

Quick and Healthy Menu Planner
Week of August 20, 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

Cod Fillets with Tomato & Spinach Relish (recipe below)

Serve with:

Meijer Instant Brown Rice (prepare with chicken broth and dill weed)
Steamed Fresh Spinach
Peachy Cream Cake (Take 1 Meijer Bakery cream cake, top with fresh sliced peaches and Lite Cool Whip Whipped Topping)

560 calories
14 g fat
80 g carbohydrate
10 g fiber

Monday – Meatless Mondays

Tuscan Tomato Pasta (Add 1 box Morningstar Farms Meal Starters Chik'n Strips to 1 jar Ragu Super Vegetable Primavera Pasta Sauce. Heat to serve.)

Serve with:

Mueller's Fettuccine
Steamed Fresh Zucchini
Sliced Fresh Pears drizzled with Meijer chocolate syrup

544 calories
7 g fat
90 g carbohydrate
10 g fiber

Tuesday- Super Quick & Easy!

Shredded BBQ Sandwiches (Heat one 18-oz package of Meijer Shredded Beef. Serve on Meijer Low Fat Wheat Hamburger Buns)

Serve with:

Meijer Deli Cole Slaw
Dole Fruit Parfaits
Meijer Fat Free Milk

575 calories
16 g fat
85 g carbohydrate
5 g fiber

Wednesday -

Cashew Pork Stir Fry (recipe below)

Serve with:

Meijer Oriental Flavored Fried Rice box mix
Meijer Oriental Style Frozen Vegetables
Sliced Fresh Pineapple
Sunkist Lemon Bar Mix – prepare as directed
Meijer Fat Free Milk

587 calories
17 g fat
80 g carbohydrate
5 g fiber

Thursday

Baked Chicken with Molasses-Mustard Glaze (Preheat oven to 425°F. Season chicken with salt and pepper, if desired. Bake for 20 min on baking sheet. Meanwhile, mix $\frac{2}{3}$ c Meijer molasses with $\frac{1}{3}$ c Meijer spicy brown mustard. Pour two-thirds of molasses mixture over chicken to coat. Bake for an additional 15-20 minutes, basting every 5-7 min. Serve chicken with remaining sauce.)

Serve with:

Betty Crocker Specialty Potatoes
Steamed Fresh Green Beans and Sliced Fresh Mushrooms
Dole Tropical Fruit
1 Betty Crocker Sugar Cookie Mix (prepare as directed)

527 calories
13 g fat
70 g carbohydrate
5 g fiber

Friday – Pizza Night

Freshetta Pizza (your choice)

Serve with:

Dole Greener Selection Salad, diced green peppers, sliced tomatoes, and Ken's Steak House Fat Free Salad Dressing

Apple Slices sprinkled with cinnamon-sugar or sugar substitute
Meijer Fat Free Milk

535 calories
17 g fat
70 g carbohydrate
6 g fiber

Saturday

Shrimp Soft Tacos with Mango-Peach Salsa (recipe below)

Serve with:

Meijer California Blend frozen vegetables microwaved
Grapes with Almond Whipped Cream (Mix ¼ t almond extract into 1 c Lite Cool Whip. Stir in 3 c grapes and ¼ c slivered almonds)

Wine Choice: Cruz Garcia Sangria

540 calories
15 g fat
66 g carbohydrate
7 g fiber

SHOPPING LIST

Grocery

- 1 (14.5 oz) can Meijer Diced Tomatoes
- Meijer Instant Brown Rice
- 1 can Meijer Chicken Broth
- Raju Super Vegetable Primavera Past Sauce
- Mueller's Fettuccine
- Meijer Chocolate Syrup
- Meijer Low Fat Wheat Hamburger Buns
- Dole Fruit Parfaits
- Meijer Gold Sesame Ginger Teriyaki Glaze
- Planters Cashew Halves
- Meijer Shredded Coconut
- Meijer Oriental Flavored Fried Rice Mix
- Sunkist Lemon Bars
- Meijer Spicy Brown Mustard
- Betty Crocker Specialty Potatoes – your choice
- Betty Crocker Sugar Cookie Mix
- Ken's Steak House Lite Salad Dressing – your choice
- Meijer Gold Mango Peach Salsa
- Slivered Almonds
- Cruz Garcia Sangria

Dairy

- 1 Gallon Meijer Fat Free Milk
- 1 Dozen Meijer Eggs
- Breakstone Fat Free Sour Cream

