

Pantry List

Pure Maple Syrup
Balsamic Vinegar
Red wine vinegar
Barbeque Sauce
Low Sodium Soy Sauce
Hot Sauce
Light Mayonnaise
Dijon Mustard
Parmesan Cheese
Low-fat salad dressing of your choice
Low-fat Italian dressing
Low-fat Ranch dressing
Low Fat Parmesan Cheese
Honey
Whole Wheat Flour
Brown Sugar
Brown Rice
Low Sodium 97% Fat Free Chicken Broth
Whole Wheat Bread
A1
Favorite Salad Toppings
(cucumbers, onions, tomatoes, fresh fruit, etc)
Bread Crumbs

Extra Virgin Olive Oil
Canola oil
Fresh Garlic
Chili Powder
Oregano
Curry
Basil
Salt
Pepper
Cumin
Basil
Oregano
Dill
Parsley
Paprika
Thyme
Rosemary
Cloves
Cinnamon
Cilantro
Cheyenne
Ginger
All Spice

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Menu Week 5 (March 1-7, 2009)

Approximate price for the week \$55

prices may be higher or lower due to a variety of factors.

Monday	Tuesday	Wednesday	Thursday	Friday
Maple Glazed Chicken Brown Rice Broccoli	Tuna Melts Salad	Marinated Tilapia Roasted Veggies Baked Potatoes	Sweat and Sour Drumsticks Green Beans Roasted Potatoes	No Bake Macaroni and Cheese with Cauliflower
<p>Maple Glazed Chicken 4 tbsp pure maple syrup 2 tbsp low sodium soy sauce 4 tsp lemon juice 2 cloves garlic, minced 2 tsp minced fresh ginger 1/2 tsp freshly ground pepper 4 boneless, skinless chicken breasts, cleaned</p> <p>Brown Rice 1 cup of uncooked brown rice 2 1/4 cup of water</p> <p>Broccoli 2 heads of broccoli, chopped pepper to taste</p>	<p>Tuna Melts 12 ounces canned chunk light tuna, in water, drained 1 medium onion, chopped 2 tbsp low-fat mayonnaise 1 tbsp lemon juice 1 tbsp parsley dash of hot sauce pepper to taste 4 slices whole wheat bread, toasted 2 tomatoes, sliced 1/2 cup reduced fat cheddar cheese</p> <p>Salad 1 bag of lettuce low fat dressing of your choice Salad topping of your choice</p>	<p>Marinated Tilapia 1tbsp olive oil 1/2 cup lemon juice 3 large garlic cloves, minced 1/4 onion, minced 2 tsp basil 2 tsp pepper 1 dash paprika 4 4 oz Tilapia filets</p> <p>Roasted Eggplant 1 whole eggplant 2 tsp of extra virgin olive oil pepper to taste</p> <p>Baked Potato 4 small potatoes 4 tbsp of reduced fat sour cream 1/12 tsp salt (half a pinch) pepper to taste</p>	<p>Sweat and Sour Drumsticks 1 orange juiced or 1/4 cup of orange juice 1/4 cup water 3 tbsp honey 1 tbsp plus 1 tsp balsamic vinegar, divided 1 tsp of whole wheat flour 6-8 chicken drumsticks (about 1 pound), skin removed, trimmed of fat 1/4 tsp freshly ground pepper</p> <p>Green Beans 3 cups of fresh green beans lemon juice to taste</p> <p>Roasted Potatoes 4 medium potatoes, cubed 2 tbsp extra virgin olive oil pepper to taste to taste</p>	<p>No Bake Macaroni and Cheese with Cauliflower 3/4 box of whole wheat macaroni 1/4 of cup of whole wheat flour 1 1/2 cup of reduced fat cheddar cheese, shredded 1 head of cauliflower, finely chopped 1 cup of skim milk 1/6 tsp salt (pinch) to taste 1 can pureed northern beans</p>

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Grocery List

Produce	Meat	Dry Goods	Dairy	In Your Pantry
2 lemons 1 ginger root 2 medium onions 1 bag of lettuce 1 eggplant 8 potatoes 1 orange 24 ounces of green beans 1 cauliflower 2 tomatoes 2 heads of broccoli	4 boneless chicken breasts 12 oz can of chunk light tuna in water 8 drumsticks 4 tilapia filets	1 box of wheat macaroni	1 small carton of reduced fat sour cream 1 ½ cups of reduced fat cheddar cheese 4 1 oz slices of reduced fat cheddar cheese skim milk	low fat salad dressing of your choice basil paprika honey balsamic vinegar whole wheat flour low sodium soy sauce fresh garlic extra virgin olive oil maple syrup pepper salt brown rice low fat mayonnaise parsley hot sauce whole wheat bread

