

Quick and Healthy Menu Planner
Week of August 6, 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!

Shari Steinbach, MS RD
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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

Garlic- Pepper T-Bone Steaks (Add minced garlic and fresh ground pepper to steaks. Grill or broil to desired doneness.)

Serve with:

Larry's Stuffed Potatoes

Spinach Salad with Dole Mandarin Oranges and Sliced Red Onions with Marzetti Fat Free

Honey Dijon Salad dressing

Whole Fruit Lemon Sorbet topped with Fresh Sliced Washington Cherries

605 calories
20 g fat
90 g carbohydrate
8 g fiber

Monday – Meatless Mondays

Grilled Cheese (Per sandwich 2 slices Meijer 100% Whole Wheat bread, 2 oz Kraft 2% milk American Cheese Slices, and 1 T Meijer Light margarine)

Serve with:

Cream of Tomato-Basil Soup (1 can Campbell's Tomato Soup mixed with 1½ c Meijer Fat Free Milk and ¼ c chopped fresh basil leaves.)

Banana and Jell-O Parfaits (Layer Jell-O Ready to Eat Sugar Free Gelatin, sliced bananas, and Meijer Fat Free Whipped Topping in parfait dessert glasses)

555 calories
19 g fat
67 g carbohydrate
7 g fiber

Tuesday

Roasted Pork Chops in Mustard Crumbs (recipe below)

Serve with:

Long Grain Wild Rice Pilaf (prepare 1 box Uncle Ben's Brown and Wild Rice Mushroom

Recipe as directed on box and add 1 (4.5 oz) jar of drained Penn Dutch Mushrooms)

Fresh Green Beans - steamed

Peaches and Cream Pudding (Prepare 1 box Jell-O Sugar Free Instant vanilla pudding with Meijer Fat Free milk. When pudding is set spoon into dessert bowls and add sliced fresh peaches)

Meijer Fat Free Milk

522 calories

13 g fat

65 g carbohydrate

7 g fiber

Wednesday - Super Quick & Easy!

Bird's Eye Viola Complete Meal – Your Choice

Serve with:

Bolthouse Farms Baby Carrots with Marzetti Vegetable Dip

Dole Sliced Pineapple

No Sugar Fudgesicles

Meijer Fat Free Milk

486 calories

10 g fat

80 g carbohydrate

7 g fiber

Thursday

Mock Fillet Mignon (Preheat oven to 450° F. Combine 2 pounds Meijer Fresh 96% lean ground beef with 1 envelope 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

Homegrown Bi-Color Sweet Corn - steamed

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

Santa Fe Chicken (recipe below)

Serve with:

Rice-A-Roni Spanish Rice (prepare as directed on box and add 1 can Del Monte diced tomatoes)

Earth Bound Farms Mixed Baby Greens with diced peppers and sliced Roma tomatoes with Marzetti Fat Free Dressing

Watermelon Slices

577 calories

12 g fat

90 g carbohydrate

12 g fiber

Saturday – Let's Grill

Grilled Lake Trout with Pecans (recipe below)

Serve with:

Barilla Pasta with Newman's Own Pasta Sauce

Grilled Garlic Bread (Slice 1 Ace multi-grain baguette in half lengthwise. In a small bowl, mix 2 T Meijer extra virgin olive oil, 2 T minced fresh garlic, 2 T Meijer grated parmesan cheese, and 2 T Italian herb blend. Place bread cut side down on and grill for 2 min. Brush with olive oil mixture and grill 2 min longer.)

Green Giant Asparagus

Frozen Green Grapes

Wine Choice: Bare Foot Chardonnay

646 calories

25 g fat

65 g carbohydrate

6 g fiber

SHOPPING LIST

Grocery

- Dole Canned Mandarin Oranges
- Marzetti's Fat Free Honey Dijon Salad Dressing - 10 for \$10
- Meijer 100% Whole Wheat Bread
- Campbell's Tomato Soup
- 1- 6 pack of Jell-O Ready To Eat Sugar Free Gelatin – your choice
- Meijer Spicy Brown Mustard
- Uncle Ben's Brown and Wild Rice Mushroom Recipe box mix
- 1 box Jell-O Sugar Free Vanilla Instant Pudding
- Dole Sliced Pineapple
- Meijer Dry Onion Soup Mix
- 1 – 12 pack Diet Canada Dry Ginger Ale
- Betty Crocker Low Fat Brownie Mix- 10 for \$10
- 2 cans (5 oz) Meijer Premium Chunk White Chicken -10 for \$10
- 2 cans (15.5 oz) Meijer Black Beans
- Newman's Own Salsa

