

**Quick and Healthy Menu Planner**  
**Week of September 10, 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). 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.

**Sunday**

**Pork Normandy (recipe below)**

***Serve with:***

**Baked Russet Potato with Meijer Fat Free Sour Cream**  
**Steamed Fresh Broccoli**  
**Meijer Light Fruit Cocktail**  
**2 Betty Crocker Oatmeal Cookie Mix – prepare as directed**

545 calories  
9 g fat  
85 g carbohydrate  
10 g fiber

**Monday – Meatless Mondays**

**Rosetto Cheese Ravioli topped with Newman's Own Pasta Sauce**

***Serve with:***

**Dole Fall Harvest Salad with Shoreline Dried Cherries and Wishbone Just 2 Good Country Italian Salad Dressing**  
**Dannon Light N Fit Yogurt topped with Meijer Frozen Blueberries**

575 calories  
10 g fat  
90 g carbohydrate  
8 g fiber

**Tuesday**

**Cranberry- BBQ Chicken Tenders** (Mix 1 c Meijer cranberry sauce, 1 c Meijer BBQ sauce, 1 t cinnamon and 1 t grated orange peel; reserve. Heat a large sauté pan and add 1 T olive oil. Sauté 1 lb chicken breast tenders till cooked through. Add in cranberry sauce mixture and simmer until sauce starts to thicken.)

**Serve with:**

**Betty Crocker AuGratin Potatoes – prepare with Meijer fat free milk and ½ the margarine**  
**Steamed Fresh Green Beans**  
**Fresh Apple Slices with Marzetti's Light Caramel Apple Dip**

525 calories  
12 g fat  
75 g carbohydrate  
8 g fiber

**Wednesday - Super Quick & Easy!**

**Philly Cheese Sandwiches** (In a sauté pan, cook 1 slices onion, 1 sliced green pepper and 1 jar Newman's Own Mild Salsa, until thick. Add in 1 lb Philly Steak Sandwich meat, heat through. Place meat mixture into 4 Aunt Millie Deli Wheat Mini-Sub Buns and top with 1 slice of Kraft 2% American Cheese Slice.)

**Serve with:**

**Baby Carrots with Marzetti's Light Vegetable Dip**  
**Dole Tropical Fruit Bowls**  
**2 Nabisco Snackwell Cookies**

565 calories  
18 g fat  
84 g carbohydrate  
8 g fiber

**Thursday**

**Texas Beef and Bean Skillet (recipe below)**

**Serve with:**

**Betty Crocker Cornbread and Muffin Mix – prepare with Meijer Fat Free Milk and ½ the fat**  
**Dole Greener Selection Salad with sliced cucumbers, grape tomatoes, and Marzetti's Light Salad dressing of your choice**  
**Dole Pineapple Fruit Bowls**

590 calories  
22 g fat  
65 g carbohydrate  
9 g fiber

**Friday**

**Baked Walleye** (Place fish in foil-lined cookie sheet. Brush fish with olive oil and sprinkle with Mrs. Dash Lemon Herb seasoning. Bake at 400° F for 5 to 8 minutes. Turn fish and brush other side with olive oil and season. Bake an additional 5 to 8 minutes or until fish flakes when tested with a fork.)

**Serve with:**

### **Rice-A-Roni Long Grain & Wild Rice Pilaf**

**Steamed Fresh Cauliflower seasoned with salt, pepper, and nutmeg.**

**Angel Food Cake topped with Meijer Frozen Strawberries and drizzled with Meijer**

**Chocolate Syrup**

572 calories

10 g fat

90 g carbohydrate

6 g fiber

### **Saturday**

**Pasta Carbonara** (In a small sauté pan, cook 1 (5 oz) package of chopped Dinner Bell Canadian Bacon with 2 T minced garlic over medium-low heat for 3-4 min. Add  $\frac{2}{3}$  c dry white wine, bring to boil, and reduce mixture by half. Cool mixture in a bowl for 5 minutes. Stir in 1 c Meijer egg substitute,  $\frac{1}{3}$  c chopped parsley and  $\frac{1}{3}$  c Meijer grated Parmesan cheese. Serve over cooked pasta.)

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

**Barilla Plus Angel Hair Pasta**

**Steamed Mann's Stringless Sugar Snap Peas**

**Dole Mandarin Oranges Fruit Bowls**

**Raspberry Bars (recipe below)**

**Wine Choice: Kendall Jackson Chardonnay**

504 calories

11 g fat

70 g carbohydrate

7 g fiber

### **SHOPPING LIST**

#### **Grocery**

- Carapelli Olive Oil
- Meijer 100% Apple Juice
- Meijer Dijon Mustard
- White Cooking Wine
- Meijer Chicken Broth
- Meijer Light Fruit Cocktail
- Betty Crocker Oatmeal Cookie Mix
- Newman's Own Pasta Sauce – your choice
- Wishbone 2 Good Country Italian Salad Dressing
- Meijer Cranberry Sauce
- Meijer BBQ Sauce
- Betty Crocker Au Gratin Potato Box Mix
- Newman's Own Mild Salsa
- Dole Tropical Fruit Bowls
- Nabisco Snackwell Cookies – your choice
- 1 can Dei Fratelli Chopped Tomatoes
- 1 (24 oz) jar Randall Pinto Beans
- 1 (4 oz) can Meijer Mild Chopped Green Chilies
- Betty Crocker Cornbread and Muffin Mix

- Dole Pineapple Fruit Bowl
- Mrs. Dash Lemon Herb Seasoning
- Rice-A-Roni Long Grain & Wild Rice Pilaf
- Meijer Chocolate Syrup
- Barilla Plus Angel Hair Pasta
- Dole Mandarin Oranges Fruit Bowls
- Reduced Fat Bisquick Mix
- Meijer Quick Cooking Oats
- Meijer Raspberry Preserves
- Kendall Jackson Chardonnay

