

VEGETARIAN WALMART MEAL PLAN (*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 WALMART GROCERY LIST

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

MEAL #	X	GROCERY ITEM <i>WM / GV = Wal Mart / Great Value</i>	PRICE	OTHER GROCERIES I NEED:	X
	X	DELI / BAKERY			
4		1 pkg hamburger rolls, WM	1.78		
	X	PRODUCE			
1		8 oz pkg sliced mushrooms	2.74		
1,5		2 bunches broccoli	4.36		
3		1 bunch fresh parsley	.67		
3		1 fresh pineapple	3.78		
4		1 eggplant	1.54		
4		1 bag Caesar salad mix	2.58		
	X	DAIRY / REFRIGERATED			
1,2		2 containers 8 oz plain yogurt, GV	.90		
2,5		1 dozen eggs	1.86		
2		8 oz shredded Italian blend cheese, GV	2.48		
4		8 oz pkg sliced Swiss cheese, GV	2.22		
5		1 bag shredded potatoes - also found in meat dept	1.74		
5,6		5 oz container feta cheese	1.83		
6		8 oz container of vanilla yogurt, GV	.45		
6		4 oz shredded cheddar cheese, GV	1.14		
6		1 tube refrigerated pizza crust, GV	1.44		
7		8 oz pkg cream cheese - only need 4 oz, GV	1.18		
	X	MEAT-LESS MEATS / TOFU			
1		1 bag Morningstar ground meat crumbles	2.64		
2		1 pkg imitation bacon bits, GV	.92		
3		1 pkg Boca meat-less Italian sausages	2.84		
5		1 tube Gimme Lean meat-less ground sausage - need ½	3.48		
	X	FROZEN FOODS			
2		1 pkg deep dish pie crust - use one, GV	1.28		
2		16 oz bag Italian green beans	2.18		
3,7		16 oz bag mixed pepper stir fry	1.64		
6		16 oz bag mixed fruit - your choice, GV	2.92		
7		16 oz bag corn, GV	.82		
	X	PACKAGED / BOXED			
1		1 pkg egg noodles, GV	1.42		
2		2 oz bag sliced almonds, Fisher	1.26		
3		2 lb bag parboiled rice, GV	1.17		
5		2 oz bag chopped walnuts, Fisher	.96		
5		1 box raisins, GV	2.48		
7		1 bag blue corn chips, Tostitos	3.00		
	X	CANNED / BOTTLED			
1		Cooking sherry	1.58		
3,6		2 cans black beans, GV	1.24		
3,7		2 cans Mexican style diced tomatoes with green chilies	1.24		
4		14 oz jar pizza sauce, GV	.88		
5,7		1 jar garlic lime salsa, GV	1.84		
6		1 can Margaret Holms Triple Succotash	.88		
7		16 oz can vegetable broth	.70		
		TOTAL COST: approx	70.06		

Staples Needed for Each Meal:

Meal 1

1 onion
Soy sauce
Cornstarch
Butter
Seasoned salt

Meal 2

Flour
Baking soda
½ c chopped onion
Olive oil
Seasoned salt

Meal 3

Balsamic vinegar
Hot sauce

Meal 4

Olive oil
Italian seasoning
Bottled crushed garlic

Meal 5

Oil
Vinegar
Brown sugar

Meal 6

Cumin
Curry

Meal 7

Vegetable oil
Flour
1 ½ c milk
Paprika