Directions and Total Meal Nutrition Facts

Monday	Total Meal Nutrition Facts
<p>Chicken: Whisk syrup, soy sauce, lemon juice, garlic, ginger and pepper in a small, shallow dish. Add chicken and turn to coat with the marinade; cover and refrigerate for 2 hours, turning once. Coat a skillet pan with cooking spray and heat over medium heat. Remove the chicken from the marinade (reserving the marinade) and cook until an instant-read thermometer inserted into the thickest part of the breast registers 165°F, 3 to 5 minutes per side. Meanwhile, pour the reserved marinade into a small saucepan and bring to a simmer over medium heat. Cook until reduced by about half, about 4 minutes. Liberally baste the chicken with the reduced sauce and serve.</p> <p>Rice: bring water to a boil. Add rice and stir once. Add lid and reduce heat. Simmer for 45 minutes. Remove from heat. Let stand for 5 minutes. Make 3 cups.</p> <p>Broccoli: Fill medium sized pot ¼ of the way with water. Put in steam basket and place lid on top. Put on high heat on stove top. Chop up broccoli. Once boiling place broccoli in steaming basket. Cook until easy to puncture with fork. Season with pepper.</p> <p>Approximate Cook and Prep Time: 60 minutes ***Time Saving Idea-cook rice the night before. ***</p>	<p>Total Fat: 6g Saturated Fat: 1.5g Calories: 480 Sodium: 410mg Carbohydrate: 64g Fiber: 8g</p>

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<p>Tuesday</p> <p>Tuna Melt: Preheat broiler. Combine tuna, onion, mayonnaise, lemon juice, parsley, hot sauce and pepper in a medium bowl. Can put in a hard boiled egg but make sure that you only include the white and discard the yolk. Spread 1/4 cup of the tuna mixture on each slice of toast; top with tomato slices and 2 tbsp cheese. Place sandwiches on a baking sheet and broil until the cheese is bubbling and golden brown, 3 to 5 minutes.</p> <p>Salad: Open your bagged lettuce and serve with your favorite low-fat dressing.</p> <p>Approximate Cook and Prep Time: 20 minutes</p> <p><i>***Time Saving Idea- prepare the tuna salad the night before. ***</i></p>	<p>Total Meal Nutrition Facts</p> <p>Total Fat: 14g Saturated Fat: 5g Calories: 430 Sodium: 1170mg Carbohydrate: 34g Fiber: 6g</p>
<p>Wednesday</p> <p>Marinated Tilapia: Combine all ingredients and put fish and marinade in a ziplock. Refrigerate for 20 minute to 1 hour. Preheat oven to 350 degrees. Place on a baking sheet and bake for approximately 15 minutes or until flakey with a fork.</p> <p>Eggplant: Cut off each end of eggplant. Slice eggplant in 1 inch thick slices. Evenly drizzle with olive oil, pepper to taste and toss to coat. Bake in the oven a 350 for fifteen minutes or until brown.</p> <p>Baked Potato: Take each potato and poke holes with a fork. Place in microwave for two minutes per potato. Serve with low fat sour cream or low fat cottage cheese and half of a pinch of salt and pepper to taste.</p> <p>Approximate Cook and Prep Time: 30 minutes</p> <p><i>***Time Saving Idea-marinade fish night before. ***</i></p>	<p>Total Meal Nutrition Facts</p> <p>Total Fat: 8g Saturated Fat: 1.5g Calories: 250 Sodium: 450mg Carbohydrate: 19g Fiber: 4g</p>
<p>Thursday</p> <p>Roasted Potatoes: Preheat oven to 400 degrees. Cut a potato for each person into cubes. Place in a baking dish with 1 tbsp of olive oil, pepper to taste and toss to coat. Bake for 45 minutes or until edges turn brown.</p> <p>Sweat and Sour Drumsticks: Preheat oven to 500 degrees or broiler on high. Prepare dipping sauce by combining orange juice, water, honey, 1 tbsp vinegar, and in a small saucepan; bring to a boil. Whisk flour and the remaining 1 tsp vinegar in a small bowl until smooth. Add to the saucepan and return to a boil, whisking until thickened, 30 seconds to 1 minute. Remove from the heat. Sprinkle drumsticks with pepper. Place chicken on pan and then broil, turning once about 15 minutes total.</p> <p>Green Beans: Break ends off green beans and then break them in half. Rinse with cold water and place in steamer in a pot wit 2 cups of water and a lid. Turn burner on high and cook until green beans slide off of fork or about ten minutes. Serve plain or with pepper and fresh lemon juice.</p> <p>Approximate Cook and Prep Time: 60 minutes</p> <p><i>***Time Saving Idea-cook cut potatoes in microwave until soft. Add oil and pepper and bake. ***</i></p>	<p>Total Meal Nutrition Facts</p> <p>Total Fat: 10g Saturated Fat: 2g Calories: 470 Sodium: 135mg Carbohydrate: 58g Fiber: 6g</p>

