easymeas healthy families guick, affordable meal solutions

meijer

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"What shall we have for dinner?" This is the constant cry of the housewife, who often feels that housekeeping would be relieved of one of its greatest bugbears if someone else would undertake the planning of the meals.

Mary Swartz Rose, Feeding the Family, 2nd Ed. McMillan, 1924

This 1924 book was given to me by my mother-in-law after she found it in her mother's attic several years ago. It was fun to turn the fragile pages and look at the meal planning tips and food costs from the 1920s. Did you know that two jars of peanut butter could be purchased for 25 cents? One thing that was not surprising to me was the way meal planning and preparation were described—as time-consuming, difficult chores. A lot has changed over the past eight decades, but not the way most people feel about fixing meals. I do, however, think we face some new obstacles to meal planning and preparation today, and that is what prompted us to write this guide.

The fact that we are all juggling busy schedules is a given, but many people have a lack of cooking skills and knowledge that drives them to purchase and consume overly processed foods that are high in calories but often low in nutritional value.

This book was written because of a need expressed by families and individuals who want to eat better but need simple direction from the information provided. All the recipes and meal plans have passed the test to be easy, affordable and healthy (in that order). Yes, you will still need to devote some time and energy to plan meals and shop for ingredients, but the rewards of saving money, improving your health and sharing time with your family are worth the effort.

Here's to easy meals and healthy families. Happy cooking!

Stan Stinbar

Shari Steinbach, MS, RD Meijer Healthy Living Advisor



chapter one: making mealtime matter

1

What if meal planning was reinvented to be easy, affordable, healthy and, yes, even fun? *Easy Meals, Healthy Families* is your guide to do just that: an easy-to-read, step-by-step plan to rethink mealtime as a time to get together to celebrate and connect with what makes life taste so good.

simple solutions for busy families

Here it is in one simple book: the strategies, tips and tools for healthy meal planning today. The Meijer Healthy Living Advisors have done the research and compiled the best-of-the-best to show you how simple it can be to provide affordable, healthy options for those you love the most. There's no need to break the bank trying to make healthy meals. Included are kitchen basics, affordable ideas, grocery shopping tips, and strategic menu planning options to save time and money, while also helping your family eat healthier.

As part of the *Easy Meals, Healthy Families* guide, we've designed an easy-to-use, at-a-glance meal planner (at the end of this book) for your family. This meal planner is your blueprint for building weekly menus that the whole family will eat.

Getting into the habit of planning meals ahead will also help organize your weekly shopping list. From adding the recipe ingredients you'll need, to simply noting staples you've run out of, a shopping list streamlines each trip to the grocery store to save you both time and money. And to make it even more convenient for you, we've designed a weekly shopping list as a tool for you to note what you'll need for the week, and to easily find those items at your local Meijer.

how to use the Easy Meals, Healthy Families weekly meal planner

Use this meal planner to organize daily menus and to build your grocery list. To get started:

- Sit down with your family, the weekly ads, mPerks and meijermealbox.com to choose the meals you plan to make for the entire week—breakfast, lunch, dinner and snacks—with all side dishes included.
- Make sure to strike through days where meals are planned elsewhere, and identify particularly busy days where an easy meal is mandatory.
- Think of meals that can be cooked once, but used multiple times. For example, roast one whole chicken and use the leftovers to make chicken soup.
- Use your meal plan to guide your shopping at Meijer, and you'll see how much time and money you can save by planning ahead.

"Preparing your own meals allows you to be the gatekeeper of what goes in your body—keeping out the unhealthy ingredients and letting in the healthy."

