

**Quick and Healthy Menu Planner**  
**Week of December 31, 2006**

Wouldn't it be great if someone planned your weekly dinner menus for you and provided a complete shopping list? You're in luck! As the Meijer Healthy Living Advisors we will be giving you weekly, family pleasing menus that are quick, easy and healthier than eating out. In addition, most of the menu items are on sale at Meijer this week so you'll also save money. Simply print the menu and shopping list and you're ready to go to Meijer. Post the menu on your refrigerator and every night you'll know what's for dinner and have the ingredients on hand. I hope our quick and healthy menus make at least one part of your life much easier!

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**Healthy Living Advisors**  
**Providing simple solutions for a healthier life...**

**\*\*NOTE ON PORTION SIZES and NUTRITIONAL CONTENT OF MEALS**

The nutritional information given after each menu is approximate and is based on one serving of each of the menu items listed (excluding any suggested wine). Our goal is to develop menus and recipes that meet the National Cholesterol Education Program Adult Treatment Panel III and American Heart Association guidelines. Also our menus provide servings from all of the My Pyramid ([www.mypyramid.gov](http://www.mypyramid.gov)) food groups to assist in providing balanced meals. Each recipe will indicate the number of servings it provides. Other menu items are based on normal portion sizes (i.e.: ½ cup vegetable or fruit; 1 piece of fresh fruit; 1 cup salad; 2 T. salad dressing; 1 roll or slice of bread; ½ cup rice or potatoes; 1 cup milk or soup; 3-4 oz. meat). You can also refer to the nutritional facts panel on packaged foods which provide the portion size and number of servings per package. **Please visit [www.mypyramid.gov](http://www.mypyramid.gov) to select an individualized meal plan that meets your daily needs.**

**Sunday – New Year's Eve Celebration Dinner**  
**Marinated Mahi Mahi** (recipe below)

***Serve with:***

**Mushroom Risotto** (Heat 2 T Meijer olive oil in a large skillet over medium heat. Add 1 c chopped onions and 1 T minced garlic and cook 2-3 min. Toss in 2 c Meijer Instant Brown Rice and stir to coat. Add in 1-14.5 oz can Meijer chicken broth, ½ c Meijer Fat Free milk, and 8 oz sliced fresh mushrooms. Bring to boil, reduce heat and simmer for 5 min. Stir in ½ c Meijer grated Parmesan cheese and season with salt and pepper.)

**Spinach Salad with Smoked Gouda and Tangerines** (Toss together 1-10 oz. bag spinach leaves with ½ lb. cubed smoked gouda cheese, 4 peeled sliced tangerines, sliced ½ c green sliced onions, and 1 c Meijer Gold Honey Dijon salad dressing.)

**Winter Snowballs** (Roll individual Pillsbury Ready to Bake Sugar Cookies in Meijer shredded coconut and bake according to package directions.)

**Mock Sangria** (2 bottles (16 oz.) CRYSTAL LIGHT Ready-To-Drink Raspberry Ice, chilled, ½ c cold orange juice, ½ c cold white grape juice, 3 each: lemon, lime and orange slices. *Adapted from [www.kraftfoods.com](http://www.kraftfoods.com)*)

***Enjoy the holiday by dancing the night away, bowling with your family, or going for a midnight walk to enjoy the stars. Don't forget to watch portion sizes and savor the moments of 2006. Here's to a happy and healthy 2007!***

**Monday – Happy New Years**

**Gorgonzola Top Sirloin** (Season 1 lb sirloin steaks with cracked peppercorns and sea salt. Broil to desired doneness and top with Gorgonzola cheese crumbles)

***Serve with:***

**Bob Evans Garlic Mashed Potatoes**

**Green Giant Broccoli Cuts**

**Fruit Galette** (recipe below)

**Meijer Nonfat Milk**

580 calories

17 g fat

60 g carbohydrate

12 g fiber

**Tuesday- Marvelously Meatless**

**Sassy Chik'n Sandwich** (Microwave 4 Boca frozen Chik 'n Patties. Toast 8 slices of Meijer Bakery Italian bread. Mix together 3 T Meijer Dijon mustard with 3 T horseradish and spread on toasted bread. Top with Chik'n patties, leaf lettuce, and sliced tomatoes. *Adapted from [www.bocaburger.com](http://www.bocaburger.com)*)

***Serve with:***

**Campbell Select Vegetable Medley Soup**

**Meijer Canned Pineapple Chunks**

**Meijer Nonfat Milk**

615 calories

9 g fat

90 g carbohydrate

8 g fiber

**Wednesday-Super Quick and Easy**

**Mac N' Cheese and Tuna, Too** (Prepare 1 box of Kraft Macaroni and Cheese according to package directions. Add 1 (6 oz) can drained Bumble Bee White canned tuna. Heat through.)

