



# Wildtree™

## Why should you menu plan?

### 🕒 Save Time!

- Your list makes grocery shopping quick and easy.
- No running to the store for last-minute forgotten items.
- No need to waste time and mental energy deciding what is for dinner each night.

### 💰 Save Money!

- Meal planning means less take-out and fast food for dinner.
- Shopping with a list means less impulse buys and wasted food.
- A simple plan allows you to buy in bulk, shop when items are on sale, and clip coupons.
- The saved money WILL add up. Use it for a vacation, a special night out, or “extras.”

### 👨‍👩‍👧 Value Your Family’s Health!

- Skip the fast food and restaurant options which are typically high in fat and sodium.
- Skip the boxed or frozen “heat up and serve” options full of preservatives and additives.
- YOU can make the choice to bake instead of fry, add veggies, or season to YOUR liking.

### 🏃 Prevent Obesity!

- Prevent your children from becoming overweight by modeling healthy, balanced eating.
- Have a better handle on the nutritional content of your meals.
- Tailor your meals to your family member’s specific dietary needs.

### 👨‍👩‍👧 Spend More Time with Your Family!

- By taking the time to plan ahead, you save time during the day and later in the kitchen.
- Use that time to spend on the things that matter to you....not running around!
- Finally have the time you want to bond as a family over a nice dinner.

### 🧘 Reduce Stress!

- In a fast paced world and pulled in a million directions, dinner should not be an added stressor.
- No more worrying about everything you need to pull dinner together.
- Visit the store weekly or twice a month, with list in hand, and leave the worry behind.

### 👨‍👩‍👧 Meal planning is easy!

- We have done the work for you!
- With only an hour or so of your time, you are set for 2 weeks of great healthy meals.
- Once you get the hang of it, meal planning becomes second nature and you’ll never go back!

## Two Week Menu Planner

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 1</b>	Spaghetti and Meat Sauce Garlic Bread Garden Salad	Shrimp and Broccoli Alfredo Side Salad with Balsamic Dressing	Ranchers Burgers Roasted Mushrooms or Onions	Baked Chicken, Broccoli and Rice	Garlic & Herb Tilapia Parmesan & Herb Rice Spinach Salad with Mandarins and Walnuts		
<b>Week 2</b>	Chicken Parmesan over Penne Pasta Tossed Salad	Ranchers Pork Chops Roasted Potatoes Cinnamon Apples	Meatball Stroganoff Garlic Green Beans	Mini Meatloaf Garlic Mashed Potatoes Steamed Carrots	Shrimp Scampi with Linguini Veggie Salad		



## Shopping List

### wildtree

- Natural Grapeseed Oil..... \$13.00
- Just Like Moms Meat Loaf.....5.25
- Cream of Mushroom Soup.....7.50
- Hearty Spaghetti Seasoning.....7.50
- Alfredo Extraordinaire.....7.25
- Ranchers Steak Rub.....7.50
- Balsamic Dressing.....10.00
- For Garlic Lovers Set.....25.00
  - Garlic Grapeseed Oil
  - Garlic & Herb Blend
  - Scampi Blend

**Total** **\$83.00**

### produce

- 1 stalk fresh or 1 bag broccoli (w1)
- 2 bagged salads (w1 & w2)
- Grape tomatoes (w1 & w2)
- 2 red onion (w1 & w2)
- 5lb bag of russet potatoes (w1 & w2)
- 6 Pink Lady apples (w2)
- 2 lbs cremini mushrooms (or button  
– or combination) (w1)
- 1 lb fresh or frozen green beans  
(w2)
- 1 bag baby carrots (w2)
- 1 lemon (w1)
- 1 cucumber (w2)
- 1 yellow onion (w2)
- 1 bag pre-washed baby spinach (w1)
- 1 bag Romaine lettuce (w1)

### dairy/bread

- Milk
- 1lb unsalted butter (w1 & w2)
- 8 oz sour cream (w2)
- Mozzarella cheese (w2)
- Eggs (w2)
- 4-8 oz Parmesan Cheese (w1)
- Hamburger buns (w1)
- 1 French baguette
- 12 oz Plain Bread Crumbs (w1 & w2)

### canned/pantry

- 32 oz Chicken broth (w1)
- 1lb favorite pasta (like Penne) w2
- 1lb spaghetti pasta (w1)
- 2 lb fettuccini (1 lb for each week)
- 12 oz egg noodles (w2)
- 1 small can mandarin oranges(w1)
- 2 cup rice (w1 &w2)
- 12 oz Beef or Chicken Stock (w2)
- 2-28 oz cans crushed tomatoes (w1)
  
- 16 oz (instant) rice (w1 & w2)

### frozen

- 2 lbs shrimp (1 lb each week)

