

Grocery List:

Produce:

- Green peppers: 3
- Red peppers: 2
- Yellow peppers: 1
- Yellow onions: 3
- Red onions: 2
- Mushrooms: 1 cup, sliced, fresh
- Romaine lettuce: 6 cups chopped
- Tomatoes: 4
- Celery: 1 package
- Zucchini: 1 small
- Yellow summer squash: 1 small
- Potatoes: 12 medium/large
- 6 cups fresh or frozen green beans
- 6 cups fresh or frozen broccoli
- Jar of minced garlic

Meats:

- 6 skinless, boneless chicken breast halves
- Small package of sliced pepperoni
- 1 pound extra lean ground beef
- 6 lean, boneless pork chops
- 1 1/2 pounds salmon

Dairy:

- 4 oz. shredded Mozzarella cheese
- Swiss cheese: 6 - 1oz. Slices
- Skim Milk (2 cups)

Other:

- 26 oz. low sodium spaghetti sauce
- 16 oz. box of spaghetti
- 1 can black olives
- 1 bottle of fat free Italian Salad Dressing
- 48 oz. can low-sodium tomato juice
- 28 oz. can diced tomatoes
- 2 - 15 oz. cans of kidney beans
- Apple juice
- Focaccia Bread

*continued on next page

Grocery List (continued):

Pantry staples:

- Chili Powder (1-2 tablespoons)
- Cinnamon (1/2 teaspoon)
- Salt
- Black Pepper
- Whole Grain Corn Meal (1 1/4 cup)
- Whole Wheat Flour (1 cup)
- Brown sugar (1/2 cup)
- Baking Soda
- Eggs: 1
- Canola Oil (1/3 cup)
- Olive Oil (3 tablespoons)
- Butter (1 tablespoon)
- Lemon Juice (1 tablespoon)
- Real Maple Syrup (1/4 cup)
- Low Sodium Soy Sauce (2 tablespoons)

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 1

What's for Dinner?

- Crock-pot Chicken Cacciatore with Spaghetti and Italian Salad
- Chili with Mom's Corn Bread Muffins
- Autumn Pork Chops with Garlic Mashed Potatoes and Broccoli
- Swiss Vegetable Sandwiches
- Maple Salmon with Baked Potatoes and Garlic Green Beans

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Crock-pot Chicken Cacciatore

Serves 6—Best served with spaghetti and Italian Salad (below).

- 6 skinless, boneless chicken breast halves
- 26 oz. low sodium spaghetti sauce
- 2 green peppers, chopped
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- 1 onion, chopped
- 1 cup sliced, fresh mushrooms

Directions: Place the chicken in the crock-pot. Top with the spaghetti sauce and vegetables. Cover, and cook on low for 7 to 9 hours.

*Calories: 351 Total Fat: 3g Saturated Fat: 1g
Fiber: 4.5g Carbs: 20g Sodium: 557mg*

Italian Salad

Serves 6

- 12 cups chopped Romaine lettuce
- 3 medium tomatoes, diced
- ½ cup red onion slices
- ½ cup black olives, sliced
- ½ cup shredded mozzarella cheese
- 24 pepperoni slices, cut in quarters
- ½ cup fat free Italian dressing

Directions: Place all ingredients in large salad bowl, in order listed. Toss to coat with the dressing. Serve immediately.

*Calories: 113 Total Fat: 6g Saturated Fat: 2g
Fiber: 2.5g Carbs: 12g Sodium: 612mg*

Chili

Serves 6

- 1 lb extra lean ground beef
- ½ cup chopped onion
- ½ cup chopped celery
- 1 48 oz. can of low-sodium tomato juice
- 1 28 oz. can of diced tomatoes
- 2 15 oz. cans of kidney beans, rinsed & drained
- 1 – 2 Tablespoons of chili powder (to taste)

Directions: Brown ground beef, onions, and celery in soup kettle on stove. Drain any excess fat. Add the remaining ingredients to the kettle. Bring to a boil, reduce heat, and simmer until serving time.