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Friday

Macaroni and Cheese with Cauliflower: Fill one large pot halfway with water and put on high heat, add a lid to help boil faster. Once boiling, remove lid and add noodles to pot. When noodles are about 5 minutes from being done add finely chopped cauliflower. Cook until tender then drain. Puree beans in a food processor with a little bit of water. While boiling get out a medium sized sauce pan and put on low heat to warm the pot, add oil. Once warm take off the heat and make a roux by the flour then put burner on medium heat. Slowly add small amounts of milk while whisking gently. After adding all of the milk the sauce should be thick without any presence of lumps. Then add small amounts of the cheese and continue to whisk. Put cauliflower and noodles back in large pot. Add the pureed beans and then pour over the cheese sauce and stir until mixed well and add pepper to taste.

Approximate Cook and Prep Time: 30 minutes

****Time Saving Idea-prepare entire meal the night before. This one is great reheated!****

Total Meal Nutrition Facts

Total Fat: 12g
Saturated Fat: 7g
Calories: 720
Sodium: 460mg
Carbohydrate: 118g
Fiber: 22g

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Menu Week 6 (March 8-14, 2009)

approximate price for the week \$85

prices may be higher or lower due to a variety of factors.

<p>Monday Pita Pizzas Salad</p> <p>Pita Pizzas 4 whole pita shells ½ cup off tomato sauce ½ cup of part skim mozzarella ½ bag of fresh spinach</p> <p>Salad bag of romaine or leaf lettuce garbanzo beans favorite low fat dressing favorite toppings</p>	<p>Tuesday Grilled Cheese Tomato Soup</p> <p>Grilled Cheese 8 slices of wheat bread 8 oz of reduced fat (1%) cheddar cheese or low fat cheese of your choice 1 tbsp of olive oil</p> <p>Tomato Soup 2 cans of low sodium tomato soup choice of 1 can of water or skim milk for each 1 clove of garlic, minced or pressed</p>	<p>Wednesday Tacos Guacamole (optional) Roasted Vegetables</p> <p>Tacos 1 lb of ground turkey taco seasoning without MSG 1 % cheddar cheese 4 large whole wheat tortilla shells without partially hydrogenated oil ¼ cup of low fat sour cream Salsa 4 leaves of romaine lettuce 1 tomato, chopped</p> <p>Guacamole 1 ripe avocado (skin should be black) 1 clove of garlic ½ lemon, juiced</p> <p>Vegetables 1 green pepper 1 red pepper 1 orange pepper ½ of onion 1 tbsp of extra virgin olive oil pepper to taste</p>	<p>Thursday Pork Chops Mashed Potatoes with Cauliflower Steamed Broccoli</p> <p>Turkey 4 boneless pork tenderloins 1/6 tsp salt (pinch) pepper to taste</p> <p>Mashed Potatoes 4 potatoes, skinned and chopped 1/6 tsp salt (pinch) pepper to taste ¼-1/2 cup of skim milk 1 cup of cooked cauliflower chopped</p> <p>Broccoli 2 heads of broccoli 1/6 tsp salt (pinch) pepper to taste</p>	<p>Friday Lemon Chicken Green Beans Baked Potatoes</p> <p>Lemon Chicken 4 boneless skinless chicken breasts 1 lemon 1 tbsp of vinegar 1/6 tsp salt (pinch) pepper to taste</p> <p>Green Beans 3 cups of green beans pepper to taste lemon juice to taste</p> <p>Baked Potatoes 4 small potatoes low fat sour cream 1/12 tsp salt (half of pinch each) pepper to taste</p>
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Grocery List