- 1 jar Meijer Taco Sauce
- 1 package Meijer Corn Tortillas
- 1 Box Rice-A-Roni Spanish Rice -10 for \$10
- 1 (14.5 oz) can Del Monte Diced Tomatoes
- Meijer Chopped Pecans
- Barilla Pasta – your choice
- Newman's Pasta Sauce – your choice
- Meijer Parmesan Cheese
- 1 Bottle Bare Foot Chardonnay

Dairy

- 1 Gallon Meijer Fat Free Milk
- Kraft 2% Milk American Cheese Slices
- Meijer Light Margarine
- Meijer Light Sour Cream
- Kraft 2% Milk Shredded Reduced Fat Monterey Jack Cheese
- Meijer Butter

Meat

- 1 lb T-Bone Steak
- 1 lb Assorted Pork Chops
- 2 lb Meijer Fresh 96% Lean Ground Beef
- 1 Meijer Sliced Bacon
- 1½ lb Lake Trout

Frozen

- Larry's Stuffed Potatoes – 10 for \$10
- Whole Fruit Lemon Sorbet
- Meijer Fat Free Whipped Topping
- Bird's Eye Viola Meal – your choice
- No Sugar Fudgesicles
- Meijer Steak Fries
- Green Giant Asparagus

Deli/Bakery

- 1 Ace Multi-Grain Baguette

Produce

- Neu Star Flat Leaf Spinach
- 1 Red Onion
- Washington Cherries
- Fresh Basil
- Bananas
- 1 bag T Marzetti's Garlic Croutons
- Green Beans
- Peaches
- Bothouse Baby Carrots - 10 for \$10
- Marzetti's Vegetable Dip
- Homegrown Bi-Color Sweet Corn
- Strawberries
- Jarred Minced Garlic
- 1 White Onion
- Earth Bound Farms Organic Baby Greens
- 1 Green Pepper
- 4 Roma Tomatoes

- Watermelon
- Green Seedless Grapes

Pantry Items:

- Meijer Cooking Spray
- Tooth Picks
- Meijer Extra Virgin Olive Oil
- Meijer Italian Herb Blend

Recipes

Roasted Pork Chops in Mustard Crumbs

Makes 4 servings

- 1 lb Pork Chops
- 1 c T Marzetti's Garlic Croutons, ground
- 2 T Meijer Spicy Brown Mustard

1. Preheat oven to 350 °F. Season pork chops with salt and pepper, if desired.
2. Grind croutons in food processor or blender, and place in pie pan. Brush pork chops with thick layer of mustard and roll in crouton crumbs to coat.
3. Place chops on a sheet pan and roast for 30 minutes or until it reaches an internal temperature of 160-165° F.

Nutrition Information per serving:

Calories: 233
 Total fat: 11 g
 Carbohydrate: 6 g
 Fiber: 0.5 g

Adapted from Cooking With Three Ingredients Cookbook

Santa Fe Chicken

Makes 6 servings

- 1 onion, chopped
- 1 T minced garlic
- 1 Tbsp. olive oil
- 2 cans (5 oz) Meijer Premium Chunk White Chicken
- 2 (15.5 oz.) cans Meijer black beans, drained and rinsed
- 2 c Newman's Own thick and chunky salsa
- 1 c Meijer taco sauce
- 8 Meijer corn tortillas
- 1 c Meijer Light sour cream
- 2 c Kraft shredded 2% milk reduced fat Monterey Jack cheese

1. In medium microwave safe bowl, cook onion and garlic in olive oil on HIGH for 2-3 minutes until tender. Stir in canned chicken, black beans and salsa.
2. In 2 quart glass baking dish, pour taco sauce.
3. Lay four corn tortillas over sauce. Top with half of chicken mixture. Spoon on half of sour cream in small dollops. Sprinkle with half of cheese. Top with remaining tortillas, chicken mixture, sour cream and cheese.
4. Cover with foil. Bake at 350 degrees for 25-35 minutes until bubbly. Uncover and bake 5-10 minutes longer until cheese is melted.

Nutrition Information per serving:

Calories: 323

Total fat: 10 g

Carbohydrate: 35 g

Fiber: 6 g

Adapted from busycooks.com

Grilled Lake Trout with Pecans

Makes 4

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

1. Heat grill to medium heat. Oil grill grates and place trout on grill. Grill trout for 4 minutes on each side. Don't force fish off grill with a spatula- when ready, it will release itself.
2. While fish is grilling, 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

Adapted from 500 3-Ingredient Recipes Cookbook

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.