Shari Steinbach, MS, RD, Meijer Dietitian and Healthy Living Advisor

weekly meal planner



Sat: Grandma's b-day Bring pasta salad

meijer

	breakfast	lunch/snacks	dinner
	blueberry-banana	turkey + avocado	Greek tilapia
monday	Smoothic	wrap	brown rice
ō	whole-wheat	pretzels	broccol: florets
	toast	grapes	
	easy breakfast	Mexican Fiesta	rotisserie chicken
tuesday	Sandwich	Salad	Steamed green beans
tue	Orange juice	pineapple chunks	roasted potatoes
		cashews	
Ув	cheese in apple	whole-grain	easy beef + bean chili
esa	toast	chicken wrop	mixed greens salad
vednesday	low fat yogurt	carrot sticks	with light dressing
>		low fat yogurt	5 5
	granola bar	easy beef +	peppered pork roast
chursday	Orange Slices	bean chili	steamed carrots
thur	fat-free milk	red grapes	
	Care of State of Con-	9.1	Print out
	hard-bailed egg	Caesar pork	PIZZA weekly meal p
lay	lowfat string	Sandwich	NIGHT to organize you and menu
Ĕ	cheese	grapes	week ah
Te	apple slices	tropical trail mix	
	whole-grain	leftover pizza	Grandma's birthday -
saturday	pancakes	Orange slices	bring pasta salad
satu	sliced peaches		1
	fat-free yogurt		
	mango smoothie	hummus-vegetable	easy lasagna
sunday	whole-wheat	Sandwich	spinach salad
sun	toast	tropical trail mix	fat-free milk

connect, communicate and celebrate with family meals

Improving a child's eating habits starts at home. As a parent, you can create simple, easy and affordable meals that provide delicious nourishment, while promoting valuable family time in your own kitchen. Creating healthy mealtime habits today can lead to a lifetime of healthy choices.

Family meals provide so much more than a delicious dinner. A family meal is an opportunity to check in, communicate and celebrate. Yet with either work, sports, carpool or homework just about every night, it often seems impossible to get everyone around the table at the same time.



children who eat with their families:

- are less likely to smoke, drink or use drugs
- perform better in school
- are more emotionally content
- have a strong sense of belonging and security
- confide in their parents more
- choose healthier snack foods
- consume less fried food, soda and saturated fat
- learn table manners
- improve communication skills
- have higher self-esteem
- are less likely to be obese
- have better relationships with friends and adults

family meals, one day at a time

Make mealtime matter. Turn off the TV and smartphones, and connect in real time with the people you love most. When you eat family-style—sharing stories, experiences and a healthy meal—you are creating the moments to remember.



the kitchen connects families

When the entire family—from tots to teens and everyone in between—is involved in some part of meal planning, healthy traditions are set in place. Despite the complaints you may hear, everyone takes pride in food preparation. The kitchen is where families gather and memories are made. Kids are proud of their accomplishments and learn life skills. Moms and dads get to brag about culinary success, and the whole family knows "what's for dinner." Here are some ideas for helping your family connect while planning and preparing easy, healthy meals:

Establish daily routines. Aim to have at least one family meal each day—breakfast, lunch, dinner or a snack shared at home, in a park or near the athletic field. It's time together that counts; where and when are not important.

Eat at home. Don't blow your budget eating out on a regular basis, no matter how busy you may be. Home-cooked meals are typically more nutritious, can be offered in appropriate portions, and cost much less than expensive restaurant meals.

Plan. Weekly meal planning puts you in control of portion sizes and nutritional balance, and allows the entire family to be part of the process. Encourage children to help plan family meals, so with guidance, they also have control of healthy choices.

Keep meals simple. Visit meijermealbox.com/healthy-living for a weekly dinner menu and shopping list developed by the Meijer Healthy Living Advisors.

Keep your pantry stocked. A well-stocked pantry makes meal prep easy on busy nights. (See Chapter 2 for a complete pantry list.) And don't forget the fridge. Fill it with fresh fruits, vegetables, lean meats and seafood, and Meijer's lowfat dairy products.