Meat

- 1 lb North Atlantic Cod Fillets

- 1 (18 oz) Package of Meijer Shredded BBQ Beef
- 1 lb Pork Tenderloin
- 1 lb Lakewood Farms Chicken Breasts
- Meijer Cooked Tail-On Shrimp (16 oz bag) – **Buy One, Get Two Free!**

Frozen

- Lite Cool Whip Whipped Topping
- Morningstar Farms Meal Starters Chik'n Strips
- Meijer Oriental Style Vegetables
- 1 Freshetta Pizza – your choice
- Meijer California Blend Vegetables

Deli/Bakery

- 1 Meijer Bakery ½ Cream Cake
- 1 lb Meijer Deli Coleslaw
- Meijer Whole Wheat 10-inch Tortillas

Produce

- Meijer Lemon Juice
- 3 Medium Onions
- 1 Bag Curly Leaf Spinach
- Peaches
- Zucchini
- Pears
- Pineapple
- Dole Tropical Fruit in a Jar
- Dole Family Size Greener Selection Salad
- Green Peppers
- Campari Tomatoes
- Gingergold Apples
- Lime Juice
- Cilantro
- Earthbound Farm Organic Hearts of Romaine
- Red or Green Grapes

Pantry Items:

- Meijer Cooking Spray
- Black Pepper
- Berio Olive Oil
- Meijer Brown Sugar
- Meijer Oregano
- Meijer Basil
- Meijer Red Wine Vinegar
- Meijer Dill Weed
- Meijer Peanut Oil
- Meijer Molasses
- Meijer Cinnamon
- Almond Extract

Recipes

Cod Fillets with Tomato & Spinach Relish

Makes 4 servings

1 lb North Atlantic Cod Fillets

- ½ t fresh ground black pepper
- 1 T lemon juice

Relish:

- 1 can (14.5 oz) Meijer diced tomatoes
- 1 t Berio olive oil
- ½ c diced onions
- 1 c fresh spinach
- 2 T brown sugar
- ½ t oregano
- ½ t basil
- 2 T red wine vinegar

1. Preheat oven broiler. Place fish fillets on boiler tray and sprinkle with ground pepper and lemon juice. Place fish in oven on the rack closest to the broiler.
2. Meanwhile, coat a nonstick skillet with Meijer cooking spray. Add 1 t olive oil and sauté onions until translucent.
3. Add remaining ingredients to pan and cook 5 to 10 min.
4. Check fish and remove from oven when center starts to flake. Top with tomato and spinach relish.
5. Serve over a bed of fresh steamed spinach and brown rice.

Nutrition Information per serving:

Calories: 133
Total fat: 1 g
Carbohydrate: 12 g
Fiber: 1 g

Adapted from recipezaar.com

Cashew Pork Stir Fry

Makes 4 servings

- 1 lb pork tenderloin cut into stir-fry stripes
- 1 bottle Meijer Gold Sesame Ginger Teriyaki Glaze
- 1 t peanut oil
- ½ onion, thinly sliced
- ½ c cashews
- ½ c shredded Meijer coconut (optional)

1. Marinate pork stir-fry stripes in teriyaki glaze for 10 minutes. Drain pork, reserving marinade.
2. Heat oil in nonstick skillet over high heat, add pork and stir fry for 3-4 min. Add onion, and stir fry one minute longer.
3. Add reserved marinade, cook and stir until sauce thickens. Stir in cashew and coconut, heat through.

Nutrition Information per serving:

Calories: 182
Total fat: 9 g
Carbohydrate: 12 g
Fiber: 1 g

Adapted from theotherwhitemeat.com

Shrimp Soft Tacos with Mango Peach Salsa

Makes 4

- 1 T olive oil
- 1 medium onion, sliced
- 1 lb shrimp, peeled and deveined
- ¼ t fresh ground black pepper
- ¼ c fresh lime juice
- ¼ c cilantro, chopped
- 4 10-inch Meijer whole wheat flour tortillas

Nonfat sour cream

Meijer Gold Mango Peach Salsa

Shredded lettuce

1. Heat a large skillet over medium heat and add olive oil. Add sliced onions; cook 3 minutes or until tender, stir occasionally.
2. Add shrimp to pan; sauté 3 minutes or until done. Remove from heat and season with black pepper, lime juice, and cilantro.
3. Spread 1 T nonfat sour cream inside 4 tortillas. Divide shrimp evenly into each tortilla. Top with 1-2 T Meijer Gold Mango Peach Salsa and shredded lettuce.

Nutrition Information per serving:

Calories: 400

Total fat: 10 g

Carbohydrate: 43 g

Fiber: 3 g

Adapted from recipezaar.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.