

Make Time for Health!

Family Menu 1 - Shopping List

*Chicken Taco Soup
Cornbread

*Baked Apple Crisp with
Frozen Vanilla Yogurt

Taco Soup:

- Low fat cheddar cheese - 8 oz.
- Black beans, canned, 2 - 15 oz. cans
- Corn, canned, 2 - 15 oz. cans
- Diced tomatoes, 2 - 28 oz. cans
- Chicken breast, raw, boneless, skinless, 1 lb.
- Or, buy the precooked chicken meat, 1 lb.
- Taco seasoning mix, 40% less sodium
- Nonfat sour cream, 1/2 cup
- Cilantro, fresh, 1 small bunch

Apple Crisp

- Apples, 4 large, peeled (about 2 pounds) - Golden Delicious or Granny Smith
- Lemon Juice, 1 Tbsp.
- Nonfat vegetable spray to coat baking dish
- Brown sugar, 1/4 cup
- White flour, 1/4 cup
- Cinnamon, 1 tsp.
- Nutmeg, 1/2 tsp.
- Margarine, 1 Tbsp.
- Nuts, 1/3 cup (chopped walnuts, almonds or pecans)

Other Items:

- Cornbread - compare prepared mixes - read the food facts label and make it with margarine and low fat milk)
- Frozen vanilla yogurt - read the Nutrition Facts, choose a low fat and calorie brand

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Family Menu 2 - Shopping List

Sauteed Ham Slice with Pineapple Sauce
Baked Sweet Potato Wedges
Green Beans with Almonds
Wheat Bread or Rolls
Mandarin Oranges

Ham and Pineapple:

- Ham slices - 1- 11/4 lb. (Usually vacuum packed in plastic)
- Pineapple chunks, packed in juice, 1 15-ounce can
- Cornstarch, 1 Tbsp.
- Sesame oil, 2 tsp. (Optional)

Sweet Potato Wedges:

- Yams or sweet potatoes - 1-1/2 lb.
- Olive oil, 1 Tbsp.
- Black pepper, 1/2 tsp.
- Chili powder, 2 tsp.

Green Beans with Almonds:

- Green beans, fresh- 1 lb.
- Almonds, slivered or sliced, 1/3 cup

Other Items:

- Wheat or multigrain bread or rolls
- Mandarin oranges packed in light syrup or juice

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Family Menu 3 - Shopping List

Spaghetti Sauce with *Turkey Meatballs
Whole Wheat Spaghetti Noodles
*Mixed Green Salad and Dressing
Wheat Bread
Chocolate Pudding

Turkey Meatballs:

- Ground turkey (low fat, but it does not need to be lowest fat percentage)
- Egg, 1
- Bulgur, wheat, 1/4 dry or plain breadcrumbs, 1/2 cup
- Parsley, fresh, 1 bunch
- Garlic powder, 1/2 tsp.
- Parmesan cheese, 1/3 cup (and extra, when served)
- Chicken broth, low sodium, 1/2 cup (to use with bulgur)
- Olive oil, 1-2 Tbsp.
- Nonfat vegetable spray

Salad Dressing

- Apples, 4 large, peeled (about 2 pounds) - Golden Delicious or Granny Smith
- Lemon Juice, 1 Tbsp.
- Nonfat vegetable spray to coat baking dish
- Brown sugar, 1/4 cup
- White flour, 1/4 cup
- Cinnamon, 1 tsp.

Other Items:

- Prepared spaghetti sauce (Read Food Facts to check sodium and fat)
- Whole wheat spaghetti noodles (Healthy Harvest is one brand)
- Mixed salad greens (red leaf lettuce, escarole, baby spinach)
- Other favorite salad items: cucumber slices, cherry or grape tomatoes, raisins, green peppers, snap peas, or shredded carrots.
- Low fat or fat-free salad dressing (Read Food Facts to check sodium and fat)
- Mixed salad greens (red leaf lettuce, escarole, baby spinach)
- Instant or regular mix for chocolate pudding
- Use 1% or nonfat milk to make pudding

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Family Menu 4 - Shopping List

- *Easy Parmesan Chicken Breast Cutlets
serve on Salad Greens
- *Cous Cous or Bulgur
Carrot Sticks
Wheat Bread or Roll
- *Baked Apple

Parmesan Chicken Breast Cutlets:

- Chicken breast, boneless, skinless or chicken tenders, 1 lb.
- 1 egg, beaten with 2 Tbsp. water
- Bread crumbs, plain, 1 cup
- Parmesan or Asiago cheese, 1/3 cup, grated
- Parsley, fresh, minced, 1/4 cup

Cous Cous or Bulgur

- Cous cous, whole wheat, 1 1/3 cup dry
- Bulgur wheat, 1 cup dry
- Chicken broth, low sodium, 2 cups