#### **Dairy**

- 1 Gallon Meijer Fat Free Milk
- Meijer Fat Free Sour Cream
- Dannon Single Serving Light N Fit Yogurt
- Shedd's Light Country Crock Margarine
- Kraft 2% milk American Cheese Slices
- Kraft 2% Shredded Jack or Cheddar Cheese
- 1 dozen Meijer Eggs
- Meijer Grated Parmesan Cheese
- Meijer Butter

#### **Meat**

- 1 lb Pork Tenderloin
- 4 lb Bag Meijer Chicken Breast Tenders **BOGO (Buy one get one free!)**
- 1½ lb Ground Beef Round
- 1 lb Walleye Fillets
- Dinner Bell Canadian Bacon

#### **Frozen**

- Rosetto Cheese Ravioli
- Meijer Blueberries
- Philly Sandwich Steaks
- Meijer Strawberries
- Meijer Great Egg Spectation Egg Substitute
- Meijer Raspberries

#### **Deli/Bakery**

- Aunt Millie Wheat Mini-Sub Buns
- Bakery Angel Food Cake

#### **Produce**

- 3 lb Bag Tart Apples **BOGO (Buy one get one free!)**
- 15 lb Bag Russet Potatoes
- Broccoli **BOGO (Buy one get one free!)**
- Dole Harvest Bagged Salad **BOGO (Buy one get one free!)**
- Shoreline Dried Cherries
- 3 Onions
- Bagged Green Beans **BOGO (Buy one get one free!)**
- T Marzetti's Light Caramel Apple Dip **BOGO (Buy one get one free!)**
- 1 Green Pepper
- 1 lb Baby Organic Carrots
- T Marzetti's Light Vegetable Dip
- 1 Jar Minced Garlic
- 1-3 Jalapeno Chilies

- Dole Green Selection Bagged Salad **BOGO (Buy one get one free!)**
- 1 Cucumber
- 1 Pint Grape Tomatoes
- T Marzetti's Light Salad Dressing **BOGO (Buy one get one free!)**
- Cauliflower **BOGO (Buy one get one free!)**
- Mann's Stringless Sugar Snap Peas

**Pantry Items:**

- Meijer Cooking Spray
- Marjoram
- Cinnamon
- Grated Orange Peel
- Nutmeg
- Meijer Brown Sugar

**Recipes**

**Pork Normandy**

Makes 4 servings

- 1 lb pork tenderloin
- 1 t Carapelli olive oil
- ¼ c Meijer 100% apple juice
- 2 t Meijer Dijon mustard
- ¼ c white wine
- ¼ c Meijer chicken broth
- 2 tart apples, cored, peeled and cut into eighths
- ¼ t ground marjoram

1. Preheat oven to 350° F. Place tenderloin on baking sheet and season with salt and pepper. Bake for 40-45 min or until an internal temperature of 160° F is reached.
2. While tenderloin is baking, stir together apple juice, mustard, wine, and broth in a small saucepan. Bring liquid to a boil and reduce to a simmer. Add in apple slices and marjoram. Cook gently until apple slices are tender.
3. Remove meat from oven. Slice and plate pork tenderloin. Spoon sauce over pork.

**Nutrition Information per serving:**

Calories: 175  
 Total fat: 3 g  
 Carbohydrate: 12 g  
 Fiber: 2 g

Adapted from healthnotes.info

**Texas Beef N Bean Skillet Dinner**

Makes 8 servings

- 1 T Carapelli olive oil
- 1 c chopped onion
- 1 T minced garlic
- 1-3 fresh jalapeno chilies, minced
- 1½ lb ground round
- 1 c Dei Fratelli chopped canned tomatoes
- 1 jar (24 oz) Randall Pinto Beans, drained

- 1 can (4 oz) Meijer mild green chopped chilies
- 1 c Kraft 2% shredded jack or cheddar cheese

1. Heat the oil in a heavy skillet over medium high heat. Add in onion, garlic, and jalapenos. Sauté, stirring, until onion is tender.
2. Crumble in the beef and cook, stirring occasionally. Stir in tomatoes and cook 5 minutes.
3. Add in the beans and green chilies. Reduce heat and simmer until the heated through.
4. Sprinkle cheese over the top of skillet and continue to simmer until all of the cheese is melted.

**Nutrition Information per serving:**

Calories: 330  
Total fat: 18 g  
Carbohydrate: 18 g  
Fiber: 5 g

Adapted from randallbeans.com

**Raspberry Bars**

Makes 24 bars

- 2 c Reduced Fat Bisquick mix
- 1 c Meijer quick cooking oats
- $\frac{3}{4}$  c Meijer brown sugar
- $\frac{1}{2}$  c Meijer butter, softened
- 1 c raspberry preserves
- 2 c Meijer thawed frozen raspberries

1. Preheat oven to 400° F. Grease square pan, 9x9x2 in. Mix Bisquick, oats, and brown sugar in large bowl. Cut in butter, using fork or pastry blender, until mixture is crumbly.
2. Press half of the crumbly mixture in pan. Spread preserves over crumbly mixture and then top with thawed raspberries with in  $\frac{1}{4}$  in of edge. Top with remaining crumbly mixture; press gently into fruit.
3. Bake for 25-30 minutes or until light brown; cool. For 24 bars, cut 6 rows by 4 rows.

**Nutrition Information per serving:**

Calories: 145  
Total fat: 5 g  
Carbohydrate: 25 g  
Fiber: 2 g

Adapted from bettycrocker.com

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.