<u>Produce</u>	<u>Meat</u>	<u>Dry Goods</u>	<u>Dairy</u>	<u>Should Be in Your Pantry</u>
bag of spinach bag of romaine lettuce 1 tomato 1 avocado 2 lemons 1 green pepper 1 red pepper 1 orange pepper 1 onion 2 heads of broccoli 4 potatoes 1 small head of cauliflower 3 cups of green beans 4 small potatoes	1 lb of ground turkey breast 4 4oz boneless pork tenderloin chops 4 boneless skinless chicken breasts	1 pkg of whole wheat pitas 1 pkg of whole wheat tortillas 1 small jar of tomato sauce 2 cans of tomato soup 1 can of garbanzo beans 1 pkg of taco seasoning 1 small jar of salsa	low fat yogurt part skim mozzarella cheese, shredded 1 small container of low fat sour cream skim milk 8 oz of part skim cheese slices of your choice part skim cheddar cheese, shredded	olive oil vinegar low fat dressing of your choice salad toppings of your choice garlic

Directions and Total Meal Nutrition Facts

Monday	Total Meal Nutrition Facts
<p>Pita Pizzas: Chop spinach and place in a pan with 1 tsp of olive oil. Add a clove of garlic pressed or minced to the pan and cook until spinach is wilted. Layer pitas with spinach, sauce and cheese and bake in the oven at 350 degrees until cheese is melted approximately 15 minutes.</p> <p>Approximate Cook and Prep Time: 25 minutes</p>	Total Fat: 8g Saturated Fat: 2.5g Calories: 280 Sodium: 910mg Carbohydrate: 44g Fiber: 9g

Tuesday	Total Meal Nutrition Facts
<p>Grilled Cheese: Take brush and brush olive oil on bread place face down in pan. Put slice of cheese and place both slices of bread olive oil side down until cheese is melted and bread is toasted.</p> <p>Tomato Soup: Open can of soup and place in a sauce pan add water or milk, garlic, and pepper to taste. Put on medium low heat stirring occasionally to blend together.</p> <p>Approximate Cook and Prep Time: 15 minutes</p>	Total Fat: 12g Saturated Fat: 4g Calories: 340 Sodium: 480mg Carbohydrate: 46g Fiber: 4g

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<p>Wednesday</p> <p>Tacos: Put ground turkey in a skillet and cook until brown. Then add water (check seasoning packet) and package of taco seasoning. Stir to mix. Take tortillas and place directly on warm oven rack until pliable. Take shell and layer meat, cheese, salsa, sour cream, guacamole (see recipe), lettuce and tomato.</p> <p>Guacamole (optional): Take ripe (black skin) avocado and cut in half. Be careful because there is a large pit in the middle that you will need to cut around. Open, remove pit and scoop contents into a bowl. Add garlic and lemon juice and smash with a fork until smooth consistency.</p> <p>Roasted Vegetables: Take chopped vegetables and toss with olive oil and pepper to taste. Cook in 350 degree oven for 10-15 minutes. Serve as a side or directly on the taco. Can also season with lemon and cilantro.</p> <p>Approximate Cook and Prep Time: 40 minutes</p> <p><i>***Time Saving Idea- roast the vegetables the night before. ***</i></p>	<p>Total Meal Nutrition Facts</p> <p>Total Fat: 15g Saturated Fat: 3.5g Calories: 440 Sodium: 570mg Carbohydrate: 44g Fiber: 8g</p>
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<p>Thursday</p> <p>Mashed Potatoes with Cauliflower: Place one medium pots with water on high heat bring to a boil. Put the paired and chopped potatoes into the pot. Cook potatoes until they slide off the fork. Cooking times vary depending on the size and type of potato. Approximately 10-15 minutes. While boiling potatoes, chop cauliflower. When potatoes are almost done place cauliflower in the pot and cook until tender approximately 5-7 minutes. Reserve water for broccoli. Drain and return cauliflower and potatoes to the pot, add milk, and mash with masher or whip with a mixer. Then add pepper to taste.</p> <p>Pork Chops: Preheat oven to 350 degrees. Place pork chops in a baking dish, salt and pepper to taste. Bake for 25 minutes or until no longer pink in the middle</p> <p>Steamed Broccoli: Chop heads of broccoli and place in steaming basket over boiling water. Cook until tender, should be easily pierced with fork. Be careful not to overcook, the broccoli will turn olive green in color and become mushy. Approximately 5-7 minutes.</p> <p>Approximate Cook and Prep Time: 45 minutes</p>	<p>Total Meal Nutrition Facts</p> <p>Total Fat: 12g Saturated Fat: 4g Calories: 470 Sodium: 460mg Carbohydrate: 49g Fiber: 12g</p>
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<p>Friday</p> <p>Chicken: Place cleaned chicken in a skillet with lemon juice, vinegar, salt and pepper. Cook on medium heat turning every few minutes, until no longer pin in the center. Cooking times may vary but approximately 10-12 minutes.</p> <p>Baked Potato: Take each potato and poke holes with a fork. Place in microwave for two minutes per potato or until soft. Serve with low fat sour cream or low fat cottage cheese, salt and pepper to taste.</p> <p>Green Beans: Clean green beans and put in a steamer basket over boiling water. Cook until they are easily pierced with a fork about 7 minutes. Add salt, pepper and lemon juice to taste.</p> <p>Approximate Cook and Prep Time: 30 minutes</p>	<p>Total Meal Nutrition Facts</p> <p>Total Fat: 13g Saturated Fat: 4.5g Calories: 450 Sodium: 320mg Carbohydrate: 38g Fiber: 5g</p>
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Menu 7 (March 15--21, 2009)