Baked Apple

- Apples, 4 large, peeled (about 2 pounds) - Golden Delicious or Granny Smith
- Lemon Juice, 1 Tbsp.
- Maple Syrup, 1/4 cup
- Cinnamon, 1 tsp
- Raisins, 3 Tbsp.
- Walnuts, 3 Tbsp.
- White flour, 1/4 cup

Other Items:

- Mixed salad greens
- Low fat or fat-free salad dressing (Read Food Facts to check sodium and fat)
- Carrot sticks - buy prepared sticks or regular carrots
- Wheat bread or roll

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Family Menu 5 - Shopping List

*Homemade Black Bean Burgers

Multigrain roll

Lettuce, tomato, onion or tomato salsa

*Steamed Broccoli

Peach Parfait

Taco Soup:

- Black beans, one 15-ounce cans, drained and rinsed well to remove sodium
- Brown rice, cooked, 1 1/2 cup (1/2 cup uncooked)
- Egg white, 1, slightly beaten
- Salsa, prepared, 4 Tbsp.
- Plain bread crumbs, 1/2 cup
- Canola, Enova or vegetable oil, 1-2 Tbsp.
- 50% light Cheddar Cheese, 5 oz., sliced into strips (Cabot is one low fat brand)
- Optional: Salsa (already prepared), 1 cup - serve on side
- Optional: Fresh tomatoes (cherry or grape, halved), 1/2 cup
- Optional: Parsley or Cilantro, fresh, minced, 1/4 cup

Steamed Broccoli

- Broccoli florets, 3 cups, 1 bunch

Peach Parfait

- Fresh peaches or canned peaches packed in light syrup, 3 cups
- Vanilla nonfat or plain yogurt, 3 cups
- Cinnamon graham crackers, 8 squares
- Cinnamon, ground, 1/2 tsp.

Other Items:

- Wheat or multigrain bread or rolls
- Lettuce
- Onion
- Tomato

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Family Menu 6 - Shopping List

*Fast Chicken Stir-Fry
with carrots, pineapple and broccoli

*Brown Rice Pilaf

*Chocolate Brownie

Chicken Stir Fry:

- Chicken breast, boneless, skinless or chicken tenders, 1 lb
- Carrots, 2 cups
- Broccoli, florets, 2 cups,
- Peanut or Canola oil, 1-2 Tbsp.
- Garlic clove, 2 large or powder, 3/4 tsp.
- Ginger root, peeled, grated, 2 Tbsp or ground powder, 1 tsp.
- Soy Sauce, low sodium, 2 Tbsp.
- Sugar, white, 1 tsp.
- Pineapple juice, 1/3 cup, drained from pineapple chunks
- Pineapple chunks, 1 cup
- Cornstarch, 2 Tbsp. dissolved in 3 Tbsp. cold water

Brown Rice Pilaf

- Brown rice, 3/4 cup
- Wild rice, 1/4 cup
- Optional: celery, finely chopped, 1 cup

Brownie

- Applesauce, 1/2 cup
- Four, white, 2/3 cup
- Margarine, 1/2 cup
- Sugar, white, granulated, 3/4 cup
- Unsweetened chocolate, 2 oz.
- Egg whites, 1/2 cup (about 3-4), beaten
- Baking Powder, 1/2 tsp
- Salt, 1/4 tsp.
- Vanilla extract, 1 tsp.
- Nonfat vegetable spray

Other Items:

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Family Menu 7 - Shopping List

*Easy Baked Salmon

*Seasoned Red Potatoes

*Simple Honey Carrots

*Peach Halves with Raspberry Sauce

Baked Salmon:

- Salmon filet, 1 1/4 lb. (About 5 oz./serving - buy a filet that is fairly even in thickness)
- Sesame oil, 1 Tbsp.
- Soy sauce, low sodium, 1 Tbsp
- Dry white wine, 2 Tbsp.
- Garlic, clove, 2 crushed
- Optional: crushed dried red pepper or red cayenne pepper, 1/2 tsp.
- Red and Green sweet pepper, 1 of each
- Vidalia onion, 1, washed, peeled, sliced thin

Red Potatoes

- Red potatoes, 1 1/2 lbs.
- Olive oil, 1 Tbsp.
- Rosemary dried, ground, 1 1/2 tsp.
- Garlic salt, 1/2 tsp.
- Nonfat vegetable spray

Honey Carrots

- Carrots, 3 cups, about 1 lb.
- Honey, 2 tsp.
- Margarine, 2 tsp.

Peach Dessert

- Peaches, fresh 4 medium or 2 large
- Or, canned peach halves in juice, 2 cans (need 8 halves)
- Margarine, 2 tsp.
- Brown sugar, 4 tsp.
- White flour, 1/4 cup
- Cinnamon, 1/2 tsp.
- Rum extract, 1 tsp.
- Frozen raspberries, plain, 20 oz.
- White sugar, granulated, 1 Tbsp.
- Orange juice, 1/4 cup
- Vanilla extract, 1 tsp.

Other Items:

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