

VEGETARIAN MEAL PLAN at ANY STORE (Lacto-Ovo)

March 11 – 17, 2008

| 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 Beef-Less Stroganoff <i>Buttered Broccoli</i> | (1 chopped onion, 2 T butter) 8 oz pkg sliced mushrooms, sliced 1 bag Morningstar Meal Starters ½ c cooking sherry (1 T soy sauce, 1 t seasoned salt) 1 c plain yogurt (1 T cornstarch dissolved in cold water) 1 pkg egg noodles <hr/> 1 bunch of broccoli (Butter) | Sauté onion and mushrooms in 2 T of butter until soft. Add meat-less meat, simmer 5 min. Add cooking sherry, soy sauce, salt pepper to taste, seasoning salt. Simmer for 5 min. add yogurt and corn starch. Stir occasionally. Cover; cook on low for 10 min. Serve over cooked noodles. <i>Serve steamed broccoli with melted butter on top.</i> |
| Meal 2 Easy Gourmet Quiche <i>Italian green Beans</i> | 3 eggs 1 c plain yogurt (1 T flour, ½ t baking soda, salt / pepper) ½ c imitation bacon bits (½ c sautéed onion) 1 c Italian blend shredded cheese 2 oz pkg sliced almonds 1 deep dish pie crust, 9" <hr/> 16 oz bag frozen Italian green beans (1 T olive oil, seasoned salt) | Preheat oven to 450. Beat together thoroughly: eggs, yogurt, flour, soda, salt, pepper. Fold in remaining ingredients. Pour into pie crust. Place on cookie sheet in oven for 15 min. Reduce heat to 350; bake for 30 min. Allow quiche to sit 5 min before serving. <i>Sauté Italian green Beans in olive oil till tender. Sprinkle with seasoning salt to taste and cover. Let simmer on low for 10 min.</i> |
| Meal 3 Mexican Italian Beans <i>Parboiled Rice</i> <i>Pineapple</i> | 8 ounces frozen pepper stir fry 2 T chopped fresh parsley 4 Boca meat-less Italian sausages, sliced 1 can black beans, drained 10 oz can Mexican tomatoes w/ green chilies (1 T balsamic vinegar, 1 t hot sauce) <hr/> <i>Parboiled rice</i> 1 fresh Pineapple | Spray deep frying pan with cooking spray. Sauté pepper stir fry & parsley till tender. Add sausage and ½ c water. Let simmer for 5 min. Stir in remaining ingredients to pan. Cover & let simmer for 10 min. Add salt and pepper to taste. <i>Serve with desired amount of cooked rice and fresh cut pineapple</i> |
| Meal 4 Eggplant Sandwiches <i>Caesar Salad</i> | | |
| Meal 5 Potato Sausage Casserole <i>Broccoli Salad</i> | | |
| Meal 6 Three Bean Pizza <i>Fresh Fruit Salad</i> | | |
| Meal 7 Salsa Corn Chowder <i>Blue Corn Chips</i> | | |

VEGETARIAN GROCERY LIST at ANY STORE

March 11 – 17, 2008

To eliminate a particular meal, cross out each grocery item with that corresponding meal number. Availability of grocery items may vary from store to store.

| MEAL # | X | GROCERY ITEM | OTHER GROCERIES I NEED: | X |
|--------|---|--|-------------------------|---|
| | X | DELI / BAKERY | | |
| 4 | | 1 pkg hamburger rolls | | |
| | X | PRODUCE | | |
| 1 | | 8 oz pkg sliced mushrooms | | |
| 1,5 | | 2 bunches broccoli | | |
| 3 | | 1 bunch fresh parsley | | |
| 3 | | 1 fresh pineapple | | |
| 4 | | 1 eggplant | | |
| 4 | | 1 bag Caesar salad mix | | |
| | X | DAIRY / REFRIGERATED | | |
| 1,2 | | 2 containers 8 oz plain yogurt | | |
| 2,5 | | 1 dozen eggs | | |
| 2 | | 8 oz shredded Italian blend cheese | | |
| 4 | | 8 oz pkg sliced Swiss cheese | | |
| 5 | | 1 bag shredded potatoes - also found in meat dept | | |
| 5,6 | | 5 oz container feta cheese | | |
| 6 | | 8 oz container of vanilla yogurt | | |
| 6 | | 4 oz shredded cheddar cheese | | |
| 6 | | 1 tube refrigerated pizza crust | | |
| 7 | | 8 oz pkg cream cheese - only need 4 oz | | |
| | X | MEAT-LESS MEATS / TOFU | | |
| 1 | | 1 bag Morningstar ground meat crumbles | | |
| 2 | | 1 pkg imitation bacon bits | | |
| 3 | | 1 pkg Boca meat-less Italian sausages | | |
| 5 | | 1 tube Gimme Lean meat-less ground sausage - need 1/2 | | |
| | X | FROZEN FOODS | | |
| 2 | | 1 pkg deep dish pie crust - use one | | |
| 2 | | 16 oz bag Italian green beans | | |
| 3,7 | | 16 oz bag mixed pepper stir fry | | |
| 6 | | 16 oz bag mixed fruit - your choice | | |
| 7 | | 16 oz bag corn | | |
| | X | PACKAGED / BOXED | | |
| 1 | | 1 pkg egg noodles | | |
| 2 | | 2 oz bag sliced almonds | | |
| 3 | | 2 lb bag parboiled rice | | |
| 5 | | 2 oz bag chopped walnuts | | |
| 5 | | 1 box raisins | | |
| 7 | | 1 bag blue corn chips, Tostitos | | |
| | X | CANNED / BOTTLED | | |
| 1 | | Cooking sherry | | |
| 3,6 | | 2 cans black beans | | |
| 3,7 | | 2 cans Mexican style diced tomatoes with green chilies | | |
| 4 | | 14 oz jar pizza sauce | | |
| 5,7 | | 1 jar garlic lime salsa | | |
| 6 | | 1 can Margaret Holms Triple Succotash | | |
| 7 | | 16 oz can vegetable broth | | |

Staples Needed for Each Meal:

| | | | | | | |
|---------------|---------------------|------------------|------------------------|---------------|---------------|---------------|
| Meal 1 | Meal 2 | Meal 3 | Meal 4 | Meal 5 | Meal 6 | Meal 7 |
| 1 onion | Flour | Balsamic vinegar | Olive oil | Oil | Cumin | Vegetable oil |
| Soy sauce | Baking soda | Hot sauce | Italian seasoning | Vinegar | Curry | Flour |
| Cornstarch | 1/2 c chopped onion | | Bottled crushed garlic | Brown sugar | | 1 1/2 c milk |
| Butter | Olive oil | | | | | Paprika |
| Seasoned salt | Seasoned salt | | | | | |