approximate price for the week \$80

prices may be higher or lower due to a variety of factors.

<p>Monday Wheat Turkey Wrap Celery and Low Fat Ranch</p> <p>Wheat Turkey Wrap 4 whole wheat tortillas 8 slices of turkey breast 1 tomato, sliced 1 onion, sliced 1 avocado, sliced 8 small pieces of romaine lettuce 1 tbsp of low fat mayo or ranch</p> <p>Celery and Low Fat Ranch 10 celery stalks, sliced in half both ways 4 tbsp of low fat ranch, one for each person</p>	<p>Tuesday Chicken Nuggets Asparagus Baked Fries</p> <p>Billy's Chicken Nuggets 4 small boneless skinless chicken breasts, cleaned and chopped into cubes 1 tbsp of olive oil 1/6 tsp salt (pinch) pepper to taste 1 tbsp per person, bbq or ketchup for dipping,</p> <p>Asparagus 1 bunch of asparagus, ends broken off. 1/6 tsp salt (pinch) pepper to taste</p> <p>Baked Fries 4 medium sized potatoes, cut into French fry shape canola oil 1/6 tsp salt (pinch) pepper to taste</p>	<p>Wednesday Turkey Meatball Sandwich Roasted Zucchini</p> <p>Turkey Meatball Sandwich 1 lb of ground turkey breast 1 clove of garlic 1 onion, chopped 1/6 tsp salt (pinch) Pepper Basil 1 cup of tomato sauce 4 whole wheat rolls</p> <p>Roasted Zucchini 2 zucchinis, sliced thin 1 tsp of canola oil 1 clove of garlic (optional) 1/6 tsp salt (pinch) pepper to taste</p>	<p>Thursday Zesty Mexican Soup Fiesta Brown Rice</p> <p>Zesty Mexican Soup 1 medium onion 4 cloves of garlic, chopped or pressed 2 tsp of chili powder 24 oz of chicken broth 1 green pepper 1 red pepper 1 zucchini diced 2 cups of fresh spinach, chopped 1 15 oz can of chopped tomatoes 7.5 oz of black beans, drained and rinsed 1 cup of frozen corn 1 tsp of oregano 1 tsp of cumin 1/2 cup of fresh cilantro pepper to taste</p> <p>Fiesta Brown Rice 1 cup of uncooked brown rice 2 1/4 cup of water 1 red pepper 1 green pepper 1 tsp of cumin fresh cilantro</p>	<p>Friday Chicken Caesar Salad Homemade Dressing Wheat Pita Slices</p> <p>Chicken Caesar Salad 2 bags of romaine lettuce 1/2 tbsp of olive oil pepper 4 chicken breasts, cleaned and cubed</p> <p>Homemade Dressing 1 1/2 tbsp of olive oil 1 2oz can of anchovies, drained and rinsed 4 cloves of garlic 2 tbsp of balsamic vinegar pepper to taste</p> <p>Wheat Pita Slices 2 whole wheat pitas, cut in half</p>
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Grocery List

Produce	Meat	Dry Goods/Frozen	Dairy	Should Be in Your Pantry
1 tomato 1 avocado 2 onions 2 bag of romaine lettuce 1 bunch of celery 1 bunch of asparagus 4 medium sized potatoes 2 red peppers 2 green peppers 3 zucchini's 1 bunch of cilantro 1 bag of spinach	8 slices of turkey breast 10 boneless skinless chicken breasts 1 can of anchovies	1 15 oz can of chopped tomatoes 2 15 oz can of black beans 1 4oz can of green chili's Wheat Tortillas Wheat Pitas small bag of walnuts, chopped 4 sausage sized whole wheat rolls 1 jar of tomato sauce 1 small bag of frozen corn	***Skim Milk (to drink with each meal)***Optional	Salt Pepper Low Fat Ranch Low fat caesar dressing olive oil canola oil brown rice oregano cumin fresh garlic balsamic vinegar

