

Quick and Healthy Menu Planner
Week of July 16, 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 Dietitian and Healthy Living Advisor I 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!

Shari Steinbach, MS RD
Meijer Dietitian and Healthy Living Advisor
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

Meijer Seasoned Pork Filet

Serve with:

- Light & Fluffy Noodles
- Fresh Green Beans
- Berry Pudding Delight (recipe below)

521 calories
11 g fat
69 g carbohydrate
7 g fiber

Monday – Super Easy!

Deli Rotisserie Chicken
Kraft Pasta Salad (choose your favorite)
Fresh Cherries
Meijer Fat Free Milk

533 calories
12 g fat
55 g carbohydrate
5 g fiber

Tuesday

Greek Spinach Salad with Tuna (recipe below)

Serve with:

- Duncan Hines Blueberry Muffins

420 calories
21 g fat
39 g carbohydrate
5 g fiber

Wednesday

Cheese Burgers on Meijer Wheat Buns

Serve with:

- Tomato Slices
- Deli Sweet & Sour Slaw
- Red Grapes

543 calories
23 g fat
50 g carbohydrate
6 g fiber

Thursday

Stouffers Vegetable Lasagna

Serve with:

- Sauteed Zucchini and Summer Squash
(Slice zucchini and squash into thin slices and sauté in a medium hot skillet with 1 T. Meijer olive oil until tender. Sprinkle with Kraft shredded Parmesan cheese).
- Bakery Italian Bread

430 calories
14 g fat
47 g carbohydrate
7 g fiber

Friday

Orange Glazed Salmon (recipe below)

Serve with:

- Meijer Instant Brown Rice
- Meijer Stir Fry Vegetables
- Meijer Pineapple Chunks and Mandarin Oranges

408 calories
8 g fat
57 g carbohydrate
6 g fiber

Saturday

Grilled BBQ Chicken Leg Quarters

Serve with:

- Grilled Potato Halves
(Cut potatoes in half lengthwise; brush with Meijer olive oil and garlic seasoning blend; grill approximately 6 minutes on each side or until tender, being careful not to burn).
- Meijer California Style Mixed Vegetables
- Weight Watchers Ice Cream Bars.

498 calories
16 g fat
63 g carbohydrate
8 g fiber

SHOPPING LIST

Grocery

- Light and Fluffy Noodles
- Kraft Pasta Salad (choose your favorite)
- Vanilla Instant Pudding Mix
- Duncan Hines Blueberry Muffin Mix
- 2 (6 oz.) Cans StarKist Tuna in Water
- Kraft Greek Vinaigrette Dressing OR Kraft Light Done Right Red Wine Vinaigrette
- Meijer Light Wheat Hamburger Buns

Dairy

- Meijer Fat Free Milk
- Meijer 2% American Cheese Slices

Meat

- Meijer Seasoned Pork Filets (Buy one get one free)
- Ground Chuck Patties or 1 lb. Ground Chuck

Frozen

- Meijer Fat Free Whipped Topping

Deli/Bakery

- Rotisserie Chicken
- Athenos Traditional Crumbled Feta Cheese
- Sweet and Sour Coleslaw

Produce

- Green Beans
- Blueberries
- Raspberries
- Strawberries
- Cherries
- Earthbound Farms Baby Spinach
- Cucumbers
- Red Onion
- Green Pepper
- Tomatoes on the Vine
- Red Grapes

Recipes

Berry Pudding Delight

Makes 4 servings

1 (4 oz.) package vanilla instant pudding mix
2 cups Meijer fat free milk
½ cup Meijer fat free whipped topping
1 cup fresh raspberries
1 cup fresh blueberries

1 cup sliced fresh strawberries
4 whole fresh strawberries (optional)

1. Prepare the pudding mix using package directions, using 2 cups fat free milk. Fold in the whipped topping.
2. Spoon 2 tablespoons of the pudding and ¼ cup of the raspberries into each of 4 white or parfait glasses. Alternate layers of the remaining pudding with the blueberries and sliced strawberries, ending with the pudding. Chill, covered, until serving time. Top with whole strawberries sliced into a fan shape.

Source: Simply Colorado Too! More Nutritious Recipes for Busy People. Colorado Dietetic Assoc.

Nutrition Facts per serving:

Calories: 197
Fat: 1g
Carbohydrates: 44g
Protein: 5g
Sodium: 427mg
Cholesterol: 2mg
Fiber: 4g

Greek Spinach Salad with Tuna

Makes 4 (2-1/2 cups each) servings

6 cups Earthbound Farms baby spinach leaves
2 large tomatoes, diced
1 large green pepper, diced
1 large cucumber, sliced
1 small red onion, thinly sliced
2 (6 oz.) cans StarKist tuna (Albacore or Chunk Light in water), drained
½ cup Kraft Greek Vinaigrette Dressing OR Kraft Light Done Right Red Wine Vinaigrette
1 pkg. (4 oz.) Athenos Traditional Crumbled Feta Cheese

1. Place spinach on large serving platter or divide evenly among 4 plates; set aside.
2. Combine tomatoes, peppers, cucumbers, onions and tuna in large bowl. Add dressing; toss to coat.
3. Spoon over spinach; sprinkle with cheese.

Source: Kraft

Nutrition Facts per serving:

(With Greek Vinaigrette)
Calories: 270
Fat: 18g
Carbohydrates: 12g
Protein: 17g
Sodium: 860mg
Cholesterol: 40mg
Fiber: 4g

Orange Glazed Salmon

Makes 4 servings

4 (4 oz.) fresh sockeye salmon fillets
¼ t. salt
¼ t. pepper
Cooking spray

3 T. low-sodium soy salt
3 T. Tropicana orange juice
½ t. dark sesame oil

1. Sprinkle fish with salt and pepper. Coat a large non-stick skillet with cooking spray; place over high heat until hot. Add fish, and cook uncovered, 3 minutes on each side. Cover and cook 3 additional minutes or until fish flakes easily when tested with a fork. Remove from skillet; set aside, and keep warm.
2. Add soy sauce and orange juice to skillet; cook over high heat 1 minute, stirring to deglaze skillet. Add oil, and stir well. Pour sauce over fish, and serve immediately.

Source: Cooking Light 5 Ingredient, 15 Minute Cookbook

Nutrition Facts per serving:

Calories: 148

Fat: 5g

Carbohydrates: 1g

Protein: 23g

Sodium: 515mg

Cholesterol: 59mg

Fiber: 0g

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.