



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
Week 1	Spaghetti and Meat Sauce	Shrimp and Broccoli Alfredo	Ranchers Burgers	Baked Chicken, Broccoli and Rice	Garlic & Herb Tilapia		
	Garlic Bread	Side Salad with Balsamic Dressing	Roasted Mushrooms or Onions		Parmesan & Herb Rice		
	Garden Salad				Spinach Salad with Mandarins and Walnuts		
Week 2	Chicken Parmesan over Penne Pasta	Ranchers Pork Chops	Meatball Stroganoff Egg Noodles	Mini Meatloaf	Shrimp Scampi with Linguini		
	Tossed Salad	Roasted Potatoes	Garlic and Herb Green Beans	Garlic and Herb Mashed Potatoes	Garden Fresh Salad		
		Cinnamon Apples		Steamed Carrots			

Mon	Tue	Wed	Thu	Fri
<p>Spaghetti with Meat Sauce 6 servings</p> <p>1 lb of ground turkey or beef 1 tbsp Wildtree Natural Grapeseed Oil 1 lb spaghetti pasta 2 - 28 oz cans crushed tomatoes 2 tbsp Wildtree Hearty Spaghetti Seasoning</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>* Freeze 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 Wildtree Roasted Garlic Grapeseed oil 2 tsp Wildtree Scampi Blend</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 Wildtree's Balsamic Dressing</p>	<p>Shrimp and Broccoli Alfredo 6 servings</p> <p>1 pound frozen medium shrimp, thawed, peeled 1 tbsp Wildtree Roasted Garlic Grapeseed Oil 1 pound fettuccine or pasta of your choice 1 package Wildtree's Alfredo Extraordinaire 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 Wildtree Balsamic Dressing 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 Wildtree Ranchers Steak Rub 1 Tsp Wildtree Hearty Spaghetti Seasoning 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 Wildtree Balsamic Vinaigrette</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>*With extra 1 ½ lb of meat Mix 1 tbsp Ranchers Steak Rub and 1 tsp Hearty Spaghetti Seasoning with ½ cup of breadcrumbs and 2 tbsp ketchup. Make into 1inch 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 Wildtree Cream of Mushroom Soup Base Salt and Pepper to taste</p> <p>Pre-heat oven to 375° Make soup base according to package directions. Mix soup, broth, 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 Wildtree Garlic and Herb Blend 2 tbsp Wildtree Roasted Garlic Grapeseed Oil 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 Wildtree Scampi Blend 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 Wildtree Balsamic Vinaigrette 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 tbsp Wildtree Hearty Spaghetti Seasoning Salt and pepper to taste 1 lb favorite pasta (penne works well)</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 Wildtree's Balsamic Dressing</p>	<p>Ranchers Pork Chops 4-6 servings</p> <p>4-6 6oz boneless pork chops 2-3 tbsp Wildtree Ranchers Steak Rub 2 tbsp Wildtree Natural Grapeseed Oil</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 tbsp Wildtree Garlic and Herb Blend 1 tbsp Wildtree Natural Grapeseed Oil 1 tbsp Wildtree Garlic Grapeseed Oil 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 tbsp 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 Wildtree Cream of Mushroom Soup Base 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. 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>Green Beans 6 Servings 1 lb fresh or frozen green beans 1 tsp Wildtree Garlic Grapeseed Oil 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 Wildtree Just like Mom's Meatloaf Mix 1/4 cup soy sauce 2 large eggs, lightly beaten ¼ cup milk ½ cup ketchup (Wildtree)</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</p> <p>6 potatoes, peeled and cut into 1 inch pieces 1 tsp salt ½ cup milk ¼ cup unsalted butter 1-2 tbsp Scampi Blend 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 tbsp Wildtree Roasted Garlic Grapeseed Oil 2 ½ tsp Wildtree Scampi Blend</p> <p>Cook pasta according to directions. Put in 2 tbsp 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 tbsp 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>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 Wildtree Balsamic Dressing</p>
<p>Cooking Tips & Hints</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>Cooking Tips & Hints</p> <p>Also try this with pork tenderloin</p>	<p>Cooking Tips & Hints</p> <p>If you have Rancher's Steak Rub to spare, use 1/2 tsp on the green beans.</p>	<p>Cooking Tips & Hints</p> <p>You can use ketchup or BBQ sauce instead of soy sauce Freeze leftovers for another night or a quick lunch</p>	<p>Cooking Tips & Hints</p> <p>Try using scallops instead of shrimp.</p>