Directions and Total Meal Nutrition Facts

Monday	Total Meal Nutrition Facts
<p>Wheat Turkey Wrap: Spread mayonnaise or ranch on the top of each tortilla then layer even amounts of ingredients on top of each. Roll up like a burrito. Tucking in the ends so that ingredients do not fall out.</p> <p>Celery: Tear off celery stocks and rinse under cold water. Chop of ends. Cut the celery in half both ways. Serve with ranch for dipping.</p> <p>Approximate Cook and Prep Time: 15 minutes</p>	Total Fat: 6g Saturated Fat: 1g Calories: 210 Sodium: 690mg Carbohydrate: 31g Fiber: 7g

Tuesday	Total Meal Nutrition Facts
<p>Baked Fries: Place cut potatoes in a pan, add canola oil, salt and pepper to taste. Toss to coat. Bake at 400 degrees for 45 minutes or until edges are brown. Loosen with a spatula ever 10 minutes.</p> <p>Chicken Nuggets: Place chopped chicken in a pan with 1 tbsp of olive oil add salt and pepper to taste. Sauté on medium high until no longer pink in the center and edges turn brown, approximately 8-10 minutes. Serve with BBQ sauce or ketchup for dipping.</p> <p>Asparagus: Rinse asparagus under cold water. Put water and steamer basket in a pot and place on high. Put asparagus in the pot and put the lid on. Cook until tender, approximately 5-7 minutes.</p> <p>Approximate Cook and Prep Time: 60 minutes</p> <p><i>***Time Saving Idea-cook cut potatoes in microwave until soft. Add oil and pepper and bake. ***</i></p>	Total Fat: 12g Saturated Fat: 2g Calories: 510 Sodium: 610 mg Carbohydrate: 63g Fiber: 12g

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<p>Wednesday</p> <p>Turkey Meatball Sandwich: Mix ground turkey with garlic, basil, salt, pepper and onion. Roll into 12 small meat balls. Put skillet on medium heat and add meat balls and brown on all sides. Add a jar of your favorite sauce and simmer until meatballs are cooked through. Serve with on a whole wheat roll.</p> <p>Roasted Zucchini: Preheat oven to 350 degrees. Place zucchini, olive oil, salt and pepper in a pan. Bake in the oven for 15 minutes or until tender.</p> <p>Approximate Cook and Prep Time: 45 minutes</p> <p><i>***Time Saving Idea-prepare meatballs the night before.***</i></p>	<p>Total Meal Nutrition Facts</p> <p>Total Fat: 12g Saturated Fat: 3g Calories: 400 Sodium: 690mg Carbohydrate: 50g Fiber: 8g</p>
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<p>Thursday</p> <p>Zesty Mexican Soup: In a medium soup pot heat one tbsp of chicken broth on medium heat. Add onion and green/red pepper and sauté for about 5 minutes, stirring often. Add red chili powder, mix in well and add the remaining broth, zucchini, spinach and tomatoes. Cook for another 5 minutes and add beans, corn, oregano and cumin. Bring to a boil on high heat. Once it begins to boil, reduce heat to medium low and simmer uncovered for 15 minutes. Add chopped cilantro and pepper. ***Serves 6 instead of 4.***</p> <p>Fiesta Brown Rice: Bring water to a boil. Add rice and stir once. Add lid and reduce heat. Simmer for 45 minutes. Remove from heat. Let stand for 5 minutes. Add chopped peppers, cilantro and cumin and toss with a fork. Makes 3 cups.</p> <p>Approximate Cook and Prep Time: 60 minutes</p> <p><i>***Time Saving Idea-make rice the night before.***</i></p>	<p>Total Meal Nutrition Facts</p> <p>Total Fat: 6g Saturated Fat: 1g Calories: 480 Sodium: 540mg Carbohydrate: 94g Fiber: 20g</p>
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<p>Friday</p> <p>Chicken Caesar Salad: Place chopped chicken in a pan with 1 tbsp of olive oil add pepper to taste. Sauté on medium high until no longer pink in the center and edges turn brown, approximately 8-10 minutes.</p> <p>Homemade Dressing: Place ingredients in a food processor and blend for 1-2 minutes. Toss with romaine lettuce.</p> <p>Wheat Pita Slices: Slice two whole wheat pitas in half and serve with salad. Can bake in the oven for 5 minutes or until crispy.</p> <p>Approximate Cook and Prep Time: 30 minutes</p> <p><i>***Time Saving Idea-make dressing the night before.***</i></p>	<p>Total Meal Nutrition Facts</p> <p>Total Fat: 14g Saturated Fat: 3g Calories: 430 Sodium: 790mg Carbohydrate: 30g Fiber: 7g</p>
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Menu 8 (March 22-28, 2009)

