



**ANY-STORE VEGETARIAN MEAL PLAN**

**MARCH 9 - 15, 2010**

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>
<p><b>MEAL 1</b></p> <p><b>BEAN &amp; RICE BURRITOS</b> <i>Salad &amp; Fresh Pineapple</i></p>	<p>2 c instant brown rice, cooked 1 med green pepper, diced ½ c diced onion (1 T minced garlic) (1 T chili powder) (1 t cumin) (⅛ t crushed red pepper flakes) 1 can black beans, drained 8 flour tortillas, warmed 1 c salsa 4 oz shredded mozzarella cheese</p> <hr/> <p><i>1 head iceberg lettuce, finely shredded</i> <i>1 tomato, diced</i> <i>⅓ c Italian dressing</i> <i>1 fresh pineapple</i></p>	<p>Cook rice as directed. In a lg skillet heat 1 T oil &amp; sauté green pepper, onion &amp; garlic. Stir in chili powder, cumin &amp; pepper flakes. Add beans and rice; cook and stir for 4-6 min. Spoon about ½ c bean mixture onto tortillas; top with 2 T salsa. Fold 1 side and ends over filling and roll up. Serve w/ cheese and sour cream if desired. <i>In a lg bowl combine tomatoes, lettuce and dressing; toss well. Serve alongside burritos. Peel pineapple, core and slice.</i></p>
<p><b>MEAL 2</b></p> <p><b>SUNDRIED TOMATO PASTA</b></p>	<p>14 oz box pasta, cooked 1 c walnuts, chopped ½ c sundried tomatoes in oil, chopped (1 T minced garlic) (¼ c olive oil) 2 c broccoli florets 3 oz grated Parmesan cheese ½ pkg basil, chopped (Salt &amp; pepper) 5 oz bag spinach</p>	<p>Cook pasta according to pkg directions, drain and place in lg bowl. In a skillet add walnuts and toast over med heat till golden brown. Add to pasta with sundried tomatoes, garlic, olive oil, broccoli florets, cheese &amp; basil. Toss well &amp; serve on beds of spinach.</p>
<p><b>MEAL 3</b></p> <p><b>EGGPLANT MEDELY</b> <i>Pasta</i></p>	<p>½ pkg meatless bacon, cooked (6 T olive oil) 2 onions, chopped (2 t minced garlic) 2 red bell peppers, chopped 2 stalks celery, chopped (Pinch of nutmeg) 2 eggplants, peeled and chopped 15 oz can diced tomatoes, drained 2 - 4 T raisins ½ c grated Parmesan cheese <i>12 oz box whole wheat spaghetti</i></p> <hr/> <p><i>(2 t olive oil)</i> <i>(2 T balsamic vinegar)</i></p>	<p>Cook meatless bacon as directed. Crumble &amp; set aside. Add oil to lg skillet. Stir in onion, garlic, peppers, celery, nutmeg, salt &amp; pepper to taste. Stir until onion is transparent. Add eggplant, tomatoes, raisins &amp; bacon to skillet &amp; cook covered, stirring occasionally until eggplant is soft. Top w/ cheese. Cover and let melt. <i>Prepare spaghetti according to directions. Add 2 T olive oil, 2 T balsamic vinegar, salt &amp; pepper. Toss &amp; serve w/ eggplant.</i></p>
<p><b>MEAL 4</b></p> <p><b>DEEP DISH PIZZA</b> <i>Watermelon</i></p>		

(Staples are in parenthesis)

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<b>MEAL 5</b>  <b>SPICY INDIAN RICE</b> <i>Mixed Vegetables</i>		
<b>MEAL 6</b>  <b>MEDITERRANEAN PILAF</b>		
<b>MEAL 7</b> For the Grill  <b>BURGER BROCHETTES</b> <i>Roasted Potatoes</i>		

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**ANY-STORE VEGETARIAN GROCERY LIST**

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\*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	<b>DELI / BAKERY</b>	® = Suggested Brands	
1		Pkg of 8 or more flour tortillas		
	X	<b>PRODUCE</b>		
1,6		2 green bell peppers	***Pilaf may be substituted with cracked bulgur.	
3,6		2 red bell peppers	***Pilaf & cracked bulgur may not be found at	
4		1 jalapeno pepper	some stores.	
3,5,6		Celery		
7		3 sweet onions		
1,3,5		4 yellow onions		
1		Head of iceberg lettuce		
7		Bag of spring greens, Fresh Express®		
2		5 oz bag spinach, Fresh Express®		
5,6		16 oz bag shredded carrots		
1		1 tomato		
7		Pkg. cherry tomatoes		
2		Lg bunch of broccoli		
2,6		Pkg of basil		
3		2 eggplants		
1		Pineapple		
4		Watermelon		
6		Lime		
	X	<b>DAIRY/ REFRIDGERATED</b>		
1,4		8 oz shredded mozzarella cheese		
1,7		8 oz sour cream		
2,3		6 oz Parmesan cheese		
4,6		6 oz feta cheese, Athenos®		
7		8 oz block cheddar cheese		
	X	<b>MEATLESS PRODUCTS</b>		
3,4		Pkg meatless bacon, Morningstar®		
7		Box of veggie burgers, Boca®		
	X	<b>FROZEN FOOD</b>		
4		1 lb pkg bread dough		
5		16 oz bag oriental mixed vegetables		
7		Bag of roasted potatoes		
	X	<b>PACKAGED / BOXED/CANNED / BOTTLED</b>		
1		16 oz jar salsa, Taco Bell®		
2		14 .5 oz box pasta		
3,4		2- 15 oz cans diced tomatoes		
3		12 oz box whole wheat spaghetti		
4		Sm can tomato paste		
1,5		2 boxes instant brown rice	<b>THINGS TO HAVE ON HAND:</b>	
1		15 oz can black beans	Butter	
7		Jar of sweet pickles	Lemon juice	
2		6-8 oz jar sundried tomatoes in oil	Olive oil	
2,6		16 oz chopped walnuts, Fisher®	Non-stick spray	
3,5		15 oz box raisins	Dry white wine	
5		2 oz bag slivered almonds, Fisher®	Coconut oil	
6		1 lb box 7 grain pilaf, Kashi® ***	Salt & pepper	

**STAPLES NEEDED FOR EACH MEAL #:**

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**Meal 1**

- Minced garlic
- Chili powder
- Cumin
- Crushed red pepper
- Italian dressing

**Meal 2**

- Minced garlic

**Meal 3**

- Minced garlic
- Nutmeg
- Balsamic vinegar

**Meal 4**

- Dried oregano

**Meal 5**

- Minced garlic
- Ginger
- Cumin
- Fennel seeds
- Cinnamon stick
- Soy sauce

**Meal 6**

- Minced garlic
- Balsamic vinegar
- Crushed red pepper

**Meal 7**

- Wooden skewers
- Balsamic vinegar
- Dijon mustard
- Seasoned salt
- ¼ c ketchup