### meats

- 8 Chicken Breasts (4 for each week)
- 4-6 6oz boneless pork chops (w2)
- 6 lbs ground beef/turkey (w1 & w2)
- 1 lb ground turkey (w1)
- 4-6 Medium tilapia fillets
  
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### miscellaneous

- Ground cinnamon
- Sugar
- Soy sauce (w2)
- Ketchup (w2)
- ¼ C toasted walnuts (w2)

### Notes:

- **Check your pantry before you shop so you only buy what you need. \$save! \$save! \$save!**
- **Cook extra meats and chicken if you need salads or sandwiches for the next day's lunch.**
- **When shopping, note that the perimeter of the store contains the least expensive, healthiest, and least processed foods.**

Mon	Tue	Wed	Thu	Fri
<p>Spaghetti with Meat Sauce 6 servings</p> <p>1 lb of ground turkey or beef 1 tbsp <b>Wildtree Natural Grapeseed Oil</b> 1 lb spaghetti pasta 2 - 28 oz cans crushed tomatoes 2 tbsp <b>Wildtree Hearty Spaghetti Seasoning</b></p> <p>Start making spaghetti noodles according to package directions. Put both cans of tomatoes in a pan with 2 tbsp spaghetti seasoning, cover and let simmer 20 minutes. In a large fry pan heat the grapeseed oil on high, add turkey and cook, breaking in into little pieces. Cook through. Mix ½ of spaghetti sauce and all of the ground turkey to make the meat sauce – pour over drained noodles, top with parmesan cheese if desired.</p> <p>* <b>Freeze</b> ½ half of spaghetti sauce in freezer bag for next week Monday.</p> <p style="text-align: center;">Garlic Bread 6 to 8 servings</p> <p>1 French baguette, sliced into 1/4" thick pieces 1 tbsp <b>Wildtree Roasted Garlic Grapeseed oil</b> 2 tsp <b>Wildtree Scampi Blend</b></p> <p>Brush garlic oil on bread, sprinkle with scampi blend – toast in the oven until light brown.</p> <p style="text-align: center;">Tossed Salad</p> <p>Open pre-mixed salad and toss with favorite dressing. Or use <b>Wildtree's Balsamic Dressing</b></p>	<p>Shrimp and Broccoli Alfredo 6 servings</p> <p>1 pound frozen medium shrimp, thawed, peeled 1 tbsp <b>Wildtree Roasted Garlic Grapeseed Oil</b> 1 pound fettuccine or pasta of your choice 1 package <b>Wildtree's Alfredo Extraordinaire</b> 1 cup milk 10 tbsp unsalted butter 1 cup broccoli, cut into 1 inch pieces and steamed Salt and pepper to taste</p> <p>Bring 4 quarts of water to a boil in a large pot for the pasta. Meanwhile, heat the oil in a large skillet over medium-high heat. Add the shrimp to the skillet in a single layer and season with salt. Cook until the shrimp are pink on both sides, about 1 minute per side. Transfer to a bowl. Prepare Alfredo according to package directions. When water is boiling, stir in salt and pasta and cook according to package directions. Drain pasta and return to the pot. Stir in prepared Alfredo, shrimp and broccoli and toss to coat. Serve immediately.</p> <p style="text-align: center;">Side Salad</p> <p>1 bag romaine lettuce 1 cup grape tomatoes ½ small red onion thinly sliced <b>Wildtree Balsamic Dressing</b> In a large salad bowl toss all ingredients to combine.