

Quick and Healthy Menu Planner
Week of June 25, 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

Sweet BBQ Chicken Kabobs

(Mix 1 ½ c. BBQ sauce with 3 T. frozen orange juice concentrate, thawed. Brush onto 4 Meijer Gourmet Fresh Chicken Kabobs. Grill 8-10 minutes or until chicken is cooked. Source: Kraft)

Meijer Instant Brown Rice (Prepare rice as directed on package. Substitute chicken broth for water to add flavor)

Pure Fruit frozen fruit bar

**Wash, slice and freeze 1 container of strawberries for Tuesday.*

490 calories
4 g fat
58 g carbohydrate
5 g fiber

Monday – Super Quick & Easy!

DiGiorno Harvest Wheat Roasted Vegetable Pizza

DOLE Very Veggie Salad Mix

Fresh sliced peaches over Breyers Light Vanilla Bean Ice Cream

430 calories
12 g fat
70 g carbohydrate
7 g fiber

Tuesday

Spinach & Bacon Pasta Toss

(Prepare 1 box (10 oz) Kraft Italian Pasta Salad as directed on package. In skillet, heat $\frac{3}{4}$ c. Kraft Light Done Right Zesty Italian Dressing over medium heat. Add 1 lb. boneless skinless chicken breast chopped. Cook 5-7 minutes. Add 1 pint cherry tomatoes, halved. Combine with prepared pasta. Add 1 bag baby spinach, 1 c. shredded mozzarella and 8 slices of pre-cooked Tyson Bacon, crisp and crumbled. Toss. Add additional $\frac{1}{2}$ c. cheese (optional). Source: Kraft)

Meijer fat-free milk

Fruity Granita

(Blend 1 tub

lemonade low calorie drink mix (like Crystal Light) with 1- $\frac{1}{4}$ c. water and 2-3 c. frozen strawberries. Pour into dessert glass and enjoy with a spoon! Source: Kraft)

540 calories

11 g fat

71 g carbohydrate

7 g fiber

Wednesday

Black Bean Burger South West Salad

(Cook 4 Morningstar Farms Spicy Black Bean Veggie Burgers according to package directions. Cut into bite size pieces. In large bowl, toss 4 c. DOLE salad greens with 4 T. spicy ranch salad dressing. Top with burger pieces, 1 sliced avocado (peeled and pitted), about 20 tortilla chips (broken), 4 T. salsa and 4 T. sour cream. Source: Morningstar Farms)

Sliced cantaloupe

Fudgsicle

520 calories

29 g fat

65 g carbohydrate

16 g fiber

Thursday

Cheesy BBQ Nachos (recipe below)

Watermelon Salad

(Cube 4 c.

watermelon. In large bowl, combine with 1 small white onion, sliced. Toss. Chill. Add 1 T. mint.

Serves 6. Source: Kraft)

Yoplait Light Yogurt

420 calories

14 g fat

57 g carbohydrate

5 g fiber

Friday

Grilled Salmon with Herb Sauce

(Preheat grill. Place 2 T. Greek Vinaigrette in shallow plate and place 1 lb. salmon skin side up on plate. Mix 2 additional T. dressing with $\frac{1}{2}$ c. sour cream and 6 T. cilantro (or dill). Chill. Place salmon skin side down on grill. Cover. Cook 10 minutes. Serve with cream mixture. Serves 4. Source: Kraft)

Deli macaroni salad

Microwaved broccoli florets
S'mores

586 calories
29 g fat
48 g carbohydrate
4 g fiber

Saturday

Grilled Sirloin Steak with Steak Sauce

Baked beans
Baby-cut carrots with Ranch veggie dip
Creamy Layered Fruit Sensation (Recipe below)
Wine Choice: Finca La Linda Extra Brut Wine

560 calories
15 g fat
65 g carbohydrate
8 g fiber

SHOPPING LIST

Grocery

- Lemonade low-calorie soft drink mix
- 1 (10 oz.) box Kraft Italian Pasta Salad
- Meijer instant brown rice
- 1 bottle Kraft Light Done Right Zesty Italian Dressing
- 1 bottle Greek Vinaigrette
- 1 bottle Kraft Original BBQ sauce
- 1 bottle steak sauce
- 1 (16 oz.) jar Chi-Chi's Salsa
- 1 (28 oz.) can Bush's Original Baked Beans
- 1 (16 oz.) bag Meijer Marshmallows
- 1 box Meijer Low-fat Honey Graham Crackers
- 1 (6 pk.) Hershey's Chocolate Bars
- 2 bags Meijer Tortilla Chips
- 1 bottle reduced fat spicy ranch salad dressing
- 1 (15 oz.) can Meijer chili beans
- 1 (2 ¼ oz) can Meijer sliced ripe olives
- 2 (4 svg.) pkg. JELL-O Vanilla Flavor Fat-Free Sugar-Free Instant Pudding & Pie Filling
- 1 bottle Finca La Linda Extra Brut wine (optional)

