

## Grocery List:

### Produce:

- Green peppers: 1
- Red peppers: 2
- Yellow peppers: 1
- Zucchini: 1
- Yellow summer squash: 1
- Onions: 6
- Mushrooms: 1 cup sliced, fresh
- Broccoli: 4 cup florets
- Lettuce: 6 cups
- Tomatoes: 6
- Cucumbers: 3
- Carrots: 1 medium
- Baby carrots: 1 pound
- Potatoes: 6 medium for baking
- Red potatoes: 6 small
- Jar of minced garlic

### Meats:

- 18 oz. extra lean ground turkey
- 6 boneless, skinless chicken breast halves
- 2 pounds lean pork tenderloin
- 2 pounds extra lean ground beef

### Dairy:

- Shredded sharp cheddar cheese (3/4 cup)
- Grated Parmesan cheese (1 1/2 cups)

### Other:

- 12 whole-wheat, low-fat flour tortillas (6")
- 8 whole-wheat hamburger buns
- Salsa (1 1/2 cups)
- 8 oz. uncooked linguine
- Chicken bouillon cubes (2)
- Barbecue sauce (2 cups)
- 1 oz. packet dry onion soup mix
- Red wine (3/4 cup)

\*continued on next page

## Grocery List (continued):

### Pantry staples:

- Chili Powder (2 tablespoons)
- Cumin
- Oregano
- Basil
- Thyme
- Rosemary
- Italian seasoning (dry spice mix)
- Salt
- Black Pepper
- Flour (1/3 cup)
- Brown sugar (2 tablespoons)
- Olive Oil (1 1/2 cups)
- Red wine vinegar (1/4 cup)
- Balsamic vinegar (1/4 cup)
- Distilled vinegar (1 tablespoon)
- Butter (1 tablespoon)
- Low Sodium Soy Sauce (2 tablespoons)
- Ketchup (1/2 cup)
- Deli mustard (1 teaspoon)

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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# Weekly Meal Planner

## Volume 4

### *What's for Dinner?*

- **Spicy Turkey Tacos**
- **Pasta Primavera with Salad**
- **Crock-pot Barbecue Chicken with baked potatoes and Tangy Broccoli**
- **Crock-pot Pork Tenderloin with Roasted Vegetables**
- **Sloppy Joes with Italian Cucumber Salad**

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## Spicy Turkey Tacos

Serves 6

5 teaspoons chili powder  
1 1/2 teaspoon cumin  
1 teaspoon oregano  
18 ounces extra-lean ground turkey  
1 1/2 cup chopped onion  
12 whole-wheat, low-fat flour tortillas (6 inch)  
3/4 cup shredded sharp cheddar cheese  
6 cups shredded lettuce  
6 medium tomatoes, diced  
1 1/2 cup salsa

**Directions:** Cook the ground turkey and onion in a fry pan over medium heat until it is browned and the onion is tender. Drain well. Add the chili powder, cumin, and oregano to the turkey mixture and mix well. Place a 1/4 cup of the turkey mixture in each tortilla. Add 1 tablespoon cheese, about a 1/2 of a chopped tomato, 1/2 cup shredded lettuce and 2 tablespoons salsa. Fold over and serve immediately.

Calories: 340 Total Fat: 13g Saturated Fat: 4g  
Fiber: 6g Carbs: 34g Sodium: 240mg

## Pasta Primavera

Serves 6—Best served with a lettuce salad

8 oz. uncooked linguine  
1 medium carrot, thinly sliced  
1 onion, chopped  
1 red pepper, thinly sliced  
1 yellow pepper, thinly sliced  
1 medium zucchini, thinly sliced  
1 medium yellow summer squash, thinly sliced  
1 cup broccoli florets  
1 cup fresh mushrooms, sliced  
1/3 cup all purpose flour  
2 cups cold water  
2 chicken bouillon cubes  
1 tablespoon dried basil  
6 tablespoons grated Parmesan cheese

**Directions:** Cook pasta according to package directions. Meanwhile, in a nonstick skillet coated with nonstick cooking spray, combine the carrot, onion, peppers, zucchini, summer squash and broccoli. Cover and cook over medium-low heat for 10 minutes. Add mushrooms; cook 5 minutes longer. In a saucepan, combine flour and water until smooth. Add the bouillon. Bring to a boil; cook and stir for 2 minutes or until slightly thickened. Pour over vegetables. Drain pasta and add to vegetable mixture. Add basil; toss to coat. Sprinkle with Parmesan cheese.

