lb red potatoes | 1.99 | | |
| 4 | | 1 oz pkg fresh tarragon | 1.99 | | |
| 4 | | 8 oz fresh green beans | 1.25 | | |
| 5 | | 1 onion, about 8 oz | 1.00 | | |
| 6 | | 5 oz pkg arugula, Organic Girl® | 3.49 | | |
| 6 | | 1 lb strawberries | 3.49 | | |
| | X | MEATS | | | |
| 1 | | ¾ lb pork tenderloin | 7.49 | | |
| 1 | | 3 slices bacon | .75 | | |
| 2 | | ½ lb bnls sknls chicken breast | 3.50 | | |
| 4 | | 1½ lbs ground sirloin | 9.74 | | |
| 6 | | ½ lb medium fresh shrimp | 5.50 | | |
| | X | DAIRY / REFRIGERATED | | | |
| 4,7 | | 3 oz container shredded Parmesan and Romano | 4.00 | | |
| | X | FROZEN | | | |
| 3 | | 16 oz bag frozen peas, use 1 c, 365® WFSD | 2.29 | | |
| 5 | | 16 oz bag frozen mixed vegetables, use 1 c, 365® WFSD | 1.69 | | |
| | X | CANNED / BOTTLED | | | |
| 4,7 | | 25 oz jar pasta sauce, 365® | 2.49 | | |
| | X | PACKAGED | | | |
| 1 | | 6 oz pkg long grain and wild rice, Near East® | 2.00 | | |
| 2 | | ¾ c jasmine rice, bulk section, about 8 oz WFSD | 1.00 | | |
| 3 | | 16 oz pkg fettuccine, 365® | 1.99 | | |
| 5 | | 32 oz box chicken broth, 365® | 1.99 | | |
| 5 | | 16 oz pkg pipe rigate pasta, use 1 c, 365® | 1.99 | | |
| 6 | | 10 oz box couscous, Near East® | 2.00 | | |
| 7 | | 10 oz bag potato chips, 365® | 2.99 | | |
| | | APPROXIMATE TOTAL: | 86.06 | | |

STAPLES NEEDED FOR EACH MEAL:

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Meal 1

Olive oil
Thyme
Veg oil
Honey mustard

Meal 2

Veg oil
Honey
Vinegar

Meal 3

Olive oil
Minced garlic

Meal 4

2 slices white bread
Milk
1 egg
Garlic salt
Oregano
Buttermilk
Butter

Meal 5

Veg oil
Italian seasoning
Lemon juice

Meal 6

Olive oil
Minced garlic

Meal 7

Mayonnaise
Butter