Shop with NuVal[®]. Whenever you are food shopping, use NuVal[®], the nutritional scoring system at Meijer. It's an easy way to keep track of nutritional value when it seems too time-consuming and overwhelming to read the product labels. It's simple: the NuVal[®] System scores foods on a scale of 1 to 100. The higher the score, the higher the nutritional value. Look for NuVal[®] Scores on shelf tags and signs near food items throughout Meijer.





save money while making healthy choices

Healthy choices can save guick cash at the checkout, but did you know that smart, healthy choices continue to save vou money for the long haul with fewer doctor visits and less sick time from work or school? It's true. Healthy eating on a budget is simple with a little preplanning and smart shopping. Here's how to plan, purchase and prepare healthy meals like a pro-and save big bucks doing it.

Plan ahead. Plan weekly menus using Meijer ads filled with great ideas and great prices. Always take ingredient inventory at home, and then make a menu-driven grocery list to reduce impulse purchases.

Use Meijer weekly nutritious menus.

Meijer Healthy Living Advisors provide weekly dinner menus, recipes and shopping lists with just one click. Visit meijermealbox.com/healthy-living, click on the "Weekly Nutritious Menu," print and head to the store.

Use coupons. Check the Meijer ads for great deals, and the Sunday paper for coupons. You can save big with mPerks at mperks.meijer.com. For savings at the checkout, simply access mPerks on your computer or cell phone, digitally clip the coupons, and redeem at checkout.

Use Meijer MealBox budget recipes.

Each week, Meijer MealBox creates recipes directly related to the items on sale that week at Meijer, with the top 25 recipes featuring the greatest number of sale items that week. Visit meijermealbox.com/healthy-living, click on "Recipes," and then click on "Top 25 Budget Meals" to start saving.

Stock up. When the price is right, take advantage and stock up on pantry staples, frozen foods and, especially, family favorites.

Buy Meijer brands. Meijer brand products are a bargain compared to

nationally recognized brands. Meijer brands are available in a wide variety: Meijer Naturals, Meijer Organics, Meijer Brand, Meijer Basics, Meijer Gold, Meijer Elements and Meijer Ecowise.

Eat to maintain a healthy weight.

When trying to lose weight, choose nutrient-rich foods (foods high in nutrients, but low in calories) using NuVal[®], the nutritional scoring system at Meijer. The higher the number, the healthier the product. Eating right will help trim your waistline—and your food bill.

Go meatless. Replacing meat with plant proteins (beans, peas, nuts or soy) one or two days a week will decrease food costs while still providing your family the nutrition they need.

Shop smart with aisle-by-aisle

savings. Take your shopping list with you, and buy only what's listed. The few additional purchases should be family favorites on sale, which can be conveniently frozen or placed in your pantry.

Store foods quickly and correctly.

At the store, buy frozen and refrigerated foods last. Once at home, quickly refrigerate perishables, and freeze foods that won't be used right away to prevent spoilage. Use a marker to write the purchase date on each item, and always rotate food so that the oldest is used first.

chapter two: cooking tools and tips

2

Prep like a pro. You've made the pledge to cook more and eat better, but is your kitchen well-equipped for healthy cooking? Having the right cookware, appliances and utensils can make an enormous difference in how you cook.



be kitchen-ready for healthy meals made easy

Stocking up on the right kitchen equipment is a long-term investment into healthier meals for your family. And as any chef will tell you, having quality cooking and baking equipment makes cooking easier and more enjoyable, so you'll do it more often. You don't need a lot of specialized gear.

Here are the cooking tools available at Meijer* that you can't do without as you prepare affordable, healthy meals.

*Not all items are available in all stores.

Kitchen Aid[®] stand mixer and

accessories. The king of kitchen appliances on everyone's kitchen wish list, and with good reason. This high-performance, do-it-all mixer has all the bells and whistles ready and waiting to be put to work slicing, chopping, grinding, shredding, grating, puréeing, mixing and kneading.

