

**Quick and Healthy Menu Planner**  
**Week of February 4, 2007**

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- Super Bowl 2007**

**Shaved Pork Loin Sandwich with Caramelized Onions** (recipe below)

***Serve with:***

**Meijer Deli Cole Slaw**

**Touchdown Trifle** (Meijer Ready to Eat Chocolate pudding, torn Meijer deli angel food cake, and Meijer frozen raspberries in parfait or dessert cups. Top with Meijer Fat Free whipped topping and Meijer Chocolate Syrup.)

**Meijer Fat Free Milk**

***During half-time gather up your family and friends and go for a brisk walk.***

**Monday – Marvelously Meatless Mondays**

**Vegetarian Tacos**

***Serve with:***

**Fresh Peaches**

**Silk Soy Milk**

470 calories

13 g fat

56 g carbohydrate

8 g fiber

## Tuesday

### Jennie-O Fresh Turkey Brats

#### *Serve with:*

Bob Evan's Texas Mashed Potatoes

Meijer California Style Vegetables – microwaved

Meijer Fat Free, Sugar Free Vanilla yogurt topped with Meijer thawed frozen blueberries

Meijer Fat Free Milk

530 calories

17 g fat

60 g carbohydrate

6 g fiber

## Wednesday-Super Quick and Easy

### Meijer Family Meals – Fiesta Chicken Bake

#### *Serve with:*

Meijer Frozen Mexican Style Frozen Vegetables in the microwave

Meijer Light Fruit Cocktail

Meijer Fat Free Milk

530 calories

11 g fat

80 g carbohydrate

8 g fiber

## Thursday

Mock Fillet Mignon (Preheat oven to 450° F. Combine 2 pounds Meijer Fresh 96% lean ground beef with 1 envelop Meijer dry onion soup mix. Shape into 8 patties and wrap a slice of Meijer bacon around each patty, secure with wooden tooth picks. Place on 9 x 13-inch baking dish and bake for 15-20 minutes. Extra patties may be frozen before baking)

#### *Serve with:*

Meijer Steak Fries

Meijer French Style Green Beans - Microwaved

Ginger Strawberry Frappe (In a blender, combine 8 oz Diet Canada Dry Ginger Ale, ½ c

frozen thawed strawberries and 3 ice cubes. Blend until smooth, pour into a 12-ounce glass and garnish with a fresh strawberry. Make additional beverages per family member.)

Betty Crocker Low Fat Brownie Mix

590 calories

18 g fat

70 g carbohydrate

10 g fiber

## Friday

### Broiled Rainbow Trout with Pecans (recipe below)

#### *Serve with:*

Meijer Cornbread Stuffing

Meijer Frozen Baby Carrots – Microwaved

Meijer Light Sliced Pears

## **Meijer Fat Free Milk**

540 calories  
20 g fat  
60 g carbohydrate  
7 g fiber

## **Saturday**

### **Garlic Herb Pistachio Chicken**

(Preheat oven to 375° F. Mix ½ cup coarsely shelled and chopped pistachios with 1 T Mrs. Dash Garlic and Herb Seasoning Blend. Coat 1 lb of chicken breasts with pistachio mixture. Heat 1 T Meijer Olive Oil in a nonstick skillet over medium heat and sauté chicken breasts 3-4 minutes. Turn chicken and sprinkle with ½ T Mrs. Dash Garlic and Herb Seasoning. Sauté for 3-4 minutes until golden brown on each side. Add to baking dish and bake for 20 min.)

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

**Barilla Plus pasta topped with Meijer Pasta Sauce**

**Dole Greener Selection Salad with sliced cucumbers, cherry cocktail tomatoes, and radishes. Dress with your favorite Meijer Light salad dressing**

**Sliced Golden Fresh Pineapple**

### **Wine Choice: Lindemans Bin 65 Chardonnay**

590 calories  
15 g fat  
80 g carbohydrate  
12 g fiber

## **SHOPPING LIST**

### **Grocery**

- Meijer Olive Oil
- Chili Sauce
- Apple or Currant Jelly
- Meijer Apple Cider Vinegar
- Meijer Ready to Eat Chocolate Pudding
- Meijer Chocolate Syrup
- 1 (8 oz) Can Meijer No-Salt-Added Tomato Sauce
- Meijer Taco Seasoning
- Meijer Taco Shells
- Meijer Salsa
- Meijer Light Fruit Cocktail
- Meijer Dry Onion Soup Mix
- Diet Ginger Ale
- Betty Crocker Low Fat Brownies
- Sherry Vinegar
- Meijer Chopped Pecans
- Meijer Cornbread Stuffing
- Meijer Light Sliced Pears
- Pistachios
- Mrs. Dash Garlic and Herb Seasoning Blend
- Barilla Plus Pasta
- Meijer Pasta Sauce
- Meijer Light Salad Dressing – your choice

**Dairy**

- 2 Gallons Meijer Fat Free Milk
- Meijer Low Fat Sour Cream (optional for taco bar)
- Kraft 2% Milk Reduced Fat Shredded Cheddar Cheese
- Meijer Fat Free, Sugar Free Vanilla Yogurt
- Meijer Butter