approximate price for the week \$65
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<p>Monday Cajun Chili Salad Wheat Pita Chips</p> <p>Cajun Chili 1 medium onion, chopped 1 medium red bell pepper, diced 3 cloves garlic, pressed 1 tsp paprika 1 tbsp chili powder 1/2 tsp dried thyme 1/2 tsp dried oregano 1 tsp cumin 1/8 tsp cayenne pepper 1- 15oz can kidney beans, drained and rinsed 1- 15 oz can diced tomatoes, drained and rinsed 1 tbsp olive oil pepper to taste 1/2 lb ground turkey breast, browned</p> <p>Salad 1 bag of lettuce low fat dressing of your choice Salad topping of your choice</p> <p>Wheat Pita Chips 2 whole wheat pitas cut into 8 triangles</p>	<p>Tuesday Turkey Burgers Sweet Potatoes Wedges Spinach Sautee</p> <p>Turkey Burgers 1 pound ground turkey breast 1 clove of garlic, pressed or minced 1/2 large onion, chopped 2 egg whites 1/2 cup bread crumbs 4 pieces of lettuce pepper to taste</p> <p>Burger Toppings 4 whole wheat rolls 1 tomato, sliced 1/2 onion, sliced</p> <p>Sweet Potatoes Wedges 2 large sweet potatoes, cut into wedges 1 tbsp of canola oil 1 tsp of pepper</p> <p>Spinach Sauté 1 bag of spinach 1 clove of garlic 1 tsp of olive oil pepper to taste</p>	<p>Wednesday Pasta Primavera Salad</p> <p>Pasta Primavera 1 small onion, sliced thin 1 red bell pepper, sliced thin 1 small carrot, sliced thin 1 bunch of thin asparagus, chopped, bottom fourth discarded 1 zucchini, sliced thin 1 15 oz can of chopped tomatoes with juice 1tbs + 1/4 cup of chicken stock 1 tbsp of basil 1tsp of sage (optional) 2 tsp of parsley 1tsp of oregano 1/6 tsp salt (pinch) pepper to taste 3 oz of whole grain linguini 1 can of garbanzo beans, whole or pureed</p> <p>Salad 1 bag of lettuce low fat dressing of your choice Salad topping of your choice</p>	<p>Thursday Warm Spinach Salad with Tuna Baked Potato</p> <p>Warm Spinach Salad with Tuna 2 bags of fresh spinach 2 5 oz cans of tuna 2 tbsp extra virgin olive oil 1 fresh lemon, juiced 4 medium cloves of garlic 1/6 tsp salt (pinch) pepper</p> <p>Baked Potato 4 small potatoes 4 tbsp of reduced fat sour cream 1/6 tsp salt (pinch)</p>	<p>Friday Broiled Chicken with Mushrooms Corn</p> <p>Broiled Chicken 4 small boneless skinless chicken breasts, cleaned 2 tsp of lemon juice pepper to taste</p> <p>Dressing for Chicken 2 cloves of garlic 1 tbsp of olive oil rest of lemon, juiced pepper</p> <p>Mushrooms 1 pkg of mushrooms, sliced 1tsp of olive oil pepper to taste</p> <p>Corn 1 pkg of frozen corn 1/6 tsp salt (pinch) pepper to taste</p>
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Grocery List

<u>Produce</u>	<u>Meat</u>	<u>Dry Goods/Frozen</u>	<u>Dairy</u>	<u>Should Be in Your Pantry</u>
2 onions 2 red bell peppers 2 large sweet potatoes 3 bags of fresh spinach 1 small carrot 1 bunch of asparagus 1 zucchini 1 bag of romaine lettuce 2 lemons 4 small potatoes 1 pkg of mushrooms	1 and ½ lbs of ground turkey breast 4 small boneless skinless chicken breasts	whole wheat pitas 1 15 oz can of dice tomatoes 1 15 oz can of kidney beans whole wheat hamburger rolls whole grain linguini Frozen Corn	1 small container of reduced fat sour cream eggs	garlic olive oil canola oil salt pepper paprika chili powder dried thyme oregano cumin cayenne bread crumbs basil parsley