</p>	<p>Ranchers Burgers 6 servings</p> <p>3 lb of ground beef or turkey 3 tbsp <b>Wildtree Ranchers Steak Rub</b> 1 Tsp <b>Wildtree Hearty Spaghetti Seasoning</b> ½ cup bread crumbs 2 tsp ketchup hamburger buns</p> <p>Make 6 - ¼ lb burgers (use 1 ½ lbs of meat) or buy pre-made burgers. Sprinkle 2 tbsp Ranchers Steak Rub on top and push in. Cook to desired doneness and top with mushrooms from below.</p> <p style="text-align: center;">Roasted Mushrooms or Onions 6 servings</p> <p>2 lbs cremini mushrooms and/or 2-3 yellow onions, sliced 1/3 cup <b>Wildtree Balsamic Vinaigrette</b></p> <p>Preheat oven to 400°F Mix together Balsamic and mushrooms in a bowl, spread out on a cookie sheet and roast until tender about 15 minutes.</p> <p><b>*With extra 1 ½ lb of meat</b> Mix 1 tbsp Ranchers Steak Rub and 1 tsp Hearty Spaghetti Seasoning with ½ cup of breadcrumbs and 2 tbsp ketchup. Make into 1 inch meatballs. Cook in 350° oven for 15 minutes or until done, let cool put in freezer bag and use next Wednesday.</p>	<p>Chicken, Broccoli and Rice Bake 4-6 Servings</p> <p>4 skinless, boneless chicken breasts 1 ¼ cup chicken broth 1 cup frozen broccoli or steamed fresh broccoli ¾ cup uncooked white or brown rice 1 bag <b>Wildtree Cream of Mushroom Soup Base</b> Salt and Pepper to taste</p> <p>Pre-heat oven to 375° Make soup base according to package directions as a base. Mix soup base, broccoli and rice in a 2 –qt shallow baking dish. Top with chicken and bake at 375° for 35-45 min or until done.</p>	<p>Garlic and Herb Tilapia 6 Servings</p> <p>4-6 medium tilapia filets 1-2 tbsp <b>Wildtree Garlic and Herb Blend</b> 2 tbsp <b>Wildtree Roasted Garlic Grapeseed Oil</b> 1 lemon Salt and Pepper to taste</p> <p>Place Garlic and Herb Blend in bowl with garlic oil and brush over fish. Place on baking sheet bake at 400° for 8-12 minutes or until fish flakes with a fork. Serve with fresh lemon wedge.</p> <p style="text-align: center;">Parmesan and Herb Rice</p> <p>1 ½ cups instant brown or white rice 2 ½ cups water or chicken broth 1 tbsp butter (optional) 1tbsp <b>Wildtree Scampi Blend</b> ½ cup parmesan cheese salt and pepper to taste</p> <p>In a saucepan, combine the rice, water or broth, butter and bring to a boil. Reduce heat and cover. Stir in Scampi Blend and parmesan cheese to combine and season with salt and pepper to taste.</p> <p style="text-align: center;">Spinach Salad</p> <p>1 bag baby spinach 1 sm can mandarin oranges ¼ cup toasted walnuts</p> <p>Mix all ingredients, add <b>Wildtree Balsamic Vinaigrette</b> and serve</p>
Cooking Tips & Hints	Cooking Tips & Hints	Cooking Tips & Hints	Cooking Tips & Hints	Cooking Tips & Hints
<p>Try adding carrots, garlic, mushrooms or onions to sauce for extra flavor.</p>	<p>For a lower fat option substitute chicken broth for 1/2 the butter</p>	<p>Cremini's are similar in size to the common white mushrooms, but they're a bit more flavorful. The Portobello mushroom is the fully matured form of this mushroom.</p>	<p>You can also substitute frozen carrots and peas for the broccoli</p>	<p>If fish is frozen place in a gallon size zipper bag with oil and garlic and herb blend in the AM to defrost in the refrigerator. You can use any white fleshed fish if Tilapia is not available.</p>