Cuisinart[®] Mini-Prep[®] food

processor. This little powerhouse will be your go-to favorite. It's the extra set of hands you've always wanted to chop, dice, slice and purée, all in a matter of seconds.

Presto® electric skillet. This skillet does it all: grilling, stewing, frying and even one-dish casseroles. Omelets, pancakes, chili, stew— breakfast, lunch and dinner prepared in one perfect appliance.

Cuisinart[®] blender/immersion

blender. A blender makes so much more than smoothies. Use it to make breadcrumbs, blend bisque soups, purée sauces and, of course, whip up quick, nutritious smoothies. And the handheld version is even more convenient: Blend or purée soups and sauces right in the pot.

Crock Pot[®] **slow cooker.** If you are a busy mom, the slow cooker is your best friend. Throw everything into it in the morning, and come home to a house filled with the home-cooked aroma as if you were cooking a savory meal all day.

Cuisinart® toaster oven. Never

underestimate the power of the toaster oven. Perfect for broiling, baking, roasting, warming up leftovers, making a small batch of cookies, and making simply the best toasted cheese sandwich ever.

George Foreman[®] nonstick

electric grill. Indoor electric grills allow you to grill anything and everything evenly and quickly, from the convenience of your kitchen countertop.

Aroma[®] rice cooker. Rice may be the simplest food, but it's one of the most difficult to cook perfectly. A rice cooker takes the guessing out of preparing rice, and guarantees light, fluffy, restaurant quality every time.

West Bend[®] breadmaker. Anyone who doesn't love a bread machine doesn't own one yet. The warm welcome of freshly baked bread says family, and having this freshbaked goodness in your own home couldn't be easier.

Panasonic[®] microwave. You may already have a microwave, but how old is it? Today's microwaves offer so much more than making popcorn and reheating your coffee. When it's time for an update, check out the microwave technology at Meijer, and see what it can do for you.

More selections available at meijer.com.

how to stock your fridge and freezer

dairy

- O Meijer eggs
- Meijer light sour cream
- Meijer lowfat milk or Meijer
 Organics soymilk
- Meijer lowfat plain, Greek or flavored yogurt
- Meijer reduced fat cheeses
- O Meijer butter

fruits and vegetables

- Bagged salad greens
- O Fresh fruits
- O Fresh herbs
- O Fresh vegetables
- Meijer frozen berries and fruit
- Meijer frozen vegetables
- Steam-in-the-bag fresh vegetables

condiments and flavors

- Markets of Meijer hummus
- Meijer jams or fruit preserves
- O Meijer jarred pasta sauce
- Meijer light salad dressings
- Meijer lite mayonnaise
- O Meijer mustard
- O Meijer salsa
- Meijer tomato ketchup
- Reduced-sodium soy sauce

meat

- Certified Angus Beef[®] lean ground beef or Meijer turkey
- Lean chops and steaks
- Markets of Meijer low sodium deli meats
- Meijer boneless, skinless chicken breasts

seafood

- Individually frozen fish fillets
- Meijer shell-on white shrimp

essential kitchen equipment

Here are the top kitchen essentials that will help you work smarter, faster, more efficiently, and make cooking enjoyable.



measuring tools

Dry measuring cups. To measure dry and solid ingredients. Basic set: 1 cup, $\frac{1}{2}$ cup, $\frac{1}{3}$ cup and $\frac{1}{4}$ cup.

Liquid measuring cups. To measure liquid ingredients. Glass or plastic cups with a pouring spout, and marked with clearly visible metric and unit measurements.

Measuring spoons. To measure small amounts of liquid and dry ingredients. Basic set: 1 tablespoon, 1 teaspoon, ½ teaspoon and ¼ teaspoon.

cutting tools

Bread knife. Has a serrated edge to cut bread, sandwiches and cakes.

Chef's knife. To chop, slice and mince.

Cutting boards. To protect counter while cutting. (Keep boards for fruits/ vegetables and meat separate.)

