

**Quick and Healthy Menu Planner**  
**Week of September 10, 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**

**Greek Style Steaks** (Mix together ½ c A.1. Original Steak Sauce, 1 t dried crushed oregano, 2 T lemon juice, 1 T Meijer olive oil. Remove ¼ c of steak mixture for later use. Pour remaining marinade in a plastic bag and add 1½ lb of tip steak; marinate for 30 minutes. Grill or broil to desire doneness. Pour reserved marinade over cook steaks.)

***Serve with:***

**Meijer Orzo Pasta with Meijer Gold Artichoke Pasta Sauce**

**Greek Salad** (Romaine hearts, sliced red onions, cucumber slices, Meijer drained sliced beets, feta cheese, Maple Grove Farms Fat Free Greek salad dressing)

**Royal Gala Apple Slices** (sprinkle with cinnamon sugar/sugar substitute)

624 calories  
23 g fat  
85 g carbohydrate  
6 g fiber

**Monday – Meatless Mondays**

**Spicy Veggie Jambalaya (recipe below)**

***Serve with:***

**Spinach-Mango Salad** (Fresh spinach with mango sliced and slivered almonds. Top with Meijer Gold Spicy Mango salad dressing)

**Duncan Hines Low Fat Brownies** – prepare as directed on box

531 calories  
16 g fat  
80 g carbohydrate  
8 g fiber

**Tuesday**

**Healthy Choice Smoked Sausage**

***Serve with:***

**McCain Harvest Splendor Sweet Potato Fries**

**Freshlike Broccoli** - microwaved

**Fresh Black Grapes**

**Ace Whole Grain Baguette** – brush with olive oil and sprinkle with dried Italian herbs. Broil to desired crispness

**Meijer Fat Free Milk**

542 calories

13 g fat

78 g carbohydrate

8 g fiber

**Wednesday - Super Quick & Easy!**

**Chili Dogs (Meijer Turkey Dogs topped with Brooks Chili Beans on Meijer Light Wheat Hot Dog Buns)**

***Serve with:***

**Meijer Deli Coleslaw**

**Cantaloupe Melon Slices**

**Meijer Fat Free Milk**

555 calories

18 g fat

71 g carbohydrate

6 g fiber

**Thursday**

**Easy Beef Stroganoff** (Cook 1 lb ground sirloin with 1 T minced garlic and 8 oz sliced fresh mushrooms. Add in two (12 oz) jars of Meijer beef gravy. Heat through. Remove from heat and stir in 1 c Meijer Light Sour Cream and serve over noodles.)

***Serve with:***

**No Yolk Noodles**

**Freshlike Carrots** – microwaved

**Jell-O Ready Vanilla Pudding topped with Sliced Strawberries**

521 calories

18 g fat

70 g carbohydrate

7 g fiber

**Friday**

**Baked Salsa Salmon** (Preheat oven to 400° F. Place salmon, skin side down, on foil-lined baking sheet. Spoon Pace Salsa over salmon and bake for 20 minutes.)

***Serve with:***

**Meijer Instant Brown Rice prepared with chicken broth and mix in Lemon Pepper seasoning**

**Freshlike Green Beans – microwaved**

**Lemon-Orange Cake** (Mix a 12 oz can Diet 7-Up with one box Duncan Hines Lemon Cake. Place in 9 x 11 pan and bake to box instructions. Cool, cut squares slices, top with Meijer drained mandarin oranges and Meijer fat free whipped topping)

560 calories  
12 g fat  
80 g carbohydrate  
6 g fiber

**Saturday**

**Chicken Sauté with Asparagus and Peppers (recipe below)**

***Serve with:***

**Mixed Green Avocado Salad** (Romaine Hearts with sliced roma tomatoes and avocados. Top with Meijer Light Italian Dressing)

**Honey Dew Melon Slices**

550 calories  
16 g fat  
72 g carbohydrate  
10 g fiber

**SHOPPING LIST**

**Grocery**

- A.1. Original Steak Sauce
- Meijer Orzo Pasta
- Meijer Gold Artichoke Pasta Sauce
- Meijer Sliced Beets
- Maple Grove Farms Fat Free Greek Salad Dressing
- Meijer Vegetable Broth
- Zatarain's Jambalaya Mix
- Slivered Almonds
- Meijer Gold Spicy Mango Salad Dressing
- Duncan Hines Low Fat Brownies
- Meijer Italian Herb Blend
- Brooks Chili Beans
- Meijer Light Wheat Hot Dog Buns
- 2 Jars (12 oz) Meijer Beef Gravy
- No Yolk Noodles
- Jell-O Ready Vanilla Pudding
- Pace Salsa
- Meijer Instant Brown Rice
- Meijer Chicken Broth
- Lemon Pepper Seasoning
- Diet 7-Up in cans
- Duncan Hines Lemon Cake
- Meijer Mandarin Oranges
- Prince Rigatoni
- 1 (26 oz) Jar Meijer Chunky Garden Pasta Sauce