***Serve with:***

**Dole Mediterranean Bagged Salad with Marzetti's Light Balsamic Vinaigrette**

**Meijer Light Fruit Cocktail**

**Meijer Fat Free Milk**

525 calories

14 g fat

75 g carbohydrate

5 g fiber

**Thursday**

**Sloppy Joes** (Cook 1 lb Jennie-O Extra Lean Ground Turkey Breast. Add 1 can Meijer Sloppy Joes sauce mix. Heat through. Serve on Meijer Light Wheat Hamburger Buns.)

***Serve with:***

**Marinated Pummelo Salad** (Place in a bowl 1 peeled, seeded, and sectioned Pummelo and 1 sliced red pepper. Toss with ½ c Kraft Fat Free Italian salad dressing and refrigerate 1 hour. To serve line plates with Dole Butter and Red Leaf Lettuce bagged salad and avocado slices.)

**Meijer Light Yogurt**

535 calories

11 g fat

65 g carbohydrate  
10 g fiber

### **Friday**

**Glazed Ham** (Mix together ¼ c Meijer orange marmalade and 2 T Meijer Dijon mustard and brush over ham. Bake according to package directions based on weight.)

#### ***Serve with:***

**Rice a Roni Long Grain Wild Rice Pilaf**

**Green Giant Sweet Peas**

**Fresh Banana and Orange Ice Cream** (In a bowl combine 1 mashed small banana, 1 qt softened Meijer fat free vanilla ice cream, 1 t orange peel, and ½ c chopped pecans. Freeze until firm ~ 2 hours. Scoop ice cream in dessert dishes and top with peeled sliced Navel oranges.)

555 calories  
16 g fat  
80 g carbohydrate  
8 g fiber

### **Saturday**

**Pesto Chicken Pasta** (In a resealable bag combine ½ c Kraft Fat Free Italian salad dressing, 2 T Classico Creations™ Basil Pesto Sauce and Spread and 4 boneless skinless chicken breasts; refrigerate 1 hour. Grill or broil chicken breasts.

#### ***Serve with:***

**Meijer Whole Wheat Spaghetti tossed with Classico Creations™ Basil Pesto Sauce and Spread and Hunt's Diced Tomatoes**

**Green Giant Cut Green Beans – microwaved and seasoned with oregano**

**Melogold Ambrosia** (Peel and section 2 Melogold grapefruit and 2 oranges and place in a bowl. Sprinkle with 1 T Meijer sugar, 1 T minced fresh ginger, ½ t coconut extract, 1½ T toasted shredded coconut and toss.)

**Meijer Fat Free Milk**

**Wine Choice: Winter White Chardonnay**

590 calories  
18 g fat  
65 g carbohydrate  
8 g fiber

## **SHOPPING LIST**

### **Grocery**

- Low Sodium Soy Sauce
- Meijer Honey
- Meijer Olive Oil
- 1 Can (4 oz) Jalapeno Pepper
- Meijer Instant Brown Rice
- Meijer Chicken Broth
- Meijer Gold Honey Dijon Salad Dressing
- Meijer Sweetened Shredded Coconut
- 2 (16 oz) CRYSTAL LIGHT Ready-To-Drink Raspberry Ice
- 1(46 oz) Juicy Juice 100% Orange Juice
- 1(46 oz) Juicy Juice 100% White Grape Juice

- Meijer Dijon Mustard
- Meijer Jarred Horseradish
- Campbell Select Vegetable Medley Soup
- Meijer Light Pineapple Chunks
- Kraft Macaroni and Cheese
- 1 (6 oz) Bumble Bee White Canned Tuna
- Meijer Light Fruit Cocktail
- 1 (16 oz) Can Meijer Sloppy Joe Sauce
- Meijer Light Hamburger Buns
- Kraft Fat Free Italian Salad Dressing
- Meijer Orange Marmalade
- Rice A Roni Long Grain Wild Rice Pilaf
- Classico Creations™ Basil Pesto Sauce and Spread
- Meijer Whole Wheat Spaghetti
- 1 (14.5 oz) Can Hunts Petite Diced Tomatoes
- Winter White Chardonnay

#### **Dairy**

- 2 Gallons Meijer Fat Free Milk
- Meijer Grated Parmesan Cheese
- Pillsbury Ready to Bake Sugar Cookies
- Pillsbury Unbaked Pie Crusts
- Meijer Light Yogurt