Calories: 236 Total Fat: 3.3g Saturated Fat: 1.3g  
Fiber: 4.4g Carbs: 43g Sodium: 428mg

## Crockpot Barbeque Chicken

Serves 6

Best served with baked potatoes and Tangy Broccoli (below)

6 boneless, skinless, chicken breast halves  
1 1/2 cup prepared barbecue sauce  
1/2 cup water

**Directions:** Place chicken in crock-pot. Cover with water and barbecue sauce. Cover and cook on low for 8 hours.

Calories: 232 Total Fat: 2.7g Saturated Fat: 0.7g  
Fiber: 0g Carbs: 22g Sodium: 656mg

## Tangy Broccoli

Serves 6

3 cups broccoli florets  
2 tablespoons olive oil  
2 tablespoons balsamic vinegar  
2 teaspoons minced garlic  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/4 cup freshly grated parmesan cheese

**Directions:** Place broccoli in saucepan with 1 inch of water. Bring to a boil. Reduce heat to low and simmer, covered, until tender-crisp. Drain. Combine remaining ingredients (except cheese). Pour over broccoli and toss to coat. Sprinkle with cheese. Serve immediately.

Calories: 80 Total Fat: 6.3g Saturated Fat: 1.4g  
Fiber: 1g Carbs: 3.2g Sodium: 288mg

## Crockpot Pork Tenderloin

Serves 6—Best served with Roasted Vegetables (right)

2 pounds lean pork tenderloin  
1 oz. packet dry onion soup mix  
1 cup water  
3/4 cup red wine  
1 tablespoon minced garlic  
2 tablespoons low sodium soy sauce  
1/2 teaspoon black pepper

**Directions:** Place pork tenderloin in the crock-pot. Combine remaining ingredients and pour over the meat. Cover and cook on low for 8 hours.

Calories: 334 Total Fat: 9.8g Saturated Fat: 3.4g  
Fiber: <1g Carbohydrates: 5.3g Sodium: 515mg

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## Roasted Vegetables

Serves 6

1 pound baby carrots  
6 small red potatoes, washed and cubed  
1 red bell pepper, thinly sliced  
1 green bell pepper, thinly sliced  
1 onion, thinly sliced  
2 tablespoons olive oil  
2 tablespoons balsamic vinegar  
1 teaspoon thyme (fresh, if possible)  
1 teaspoon rosemary (fresh, if possible)

**Directions:** Combine vegetables in a large bowl. Mix the remaining ingredients together in a small bowl and pour over vegetables. Toss to coat. Spread evenly in a 9x13 inch pan and bake at 425 degrees for 35 minutes, stirring every 10 minutes, until vegetables are tender and brown.

Calories: 227 Total Fat: 5g Saturated Fat: 0.8g  
Fiber: 5.9g Carbs: 41.5g Sodium: 61mg

## Sloppy Joes

Serves 8—Best served with Italian Cucumber Salad

2 pounds extra lean ground beef  
1 onion, chopped  
2 teaspoons minced garlic  
1/2 cup ketchup  
1/2 cup barbecue sauce  
2 tablespoons packed brown sugar  
1 tablespoon distilled vinegar  
1 teaspoon prepared deli mustard  
8 whole wheat hamburger buns

**Directions:** Brown ground beef, onion, and garlic in skillet. Drain any excess fat. Add remaining ingredients (except buns). Heat thoroughly. Spoon beef mixture onto buns. Serve immediately.

Calories: 309 Total Fat: 6.7g Saturated Fat: 1.6g  
Fiber: 3.5g Carbs: 37g Sodium: 619mg

## Italian Cucumber Salad

Serves 6

3 medium cucumbers, washed and sliced  
1 onion, chopped  
1 teaspoon minced garlic  
1/4 cup red wine vinegar  
3 tablespoons olive oil  
1 teaspoon salt  
1 teaspoon Italian Seasoning (spice mixture)

**Directions:** Place cucumbers and onion in bowl. Mix remaining ingredients together in a small bowl and pour over the cucumbers and onion. Chill for 3 hours to marinate, stirring occasionally.

Calories: 97 Total Fat: 7g Saturated Fat: 1g  
Fiber: 2g Carbs: 7g Sodium: 389mg