- Meijer Light Italian Salad Dressing

**Dairy**

- 1 Gallon Meijer Fat Free Milk
- Meijer Light Sour Cream
- Meijer Grated Parmesan

**Meat**

- 1½ lb Beef Tip Steaks
- Healthy Choice Dinner Sausage
- Meijer Turkey Dogs
- 1 lb Ground Sirloin
- 1 lb Salmon
- 1½ lb Larkwood Boneless Skinless Chicken Breasts

**Frozen**

- McCain Harvest Splendor Sweet Potato Fries
- Freshlike Broccoli
- Freshlike Sliced Carrots
- Freshlike Green Beans
- Meijer Light Whipped Topping

**Deli/Bakery**

- Feta Cheese
- Ace Whole Grain Baguette
- Meijer Coleslaw

**Produce**

- Lemon Juice
- 2 packages Romaine Hearts
- Red Onion
- Cucumber
- Royal Gala Apples
- 1 Small Bag Carrots
- 1 Heart of Celery
- 4 Jalapenos
- 1 Medium Tomatoes
- 1 Bag White Onions
- 1 Head Broccoli
- 2 Zucchini
- 1 (16 oz) Package Firm Tofu
- 1 Family Size Spinach
- Mangos
- Black Grapes
- Cantaloupe
- 1 Jar Minced Garlic
- 8 oz Fresh Sliced Mushrooms
- Strawberries
- 1 lb Asparagus
- 2 Red Bell Peppers
- 4 Roma Tomatoes
- 2 Avocados
- Honey Dew Melon

**Pantry Items:**

- Meijer Cooking Spray
- Meijer Dried Oregano
- Meijer Olive Oil
- Meijer Gallon Plastic Bags
- Meijer Ground Cinnamon
- Meijer Black Pepper

## **Recipes**

### **Spicy Veggie Jambalaya**

Makes 8 servings

- 2½ c water or Meijer Vegetable Broth
- 1 package Zatarain's Jambalaya Mix
- 1 T Meijer olive oil
- 1 medium carrot, sliced
- 1 rib celery, diced
- 1 c jalapeno, diced
- 1 medium tomato, diced
- 1 medium onion, diced
- 1½ c fresh broccoli, cut into florets
- 1½ c fresh zucchini, diced
- 1 c firm tofu, cut into cubes

1. Bring water or broth to boil. Add Zatarain mix, oil, carrots, celery, and peppers. Cook covered for 5 minutes.
2. Add tomato and onion; cook for 10 minutes.
3. Add broccoli, zucchini, and tofu. Cook for an additional 10 minutes. Remove from heat and let stand covered for 5 minutes. Serve.

#### **Nutrition Information per serving:**

Calories: 175  
 Total fat: 3 g  
 Carbohydrate: 25 g  
 Fiber: 3 g

Adapted from zatarain.com

### **Chicken Sauté with Asparagus and Peppers**

Makes 8 servings

- 16 oz Prince Rigatoni, uncooked
- 1 T Meijer olive oil
- 6 Larkwood boneless skinless chicken breast, cut into strips
- 1 T minced garlic
- ¼ t black pepper
- 1 lb asparagus, cut into 1 in pieces
- 2 medium red peppers, cut into stripes
- 1 26 oz jar Meijer Chunky Garden Vegetable pasta sauce
- ½ c Meijer grater parmesan cheese

1. Cook pasta as directed on package.
2. Heat a large deep skillet on medium heat and add olive oil. Add chicken, garlic, and black pepper. Cook 5 minutes, stirring occasionally.

3. Add asparagus and red peppers; stir. Cook 5 minutes or until chicken is cooked through and peppers are crisp-tender.
4. Stir in the pasta sauce; simmer 5 minutes, stirring occasionally.
5. Drain pasta; place in large serving bowl. Add half of the chicken mixture; toss lightly. Top with remaining chicken mixture; sprinkle with cheese.

**Nutrition Information per serving:**

Calories: 410

Total fat: 8 g

Carbohydrate: 54 g

Fiber: 5 g

Adapted from [kraftfoods.com](http://kraftfoods.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](http://Meijer.com) should never replace your doctor's advice or care.