#### **Meat**

- 4 (6 oz) Mahi Mahi Fillets
- 1 lb Certified Angus Beef Top Sirloin
- Bob Evans Garlic Mashed Potatoes
- 1 lb Jennie-O Extra Lean Ground Turkey Breast
- 1-2 lb Cook's Ham
- 1 lb Tyson Boneless Skinless Chicken Breasts

#### **Frozen**

- Green Giant Broccoli Cuts
- 1 (16 oz) Bag Frozen Sliced Peaches or Fresh Apples (see below)
- Boca Chik 'n Patties
- Green Giant Sweet Peas
- 1 qt (4 cups) Meijer Fat Free Vanilla Ice Cream
- Green Giant Cut Green Beans

#### **Deli/Bakery**

- ½ lb Smoked Gouda Cheese
- 8 oz Gorgonzola Cheese Crumbles
- Meijer Bakery Italian Bread

#### **Produce**

- 5 Limes
- 3 Lemons
- 2 (4 lb bags) Navel Oranges
- 1 Bunch Cilantro
- Minced Garlic
- 2 Bunches of Green Onions
- 2 Cooking Onions
- 8 oz Sliced Mushrooms
- 10 oz Bag Flat Leafy Spinach
- 3 lb Bag Tangerines

- Meijer Raisins
- 4-6 Tart Apples for Fruit Gallette or Frozen Peaches
- 1 Bunch Leaf Lettuce
- 2 Tomatoes
- Dole Mediterranean Bagged Salad
- Marzetti's Light Balsamic Vinaigrette
- 1 Pummelo
- 1 Red Pepper
- Dole Butter and Red Leaf Lettuce Bagged Salad
- 1 Avocado
- 1 Banana
- Chopped Pecans
- 2 Melogold Grapefruit
- Jarred Minced Ginger
- Coconut Extract
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**Pantry Items:**

- Meijer Cooking Spray
- Meijer Honey
- Meijer Olive Oil
- Allspice
- Cumin
- Meijer Granulated Sugar
- Meijer All-Purpose Flour
- Meijer Ground Cinnamon
- Meijer Brown Sugar
- McCormick Sea Slat Grinder
- McCormick Peppercorn Grinder
- Oregano

**RECIPES**

**Marinated MahiMahi**

- ¼ c fresh lime juice
- ¼ c fresh orange juice
- 3 T chopped fresh cilantro
- 3 T low sodium soy sauce
- 2 T Meijer honey
- 2 t Meijer olive oil
- ¾ t ground allspice
- ¾ t ground cumin
- 1 can Meijer jalapeno peppers
- 1 T minced garlic
- 2 green onions, chopped
- 4 (6 ounce) mahi mahi fillets

1. Combine the first 11 ingredients in the container or a food processor or blender; process until smooth.
2. Put fish in a shallow dish; pour marinade over fish.
3. Cover and refrigerate 30 minutes, turning once.
4. Prepare grill or preheat broiler.
5. Remove fish from dish; reserve marinade. Place fish on grill rack or broiler pan that has been sprayed with cooking spray. Grill/broil 5 minutes on each side or until fish flakes easily, basting frequently with reserved marinade.

**Nutrition Information per serving:**

Calories: 165  
Total fat: 3 g  
Carbohydrate: 14 g  
Fiber: 0 g

**Fruit Galette**

Serves 8

1 c Meijer Raisins  
½ c Meijer sugar  
2 T Meijer all-purpose flour  
½ t Meijer ground cinnamon  
¼ t Meijer salt  
4 c (4 to 6 medium) peeled, chopped tart apples or fresh sliced peaches or 1 package (16-oz.) frozen sliced peaches  
1T lemon juice  
1 9-inch Pillsbury unbaked pie dough round or shell

1. Heat oven to 425° F.
2. Combine raisins, sugar, flour, cinnamon, and salt. Mix with apples and lemon juice.
3. Place 9-inch round pie dough on a rimmed baking sheet.
4. Mound fruit in center of dough, leaving a 1-2 inch border. Fold dough up around fruit, gently pleating and pressing dough against fruit.
5. Bake 10 minutes at 425° F; reduce temperature to 350° F and bake 20 to 25 minutes until crust is golden brown. Juices may seep out onto pan. Cool on pan. With a large spatula, carefully transfer galette to a platter and dust with powdered sugar before serving.

**Nutrition Information per serving:**

Calories: 208  
Total fat: 8 g  
Carbohydrate: 32 g  
Fiber: 3 g

Please consult your physician or healthcare provider with any health-related concerns, including changing your diet or starting an exercise routine. Information found at Meijer.com should never replace your doctor's advice or care.