Directions and Total Meal Nutrition Facts

<p>Monday</p> <p>Chili: Chop onion and press garlic. In a large pot add 1 tbsp of olive and sauté onion, ground turkey and bell peppers for 5-7 minutes or until turkey is no longer pink. Add garlic, spices, tomatoes, kidney beans and cover with water. Bring to a boil then reduce heat and simmer for 15-20 minutes. Add pepper to taste.</p> <p>Salad: Open your bagged lettuce and top with low fat dressing and toppings of your choice.</p> <p>Wheat Pita Chips: Place cut pita triangles on a baking sheet and bake for 10 minutes or until crispy.</p> <p>Approximate Cook and Prep Time: 30 minutes</p>	<p>Total Meal Nutrition Facts</p> <p>Total Fat: 6g Saturated Fat: .5g Calories: 180 Sodium: 520mg Carbohydrate: 30g Fiber: 6g</p>
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<p>Tuesday</p> <p>Baked Sweet Potato Wedges: Preheat oven to 500 degrees. Place potato wedges, pepper and canola oil in a baking dish and toss to coat. Bake for 30 minutes, turning wedges once or twice during baking period, until potatoes are crisped and tender.</p> <p>Turkey Burgers: Combine all ingredients and form into four patties. Cook in a skillet on medium heat for 5-6 minutes on each side or until no longer pink in the middle.</p> <p>Sautéed Spinach: Place bag of spinach in large pan. Press one clove of garlic into the pan and add pepper. Drizzle 1 tablespoon of olive oil over spinach and cook on low heat until wilted.</p> <p>Approximate Cook and Prep Time: 45 minutes</p> <p>***Time Saving Idea-microwave potatoes before baking then add oil and pepper. ***</p>	<p>Total Meal Nutrition Facts</p> <p>Total Fat: 11g Saturated Fat: 1.5g Calories: 470 Sodium: 670mg Carbohydrate: 51g Fiber: 9g</p>
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Please remember to call The Corner Store and they will bag up your groceries for you all you have to do is pay and pick them up. (704)982-4228



AND SMART START PROGRAM

<p>Wednesday Primavera Verde: Bring salted water to a boil for pasta. Chop onion, garlic and remaining vegetables. Heat 1 tbsp of broth in medium skillet. Sauté onion in broth over medium heat stirring frequently for 3 minutes. Add vegetables in order given, waiting about 1 minute between each. Add tomatoes, garbanzo beans, broth and simmer for another couple minutes, until vegetables are barely tender, about 10 minutes. If needed, you can add a touch more liquid to keep moist. Add herbs. Season with salt and pepper. While vegetables are simmering cook pasta, according to package instructions and strain through colander. Toss pasta with vegetable mixture. Approximate Cook and Prep Time: 50 minutes</p>	<p>Total Meal Nutrition Facts</p> <p>Total Fat: 8g Saturated Fat: 1.5g Calories: 450 Sodium: 910mg Carbohydrate: 80g Fiber: 17g</p>
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<p>Thursday Spinach Salad with Tuna: In a skillet on medium heat combine the olive oil, lemon juice, garlic, and pepper to taste and heat until warm. Divide spinach evenly on 4 plates and drizzle dressing over spinach leaves and top with tuna. Baked Potato: Take each potato and poke holes with a fork. Place in microwave for two to three minutes per potato or until soft. Serve with low fat sour cream. Approximate Cook and Prep Time: 15 minutes</p>	<p>Total Meal Nutrition Facts</p> <p>Total Fat: 12g Saturated Fat: 3g Calories: 370 Sodium: 460mg Carbohydrate: 34g Fiber: 8g</p>
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<p>Friday Chicken: Preheat the broiler on high and place an all stainless steel skillet (be sure the handle is also stainless steel) or cast iron pan about 6 inches from the heat for about 10 minutes to get it very hot. While the pan is heating, rinse and pat the chicken dry and season with lemon juice and pepper. Place the breast on the hot pan. It is not necessary to turn the breast because it is cooking on both sides at once. Depending on the size, it should be cooked in about 7 minutes. The breast is done when it is moist, yet its liquid runs clear when pierced and is no longer pink in the center. Toss with dressing with garlic, lemon juice, extra virgin olive oil, and salt and pepper. Add rosemary, sage, or Dijon mustard to the dressing if desired. You can also top with sautéed mushrooms for extra flavor. Mushrooms: Sauté mushrooms with olive oil. Add pepper. Corn: Place corn in bowl and microwave for 2 minutes. Add salt and pepper. Approximate Cook and Prep Time: 30 minutes</p>	<p>Total Meal Nutrition Facts</p> <p>Total Fat: 9g Saturated Fat: 2g Calories: 260 Sodium: 280mg Carbohydrate: 8g Fiber: less than 1g</p>
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