*Calories: 280 Total Fat: 3g Saturated Fat: 1g
Fiber: 7g Carbs: 37g Sodium: 730mg*

Mom's Corn Muffins

Serves 12

- 1 ¼ cup whole grain corn meal
- 1 cup whole wheat flour
- ½ cup brown sugar
- 1 teaspoon baking soda
- 1 egg, slightly beaten
- 1/3 cup canola oil
- 1 ¼ 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*

Crock-pot Autumn Pork Chops

Serves 6—Best served with broccoli and Garlic Mashed Potatoes. (below)

- 6 lean, boneless pork chops (about 4 oz. each) with all visible fat removed
- 2 cups apple juice
- ½ teaspoon ground cinnamon

Directions: Place the pork chops in the crock-pot, pour in the apple juice, and sprinkle with cinnamon. Cover and cook on low for 10 hours.

*Calories: 187 Total Fat: 6g Saturated Fat: 2.5g
Fiber: <1 g Carbs: 10g Sodium: 46mg*

Garlic Mashed Potatoes

Serves 6

- 6 medium to large potatoes, peeled and quartered
- ¾ cup skim milk
- 1 tablespoon butter
- 2 teaspoons minced garlic
- 1/2 teaspoon salt
- ¼ teaspoon pepper

Directions: Bring a large pot of water to boil. Add the potatoes and boil until soft (about 20 – 25 minutes). Drain all of the water from the potatoes. Place the potatoes into a bowl. Add remaining ingredients and mix with an electric mixer or a potato masher to your desired consistency. Serve immediately.

*Calories: 132 Total Fat: 2g Saturated Fat: 1.2g
Fiber: 3g Carbs: 28g Sodium: 220mg*

Swiss Vegetable Sandwiches

Serves 6

- 6 pieces of Focaccia bread (57 gm each), split in half
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 4 teaspoon minced garlic
- 1 red onion, sliced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 small zucchini, sliced
- 1 small yellow summer squash, sliced
- 1 large tomato cut into 6 slices
- 6 slices of Swiss cheese (1 oz. each)

Directions: In a large skillet over medium heat sauté garlic, onion, peppers, zucchini, and squash in olive oil and lemon juice until tender. Place Focaccia bread pieces on a foil lined cookie sheet. Top six of the pieces with the vegetables and then with a tomato slice and a slice of cheese. Bake in a 425 degree oven for 2 minutes or until cheese is melted and bread is slightly toasted. Watch carefully. Remove from oven. Place tops on sandwiches and serve with a fork.

*Calories: 351 Total Fat: 15g Saturated Fat: 6g
Fiber: 3.5g Carbohydrates: 42g Sodium: 446mg*

Maple Salmon

Serves 6—Best served with baked potatoes and Garlic Green Beans (below).

- 1 ½ pounds of salmon
- ¼ cup Maple Syrup
- 2 tablespoons of low sodium soy sauce
- 1 teaspoon minced garlic
- 1/8 teaspoon black pepper

Directions: Coat a shallow baking dish with non-stick cooking spray. Place the salmon in the baking dish. Combine the remaining ingredients in a separate bowl. Pour the mixture over the fish. Cover and marinate for 30 minutes in the refrigerator, turning once. Place the baking dish, uncovered, in the oven at 400 degrees and bake for 20 minutes or until fish flakes easily with a fork.

*Calories: 248 Total Fat: 12.5g Saturated Fat: 2.5g
Fiber: <1g Carbs: 9.5g Sodium: 198mg*

Garlic Green Beans

Serves 6

- 6 cups of fresh or frozen green beans
- ½ teaspoon salt
- 1 medium onion, finely chopped
- 2 teaspoons minced garlic
- 1 tablespoon olive oil

Directions: In skillet, sauté onion and garlic in oil until tender. Add beans (if using fresh beans, also add ½ cup water). Cook partially covered for 8 - 10 minutes until tender-crisp, stirring occasionally.

*Calories: 70 Total Fat: 2.7g Saturated Fat: 0.4g
Fiber: 4.2g Carbs: 10.7g Sodium: 202mg*

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