

**Quick and Healthy Menu Planner**  
**Week of June 18, 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 Tenderloin with Peachy Mustard Sauce (recipe below)**  
**Green Giant Green Beans**  
**Strawberries on Bakery Angel Food Cake with Meijer Whipped Topping**

450 calories  
7 g fat  
68 g carbohydrate  
4 g fiber

**Monday – Super Quick & Easy!**

**Meijer Deli Rotisserie Chicken**  
**Bi-Color Fresh Sweet Corn**  
**Red Seedless Grapes**  
**Kellogg's Rice Krispy Treats**

433 calories  
7 g fat  
58 g carbohydrate  
4 g fiber

**Tuesday (Meatless)**

**Vegetarian Tacos (recipe below)**  
**Fresh Peaches**  
**Meijer Fat Free Milk**

463 calories  
13 g fat  
56 g carbohydrate  
8 g fiber

### **Wednesday**

#### **BBQ Turkey Burgers**

(Prepare Jennie-O ground turkey meat into 4 (4 oz.) burgers. Top with Open Pit BBQ Sauce. Serve on Aunt Millie Fiber for Life Whole Grain Hamburger Buns with lettuce, tomato and onion slices).

#### **Meijer Deli Sweet-n-Sour Coleslaw**

#### **Cantaloupe Wedges**

470 calories  
18 g fat  
54 g carbohydrate  
10 g fiber

### **Thursday**

#### **Chicken Sorrento**

(Sprinkle chicken breasts with salt and pepper. Heat 2 t. of olive oil in a skillet over medium-high heat. Add chicken, cook 2 minutes on each side. Pour 1 bottle of Reduced Fat Creamy Italian Dressing; turn to coat. Cover, reduce heat and simmer 5 minutes. Add frozen Green Giant broccoli, cover and cook 5 minutes.)

#### **Meijer Instant Brown Rice**

#### **Dole Pineapple**

409 calories  
8 g fat  
47 g carbohydrate  
4 g fiber

### **Friday**

#### **Eckrich Smoked Sausage on the Grill**

#### **Bob Evans Mashed Potatoes**

#### **Fresh Nectarines slices on Dean's Frozen Vanilla Yogurt**

520 calories  
20 g fat  
65 g carbohydrate  
6 g fiber

### **Saturday**

#### **Tilapia Fillets with Wine and Tomatoes (recipe below)**

#### **Whole Wheat Pasta with Bertolli Pasta Sauce**

#### **Dole Baby Spinach Salad with Good Seasonings Red Raspberry Poppy Seed Salad**

#### **Dressing**

#### **Sliced Mango**

582 calories  
17 g fat  
72 g carbohydrate  
8 g fiber

### **SHOPPING LIST**

#### **Grocery**

- Meijer Gold Peach Preserves
- Meijer Dijon Mustard

- Kellogg's Rice Krispy Treats
- 1 (8 oz.) can Meijer no-salt-added Tomato Sauce
- Ortega Taco Seasoning
- Ortega Taco Shells
- Meijer Salsa
- Open Pit BBQ Sauce
- Kraft Reduced Fat Creamy Italian Salad Dressing
- Aunt Millie Fiber For Life Whole Grain Hamburger Buns
- Meijer Instant Brown Rice
- Dole Pineapple
- Alice White Chardonnay
- Whole Wheat Pasta
- Bertolli Pasta Sauce
- Good Seasonings Red Raspberry Poppy Seed Dressing
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**Dairy**

- Kraft Shredded 2% Milk Cheddar Cheese
- Daisy Low Fat Sour Cream
- Meijer Fat Free Milk
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**Meat**

- Meijer Pork Tenderloin
- 1 lb. Jennie O Ground Turkey
- Tyson Boneless Chicken Breasts
- Eckrich Smoked Sausage
- Bob Evans Mashed Potatoes
- Tilapia Fillets
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**Frozen**

- Green Giant Green Beans
- Green Giant Broccoli
- Meijer Whipped Topping
- Vegetable Protein Crumbles, such as Morning Star Farms
- Deans Frozen Yogurt
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**Deli/Bakery**

- Angel Food Cake
- Rotisserie Chicken
- Meijer Deli Sweet-n-Sour Coleslaw
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**Produce**

- Bi-color Sweet Corn on the Cob
- Strawberries
- Onions
- Red Seedless Grapes
- 1 Jar Minced Garlic
- Green House Tomatoes

- Dole Shredded Lettuce
- Avocado
- Peaches
- Cantaloupe
- Nectarines
- Fresh Basil
- Dole Baby Spinach Salad
- Mangos
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**Pantry Items:**

- Meijer Cooking Spray
- Meijer Olive Oil
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**Recipes**

**Pork Tenderloin with Peachy Mustard Sauce**

Makes 4 (3 oz.) servings

1 lb. pork tenderloin  
 Meijer Cooking Spray  
 ¼ t. salt  
 ¼ t. pepper  
 ½ cup Meijer Gold peach preserves  
 2 T. Meijer Dijon mustard  
 1 T. water

1. Slice tenderloin into 1-inch medallions. Season tenderloin with salt and pepper.
2. Coat a large nonstick skillet with cooking spray and place over medium heat until hot.
3. Add medallions to skillet; cook 1 minute on each side. Reduce heat to medium, cook for 3- 5 minutes on each side or until done.
4. Add peach preserves, Dijon mustard, and 1 T. of water to skillet; cook; stirring constantly, 2 minutes. Spoon sauce over medallions.

**Nutrition Information per serving:**

Calories: 257  
 Total fat: 6 g  
 Carbohydrate: 26g  
 Protein: 25 g  
 Cholesterol: 71mg  
 Sodium: 460mg  
 Fiber: 0.5 g

Adapted from Cooking Light 5 Ingredient, 15 Minute Cookbook

**Vegetarian Tacos**

Makes 4 servings (2 tacos each)

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

1 T. Ortega taco seasoning  
8 Ortega Taco Shells

Taco Bar Toppings:

Meijer Salsa

Chopped green house tomatoes

Shredded lettuce

Sliced avocados (optional)

Daisy low fat or fat free sour cream (optional)

Kraft Shredded 2% milk 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 5 Ingredient, 15 Minute Cookbook

**Tilapia with Wine and Tomatoes**

Makes 4 servings

4 (4 ounce) tilapia fillets

Salt and pepper to taste

2 T. Meijer olive oil

1 T. minced garlic

4 fresh basil leaves, chopped

1 large green house tomato, chopped

1 cup Alice White chardonnay

1. Place the tilapia fillets side by side on a large piece of aluminum foil. Season each one with salt and pepper.
2. Drizzle olive oil over fillets and sprinkle with minced garlic, basil, and tomatoes.
3. Pour wine over the top of fillets. Fold up foil around fish and seal into a packet. Place on a baking sheet and bake in a 400°F oven for 20 minutes or until fish flakes easily with a fork.
4. Open the packet carefully so as not to get burned from the steam, and serve.

**Nutrition Information per serving:**

Calories: 225

Total fat: 8 g

Carbohydrate: 4 g

Protein: 23 g

Cholesterol: 57 mg

Sodium: 61 mg

Fiber: 0.5 g

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