**Meat**

- 2 lb Boneless Pork Loin
- Jennie-O Turkey Brats
- Bob Evan's Texas Mashed Potatoes
- 2 lb Meijer Fresh 96% Lean Ground Beef
- Meijer Bacon
- 4 (4-5 oz) Boneless Rainbow Trout Fillets
- 2.5 lb Bag Tyson Boneless, Skinless Chicken Breasts

**Frozen**

- Meijer Fat Free Whipped Topping
- Meijer Raspberries
- Meatless Burger-Style Vegetable Protein Crumbles, such as Morning Star Farms
- Meijer California Style Vegetables
- Meijer Blueberries
- Meijer Family Meals- Fiesta Chicken Bake
- Meijer Mexican Style Vegetables
- Meijer Steak Fries
- Meijer French Style Green Beans
- Meijer Strawberries
- Meijer Baby Carrots

**Deli/Bakery**

- 8 Kaiser Rolls
- Meijer Deli Coleslaw
- Meijer Bakery Angel Food Cake
- Silk Soy Milk

**Produce**

- 3 lb Bag Yellow Onions
- 1 Jar Minced Garlic
- 3 Tomatoes
- 1 Head Lettuce
- 1 Avocado (optional for taco bar)
- Peaches
- Dole Greener Selection Salad
- 1 Cucumber
- Cherry Cocktail Tomatoes
- Radishes
- Golden Pineapple
- Lindemans Bin 65 Chardonnay

**Pantry Items:**

- Meijer Cooking Spray
- Dried Basil
- Dried Oregano
- Meijer Salt

- Meijer Black Pepper
- Paprika
- Toothpicks

## **RECIPES**

### **Shaved Pork Loin Sandwich with Caramelized Onions**

Makes 8

- 1 (2 lb) boneless pork loin
- 1 t dried basil
- 1 t dried oregano
- ½ t Meijer salt
- ½ t Meijer black pepper
- ½ t paprika
- 1 T Meijer olive oil
- 2 large yellow onions, peeled and sliced
- ½ c chili sauce
- ¼ c apple or currant jelly
- 1 T Meijer apple cider vinegar
- 8 whole grain Kaiser rolls, split and toaster

1. Heat oven to 350° F. Combine basil, oregano, salt, pepper and paprika. Rub mixture on all surfaces of the pork loin. Place pork in shallow pan and bake for 40 to 50 minutes until temperature reaches 155° F on a meat thermometer. Remove from oven and let rest for 10 minutes before slicing.
2. Meanwhile, heat a large skillet over medium heat. Add oil and onion rings to skillet; cook for 20 minutes stirring frequently until onions are tender and golden. Stir in chili sauce, jelly, and vinegar. Cook and stir 10 more minutes. Set aside.
3. Thinly slice pork loin; stack on toasted roll halves. Top with caramelized onions and top of rolls.

#### **Nutrition Information per serving:**

Calories: 365  
 Total fat: 11 g  
 Carbohydrate: 35 g  
 Fiber: 2 g

Adapted from [www.theotherwhitemeat.com](http://www.theotherwhitemeat.com)

### **Vegetarian Tacos**

Serves 8

- 1½ cups frozen burger-style vegetable protein crumbles, thawed such as Morning Star Farms
- 1 (8-ounce) can Meijer no-salt-added tomato sauce
- 1 small onion chopped
- 1 t. minced garlic
- 1 T. Meijer taco seasoning
- 8 Meijer Taco Shells

#### Taco Bar Toppings:

Meijer Salsa  
 Chopped green house tomatoes  
 Shredded lettuce  
 Sliced avocados (optional)

Meijer low fat or fat free sour cream (optional)  
Kraft Shredded 2% milk reduced fat cheddar cheese (optional)

- 1) Combine first 5 ingredients in a medium saucepan.
- 2) Bring to a boil, cover, reduce heat, and simmer 10 minutes or until mixture is thoroughly heated.
- 3) While protein crumble mixture cooks, prepare Taco Bar Toppings.

**Nutrition Information per serving:**

Calories: 334  
Total fat: 12 g  
Carbohydrate: 34 g  
Protein: 20 g  
Cholesterol: 17 mg  
Sodium: 494 mg  
Fiber: 6 g

Adapted from Cooking Light

**Broiled Rainbow Trout with Pecans**

Makes 4

- 4 boneless rainbow trout fillets (4-5 oz each fillet)
- 2 T Meijer butter
- 1 T sherry vinegar
- ¼ c chopped pecans

1. Heat broiler to medium heat. Spray broiler pan with Meijer nonstick cooking spray and place trout on pan. Broil trout for 4 minutes on each side. Don't force fish off broiler pan with a spatula- when ready, it will release itself.
2. While fish is broiling, heat a medium sauce pan over medium-high heat and add 1 T butter. When the butter is melted, add pecans and cook, stirring, for 5 minutes. Add vinegar and cook for 1 minute. Whisk in remaining 1 T butter, to form an emulsified sauce.
3. Place trout on plates and spoon sauce over fish.

**Nutrition Information per serving:**

Calories: 242  
Total fat: 16 g  
Carbohydrate: 1 g  
Fiber: 0 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.