



WALMART VEGETARIAN MEAL PLAN

March 23 - 29, 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>MEAL 1</p> <p>BAKED RED POTATOES <i>Steamed Broccoli</i> <i>Bleu Cheese Slaw</i></p>	<p>6 large red potatoes (Butter, salt/pepper) Sour cream</p> <hr/> <p>2 bunches broccoli, chopped (Olive oil, salt, pepper, lemon juice) Dressing: (1½ c mayo, ¼ c Dijon mustard) (2 T reg mustard, 2 T apple cider vinegar) (1 t kosher or sea salt, ½ t celery salt, ½ t pepper) Lg bag coleslaw w/carrot, save 1 c for meal 3 ½ pkg bleu cheese crumbles ¼ c sunflower seeds</p>	<p>Preheat oven to 400°. Bake potatoes til soft, aprx 50 min. Serve w/ butter, salt, pepper & sour cream. <i>Place broccoli in lg pot w/ several inches of water. Steam until desired tenderness is acquired. Drain, drizzle w/ olive oil, salt, pepper and 2 T lemon juice.</i> Dressing: Combine mayo, mustards, vinegar, salts and pepper, as listed. <i>In lg bowl, toss coleslaw with enough dressing to moisten. Toss with bleu cheese crumbles and sunflower seeds. Let stand for a few minutes for flavors to meld.</i></p>
<p>MEAL 2</p> <p>HEARTY GUMBO <i>Garlic Bread</i></p>	<p>1 pkg kielbasa meatless sausage, cut in small pcs (1 T oil, 3 T flour) 15 oz can diced tomatoes, not drained 2 c vegetable broth ½ bag frozen cut okra 1 can black eyed peas 1 c brown rice 15 oz can corn drained 3 stalks celery chopped (2 T Worcestershire, 1 c water) (½ t seasoned salt) (1 T hot sauce)</p> <hr/> <p><i>Loaf French bread</i> (Butter, garlic, Italian seasonings)</p>	<p>In large soup pot, sauté kielbasa in oil until lightly browned. Sprinkle 3 T flour evenly over kielbasa and sauté until flour is browned. Stir in remaining ingredients. Heat thoroughly and simmer 30-40 minutes. <i>Split loaf of bread & spread w/ butter. Sprinkle minced garlic and Italian seasonings over top. Place butter side up, under broiler and toast .</i></p>
<p>MEAL 3</p> <p>BAKED SWEET POTATOES FIELD PEAS <i>Raspberry Crunch Salad</i></p>	<p>6 sweet potatoes Bleu cheese crumbles (Butter, salt & pepper) 10 oz bag frozen field peas (Salt/ pepper, hot sauce)</p> <hr/> <p>1 bag broccoli coleslaw mix 4-5 stalks celery, chopped 1 c bagged coleslaw & carrot mix 2 oz bag of pecan pieces 1 sm bottle walnut raspberry dressing</p>	<p>Preheat oven to 400°. Wash & dry potatoes. Rub w/ oil & wrap each one w/ foil. Bake until soft, 50-60 min. Serve topped w/ butter, salt/pepper & sprinkled w/ bleu cheese. Cook field peas according to pkg directions. Drain, add salt, pepper, & hot sauce. <i>Combine all salad ingredients. Add ½ c dressing and toss well. Serve alongside sweet potatoes and peas.</i></p>
<p>MEAL 4</p> <p>ENCHILADA PIE <i>Mango, Banana, Strawberries</i></p>		
<p>MEAL 5</p> <p>CHEESE AND CHICKEN CASSEROLE <i>Hearty Salad</i></p>		
<p>MEALS 6 & 7</p> <p>EGGS & GRITS <i>English Muffins</i></p> <p>TUSCANY STEW</p>		



WALMART VEGETARIAN GROCERY LIST

March 23 - 29, 2010

*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 GROCERIES I NEED:	X
	X	DELI / BAKERY		® = Suggested Brands	
2		Loa f French bread, GV	2.00	GV/WM = Great Value/Walmart Brand	
4		Pkg of corn tortillas, GV	1.98		
6		Pkg whole grain English muffins	2.00		
7		Pkg of whole wheat rolls, GV	2.00		
	X	PRODUCE			
1,3		Lg bag Cole slaw mix w/carrots	2.46		
3		10 oz bag broccoli Cole slaw mix	1.78		
1		2 bunches broccoli	3.50		
4,5		1 head red lea lettuce	1.77		
1		6 lg red potatoes	7.00		
3		6 med sweet potatoes	3.00		
2,3,7		Bunch celery	1.46		
4		1 mango	1.38	*** Seitan & Kielbasa style meatless sausage Is not generally found in Walmart.	
4		2-3 bananas	.58		
4		1 pt strawberries	2.50		
4		1 green bell pepper	.75		
5		1 red bell pepper	1.50		
5		1 cucumber	.82		
4,7		2 yellow onions	1.00		
	X	DAIRY/ REFRIDGERATED			
1,4		16 oz sour cream, GV	1.06		
1,3		7 oz Bleu cheese, Treasure Cave®	3.48		
4		8 oz Mexi style shredded cheese, GV	1.78		
4		8 oz vanilla yogurt, GV	.38		
5		1 pint fat free half & half, GV	.97		
5		16 oz cottage cheese, GV	1.43		
5		6 oz shredded pamesan cheese, GV	2.38		
6		1 dozen eggs	1.00		
6		Pkg shredded hash browns , Simply Potatoes®, Optional**	1.74		
	X	MEATLESS PRODUCTS			
2		Pkg meatless Kielbasa style sausages	3.77		
5		10 oz bag Chick'n strips, Morningstar®	3.32		
7		Pkg of Seitan***	3.00		
	X	FROZEN FOOD			
2		10 oz bag okra, Fam Fresh®	1.46		
3		16 oz bag frozen field peas, GV	1.68		
5		16 oz chopped broccoli, GV	1.12		
7		16 oz mixed vegetables, GV	1.23		
	X	PACKAGED / BOXED/CANNED /BOTTLED			
3		Walnut raspberry Dressing, Wishbone®	1.98		
2,4		16 bag brown rice, GV	1.25		
2,4		2-14.5 oz diced tomatoes, GV	1.48		
2,7		32 oz container vegetable broth, Swanson®	2.24		
2		15 oz can black eyed peas, GV	.78		
7		20 oz can tomato sauce, GV	.98		
2		15 oz can black-eyed peas, GV	.78	THINGS TO HAVE ON HAND:	
4		15 oz can kidney beans, GV	.78	Lemon Juice	
2		15 oz can corn, GV	.78	Coconut oil	
4		4 oz chopped green chilies, GV	.67	Soy sauce	
4		Pkg of taco seasoning, GV	.56	Olive oil	
5,7		2 sm cans black olives, sliced, GV	1.56	Non-sick spray	
3		2 oz pecan pieces, Fisher®	1.26	Dry white wine	
1		4 oz pkg shelled sunlower seeds	1.50	Minced garlic	
6		24 oz box grits, **Optional (Or hash browns, your pick)	1.16	Butter	
		EST TOTAL COST:	85.04		