

Grocery List:

Produce:

- Onion: 7
- Tomatoes: 2
- Cucumbers: 2
- Leaf Lettuce: 6 pieces
- Red pepper: 1
- Green pepper: 6
- Eggplant: 1 small
- Zucchini: 1 medium
- Potatoes: 6 small, 6 medium
- Baby carrots: 1 pound
- Jar of minced garlic

Meats:

- 1 pound ground turkey
- 1 pound extra lean ground beef
- 1.5 pound lean, boneless center loin pork roast
- 4 boneless, skinless chicken breast halves
- 12 oz. white chunk tuna packed in water

Dairy:

- Skim milk (1 1/4 cup)
- Shredded cheddar cheese (1/2 cup)

Other:

- 16 oz. can kidney beans
- 15 oz. can diced tomatoes
- 28 oz. can crushed tomatoes
- 26 oz. can of low sodium spaghetti sauce
- 10.5 oz. can of low sodium beef broth
- 14.5 oz. can low sodium chicken broth
- 2 - 14.5 oz. cans of vegetable broth
- Elbow macaroni: 1/2 cup dry
- Salsa (1/2 cup)
- 8 flour tortillas (10 inch)
- 6 whole wheat pita breads (6 1/2 inch)
- Fat-free mayonnaise type salad dressing
- Fresh basil (1/2 cup chopped)

*continued on next page

Grocery List (continued):

Pantry staples:

- All purpose flour (2 tablespoons)
- Black pepper
- Whole grain corn meal (1 1/4 cup)
- Whole wheat flour (1 cup)
- Brown sugar (1/2 cup)
- Eggs: 1
- Canola oil
- Olive oil (2 tablespoon)
- Baking soda
- Lime juice (1/3 cup)
- Cilantro (1 tablespoon)
- Cumin (1 tablespoon)

This brochure is provided for general informational purposes only. It is not intended as and should not be relied upon as medical advice. People that have a medical condition should seek the advice of their physician or dietitian before significantly changing their dietary intake.

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Healthier Cumberland
Taking Steps to a Healthier Community



Weekly Meal Planner

Volume 3

What's for Dinner?

- Crock-pot Cowboy Casserole
- Ratatouille Soup with Mom's Corn Muffins
- Crock-pot Garlic Pork Roast
- Chicken Fajitas
- Tuna Salad Pita Sandwiches with Tomato Basil Soup

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Crockpot Cowboy Casserole

Serves 6

1 onion, chopped
1 lb ground turkey, browned and drained
6 small potatoes, sliced
1 medium red pepper, diced
1 medium green pepper, diced
1 garlic clove, minced
16 oz. can kidney beans, drained
15 oz. can diced tomatoes
2 Tbsp flour
1/4 tsp pepper

Directions: Layer onions, ground turkey, potatoes, garlic, peppers, and beans in slow cooker. Spread tomatoes over all, sprinkle with salt and pepper. Cover and cook on low for 5-6 hours or until potatoes are tender.

Calories: 240 Total Fat: 2g Saturated Fat: 0g
Fiber: 4.5g Carbs: 20g Sodium: 557mg

Ratatouille Soup

Serves 6—Best Served with Mom's Corn Muffins (below)

1 pound extra lean ground beef
1 onion, chopped
26 oz. jar of low sodium spaghetti sauce
2 1/2 cups water
10.5 oz. can of low sodium beef broth
1 small eggplant, cubed
1 medium zucchini, cubed
1 large green pepper, chopped
1/2 cup uncooked elbow macaroni

Directions: Brown the beef and onion in a soup kettle. Drain any excess fat. Add all remaining ingredients, except the macaroni. Bring to a boil. Cover and cook over low heat for 15 minutes. Add the macaroni. Cook an additional 10 minutes, stirring occasionally.

Calories: 299 Total Fat: 9.3g Saturated Fat: 1.9g
Fiber: 8.3g Carbs: 36g Sodium: 184mg

Mom's Corn Muffins

Serves 12

1 1/4 cup whole grain corn meal
1 cup whole wheat flour
1/2 cup brown sugar
1 teaspoon baking soda
1 egg, slightly beaten
1/3 cup canola oil
1 1/4 cup skim milk

Directions: Mix all dry ingredients together in a large bowl. Add the remaining ingredients and stir until just mixed. Divide the batter into 12 paper-lined muffin cups. Bake at 425 degrees for 12 – 15 minutes.

Calories: 176 Total Fat: 7g Saturated Fat: 0.5g
Fiber: 2g Carbs: 26g Sodium: 128 mg

Crockpot Garlic Pork Roast

Serves 6

1 (1.5 pound) lean, boneless center loin pork roast
4 teaspoons minced garlic
2 onions, thickly sliced
6 medium potatoes, peeled and quartered
1 pound baby carrots, sliced
14.5 oz. can low sodium chicken broth

Directions: Place all ingredients in crock-pot in order listed. Cover and cook on low for 8 hours.

Calories: 403 Total Fat: 11g Saturated Fat: 4g
Fiber: 5.6g Carbs: 40.2g Sodium: 137mg

Chicken Fajitas

Serves 8

4 boneless, skinless chicken breast halves
1/3 cup lime juice
1/3 cup water
1 tablespoon cumin
1 tablespoon cilantro
1/2 teaspoon pepper
1 tablespoon olive oil
2 onions, thinly sliced
4 green peppers, thinly sliced
8 flour tortillas (10 inch)
8 tablespoons shredded cheddar cheese
8 tablespoons salsa

Directions: Place chicken, lime juice, water, and spices in a crock-pot. Cover and cook on low for 6-8 hours. Shred cooked chicken with a fork and keep warm until serving. In skillet, sauté onion and green pepper in olive oil until tender. Spoon chicken mixture onto tortillas. Add peppers and onions. Top with cheese and salsa. Fold over and serve immediately.

Calories: 435 Total Fat: 10.3g Saturated Fat: 2.6g
Fiber: 5g Carbs: 50g Sodium: 519mg

Tuna Salad Pita Sandwiches

Serves 6—Best served with Tomato Basil Soup

12 oz. white chunk tuna packed in water, drained
6 tablespoons fat-free mayonnaise type salad dressing
2 tomatoes, sliced
2 cucumbers, sliced
6 large pieces of leaf lettuce
6 whole wheat pita breads (6 1/2 inch size)

Directions: Mix tuna and salad dressing in a bowl and then spread in the 6 pita breads. Stuff with tomatoes, cucumbers, and leaf lettuce. Serve immediately.

Calories: 285 Total Fat: 4g Saturated Fat: 0.8g
Fiber: 6.5g Carbs: 43.3g Sodium: 685mg

Tomato Basil Soup

Serves 6

1 tablespoon olive oil
1 onion, chopped
2 teaspoons minced garlic
28 oz. can crushed tomatoes
2 14.5 oz. cans vegetable broth
1/2 teaspoon black pepper
1/2 cup chopped fresh basil

Directions: In a large soup kettle, sauté onion and garlic in olive oil until tender. Add the tomatoes, broth, and pepper. Bring to a boil. Reduce heat and simmer, uncovered, for 20 minutes. Stir in pepper and basil. Serve immediately.

Calories: 98 Total Fat: 2.5g Saturated Fat: 0.4g
Fiber: 3g Carbs: 16g Sodium: 579mg

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