Dairy

- Meijer Fat-Free Milk
- 1 bag Kraft Shredded Low-Moisture Part-Skim Mozzarella Cheese
- 1 bag Kraft Shredded Colby-Monterey Jack Cheese
- 4 (6 oz.) Yoplait Light Yogurt cups
- 1 (16 oz.) container Breakstone's Sour Cream
- 1 (1.75 L) Simply Orange orange juice

Meat

- 1 lb. Alaskan Sockeye Salmon
- 1 lb. USDA Choice Boneless Top Sirloin Steak

- 4 Meijer Gourmet Fresh Chicken Kabobs
- 1 lb. Meijer Boneless Skinless Chicken Breast
- 1 pkg. Tyson Pre-cooked Bacon
- 1 (18-20 oz.) pkg. Lloyd's Shredded Pork in BBQ Sauce

Frozen

- Di Giorno Harvest Wheat Roasted Vegetable Pizza
- 1 box Morningstar Farms Spicy Black Bean Veggie Burgers
- 1 box Fudgsicle No Sugar Added Frozen Pops
- 1 (56 oz.) container Breyers Light Vanilla Bean Ice Cream
- 1 (10 ct.) box All Natural Pure Fruit frozen fruit bars
- 1 container Meijer frozen orange juice concentrate
- 1 bag Meijer frozen corn
- 1 bag Meijer frozen broccoli florets
- 1 (8 oz.) container COOL WHIP LITE Topping

Deli/Bakery

- Meijer (3 lb.) Macaroni Salad
- 1 Angel Food Cake

Produce

- 2 (1 lb.) containers California Strawberries
- 1 medium cantaloupe
- 1 medium avocado
- 3 medium Roma (or Plum) Tomatoes
- 1 pint cherry tomatoes
- 1 medium seedless whole watermelon
- 1 (24 oz.) package NewStar Baby Spinach
- 4 Fresh California Peaches
- 1 white onion
- 1 (12 oz.) bag DOLE Very Veggie Salad Blend
- 1 (12 oz.) bag DOLE American Salad Blend
- 1 (2 lb.) bag Bolthouse Farms Baby-Cut Carrots
- 1 (15.5 oz.) container T. Marzetti's Ranch Veggie Dip

Pantry Items:

- Almond extract
- Fresh ground mint
- Dill or Cilantro
- Aluminum foil

Recipes

Creamy Layered Fruit Sensation

Makes 16 (1/2 c.) servings

- 1 Bakery Angel Food Cake
- 3 T. orange juice
- ¼ t. almond extract
- 2-½ c. Meijer fat-free milk
- 2 pkg. JELL-O Vanilla Flavor Pudding & Pie Filling
- 1-½ c. thawed COOL WHIP LITE, thawed, divided
- 2-½ c. fresh strawberries

1. Cut cake into cubes; place in large bowl. Combine orange juice and almond extract. Drizzle over cake. Toss lightly.

2. Pour milk into separate large bowl. Add dry pudding mixes. Beat with wire whisk 2 minutes or until blended. Gently stir in 1 c. whipped topping.
3. Layer $\frac{1}{2}$ the cake cubes in bottom of a 2 qt. glass serving dish. Reserve a few berries for garnish. Top with layers of $\frac{1}{2}$ each of the remaining berries and pudding mixture. Repeat layers. Repeat layers. Cover with plastic wrap. Refrigerate 2-6 hours. Top with remaining $\frac{1}{2}$ c. whipped topping and reserved berries just before serving.

Nutrition Information per serving:

Calories: 100
Total fat: 1 g
Carbohydrate: 21 g
Fiber: 1 g

Cheesy BBQ Nachos

Makes 12 servings

8 c. Meijer Tortilla Chips
1 tub (20 oz.) Lloyd's Shredded Pork in BBQ Sauce
1 can (15 oz.) Meijer chili beans in sauce
1 can (2 $\frac{1}{4}$ oz.) Meijer sliced ripe olives, drained
3 medium roma (plum) tomatoes, chopped (1 c.)
2 c. Kraft Shredded Colby-Monterey Jack Cheese (8 oz)

1. Heat oven to 350°F.
2. Line jelly roll pan (15 $\frac{1}{2}$ " x 10 $\frac{1}{2}$ " x 1") with aluminum foil.
3. Layer $\frac{1}{2}$ of each ingredient on foil in order listed; repeat. Bake 6-8 minutes or until cheese melts. (Source: www.lloydsbbq.com)

Nutrition Information per serving:

Calories: 280
Total fat: 14 g
Carbohydrate: 28 g
Fiber: 4 g