Mon	Tue	Wed	Thu	Fri
<p>Chicken Parmesan 4-6 servings</p> <p>4 skinless, boneless chicken breasts 2 cups plain bread crumbs 2 tbs <b>Wildtree Hearty Spaghetti Seasoning</b> Salt and pepper to taste 1 lb favorite pasta (penne works well) Thawed leftover spaghetti sauce from week 1</p> <p>Preheat oven to 400° degrees. Defrost Hearty Spaghetti Sauce from last week in microwave. Bring salted water for pasta to a boil. In a zipper bag mix bread crumbs, Hearty Spaghetti seasoning and salt and pepper to taste. One at a time put chicken breasts in the bag and shake and pat the bread crumbs on to coat then put on baking sheet. Bake 15 minutes then top with sauce and mozzarella cheese, bake for 5-10 more minutes or until juices run clear. While chicken is baking add pasta to boiling water and cook pasta to package directions. When chicken is done place on top of pasta and add extra sauce if desired.</p> <p>Tossed Salad Open pre-mixed salad and toss with favorite dressing. Or use <b>Wildtree's Balsamic Dressing</b></p>	<p>Ranchers Pork Chops 4-6 servings</p> <p>4-6 6oz boneless pork chops 2-3 tbs <b>Wildtree Ranchers Steak Rub</b> 2 tbs <b>Wildtree Natural Grapeseed Oil</b></p> <p>Preheat oven to 400° degrees. Brush each pork chop with Grapeseed Oil and sprinkle with Ranchers Steak Rub. Place on baking sheet and cook for 20 minutes or until juices run clear.</p> <p>Roasted Potatoes 6 servings 6 potatoes peeled and cut into 1 inch pieces 2 tbs <b>Wildtree Garlic and Herb Blend</b> 1 tbs <b>Wildtree Natural Grapeseed Oil</b> 1 tbs <b>Wildtree Garlic Grapeseed Oil</b> Salt to taste</p> <p>Boil potatoes until fork tender but not falling apart, about 10 minutes, drain. Transfer to baking sheet and toss with GS Oils, Garlic and Herb Blend and salt. Roast at 400° for 10-15 minutes or until golden brown and crisp around edges.</p> <p>Cinnamon Apples 4-6 pink lady or honey crisp apples cored, peeled and diced 1 tsp cinnamon 2 tbs sugar</p> <p>Combine all ingredients in a microwave steam bag and cook for 5-8 minutes or until apples are soft.</p>	<p>Meatball Stroganoff 6 Servings</p> <p>Frozen meatballs from last Wednesday 1 bag <b>Wildtree Cream of Mushroom Soup Base</b> 1 medium yellow onion chopped 1 ¾ cup beef stock 1 cup sour cream ½ cup water 12 oz package of egg noodles</p> <p>Defrost meatballs in microwave or thaw in refrigerator during the day. Prepare Wildtree Mushroom Soup Base according to package directions as a base. Add stock, water and onion in the skillet and heat to a boil. Stir in the noodles. Reduce the heat to low. Cook for 10 minutes or until the noodles are tender, stirring often. Add meatballs to the skillet and cook until they are heated through Stir in the sour cream.</p> <p>Garlic Green Beans 6 Servings 1 lb fresh or frozen green beans 1 tbs <b>Wildtree Garlic Grapeseed Oil</b> Salt and pepper to taste</p> <p>Preheat oven to 350° Pile beans onto a baking sheet, drizzle with oil and salt and pepper, toss to coat, put in oven until tender about 5-7 minutes.</p>	<p>Mini Meatloaves 6 servings twice</p> <p>2 pounds ground beef 1 package <b>Wildtree Just like Mom's Meatloaf Mix</b> 1/4 cup soy sauce 2 large eggs, lightly beaten ¼ cup milk ½ cup ketchup (<b>Wildtree</b>)</p> <p>Preheat oven to 375°F. Coat 12 muffin cups with cooking spray. Prepare Meatloaf according to package directions. Divide mixture into 12 portions and place in the prepared muffin cups. Spread ketchup over each mini meatloaf. Bake until internal temperature reaches 160°F, 25 to 30 minutes. Pour off fat before serving.</p> <p>Garlic Mashed Potatoes 6 Servings 6 potatoes, peeled and cut into 1 inch pieces 1 tsp salt ½ cup milk ¼ cup unsalted butter 1-2 tbs <b>Scampi Blend</b> Salt and Pepper to taste</p> <p>In a large saucepan, combine the potatoes, salt, and enough cold water to cover. Bring to a boil over high heat. Lower the heat to a simmer and cook until fork tender, about 10 minutes. Drain the potatoes and return to the pan. Put the milk, butter and Scampi blend in the pan and mash the potatoes. Stir to combine and season with salt and pepper to taste.</p> <p>Steamed Carrots Steam 1 medium sized package of baby carrots in microwave. Season with butter, salt and pepper to taste.</p>	<p>Shrimp Scampi 4-6 Servings</p> <p>1 pound frozen medium shrimp, thawed, peeled 1lb fettuccini or pasta of choice 3 tbs <b>Wildtree Roasted Garlic Grapeseed Oil</b> 2 ½ tsp <b>Wildtree Scampi Blend</b></p> <p>Cook pasta according to directions. Put in 2 tbs of the Garlic oil and 1 ½ tsp of the scampi in a cold skillet and mix well. Add shrimp and cook over low heat turning shrimp often until pink. Remove shrimp with a slotted spoon into a bowl and cover to keep warm. Add cooked pasta, 1 tbs garlic oil and 1 tsp scampi blend into the skillet, cook on low heat until liquid is absorbed. Combine pasta and shrimp into a bowl and serve immediately.</p> <p>Veggie Garden Fresh Salad 1 package grape tomatoes cut in half ½ small red onion thinly sliced 1 medium cucumber peeled, halved lengthwise and sliced 1 tsp Hearty Spaghetti Seasoning</p> <p>Mix all ingredients with <b>Wildtree Balsamic Dressing</b></p>
<p>Any leftover pasta and sauce can be mixed and frozen for another quick meal, just defrost, top with cheese and bake until heated through.</p>	<p>Also try this with pork tenderloin</p>	<p>If you have Rancher's Steak Rub to spare, use 1/2 tsp on the green beans.</p>	<p>You can use ketchup or BBQ sauce instead of soy sauce Freeze leftovers for another night or a quick lunch</p>	<p>Try using scallops instead of shrimp.</p>
<p>Cooking Tips &amp; Hints</p>	<p>Cooking Tips &amp; Hints</p>	<p>Cooking Tips &amp; Hints</p>	<p>Cooking Tips &amp; Hints</p>	<p>Cooking Tips &amp; Hints</p>