Garlic press. To crush garlic cloves quickly and efficiently; also used to mince garlic.

Grater. Available in different sizes to grate foods (cheese) or make zest (citrus).

Hand-held can opener. To open cans or remove bottle caps.

Kitchen shears. To cut dried fruits, snip herbs and trim fat from poultry and meat.

Paring knife. A short knife used to remove skin, as well as cut and slice fruits and vegetables.

Vegetable peeler. To remove the outer skin or peel of fruits and vegetables.

mixing tools

Mixing bowls. Glass, plastic or metal bowls to hold foods as they are mixed.

Mixing spoons. Metal, wooden or plastic spoons used to beat, mix and stir.

Silicone or rubber spatulas. To remove food from spoons, sides of bowls, pans, jars and cans.

Whisk. To blend ingredients until smooth, or incorporate air into a mixture.

draining tools

Colander. Perforated bowl to drain cooked pasta and wash fresh produce.

Slotted spoons. To lift solid food from liquid or sauce and drain away liquid.

Strainer. To separate solids from liquids, such as draining canned beans.

cooking and baking tools

Instant-read thermometer. To measure internal temperature of meat and poultry.

Ladle. To lift liquids such as stocks, sauces, gravies and soups.

Pot holders. To protect hands when lifting and handling hot cookware and bakeware.

Spatula/Fish spatula. To lift and turn food such as pancakes, hamburgers and fish fillets.

Tongs. To lift and turn hot food.

cookware and bakeware

Baking sheet. Flat cooking pans to hold foods during baking.

Casserole dishes. To bake mixed dishes and desserts.

Cooling rack. Wire racks to elevate hot food and allow quick cooling.

Grill pan. Designed to facilitate indoor grilling on a stovetop.

Roasting pan. Designed to roast large meat or poultry items.

Saucepans or pots with lids. To cook sauces and food such as rice, pasta and soups.

Skillet/Sauté pans. Nonstick stovetop pans in which to brown and fry food.

Steamer basket. To hold food in saucepan above boiling water; has small holes to allow steam to cook the food.



how to stock your pantry

grains

- Meijer all-purpose flour and whole wheat flour
- O Meijer brown rice
- Meijer Naturals 100% whole wheat bread
- Meijer whole grain cereals
- O Meijer whole wheat crackers
- Whole-wheat couscous
- O Whole-wheat pasta

protein

- O Canned chicken
- O Meijer canned beans
- Meijer canned tuna and salmon

fruits and vegetables

- O Dried fruits
- Meijer canned fruit (no-sugaradded or in 100% fruit juice)
- Meijer canned vegetables (no-salt-added)
- Meijer reduced sodium vegetable based soups
- Meijer tomato sauce
- Meijer unsweetened applesauce

healthy fats

- O Almond butter
- O Meijer canola oil and olive oil
- O Meijer peanut butter
- Meijer walnuts, almonds, pecans, peanuts

staples

- Herbs, spices and salt-free seasonings
- O Low-sodium broths
- Meijer baking soda and baking powder
- Meijer balsamic vinegar and apple cider vinegar
- O Meijer vanilla extract

chapter three:

3 nutrition made simple with NuVal[®]

We now know families who eat together reap benefits that last a lifetime, and yet the difficult questions remain: How do I know what to cook? What does a healthy meal look like? Will my family like it?

The answers are all right here: exactly what foods provide the best nutritional value, and how to select from the best-of-the-best for health when navigating the grocery store.

you are what you eat

Eating healthy doesn't guarantee you'll never get an illness, but experts agree that when you make wise food selections, you may, in fact, reduce the risks. The old saying, "You are what you eat," rings particularly true when referring to nutritional value. Choosing the right foods isn't as hard as it seems when you know exactly what to look for and understand proper portion control.

Easy Meals, Healthy Families focuses on foods and ingredients that are considered "nutrient-rich." These foods contain the most vitamins, minerals and other nutrients for the fewest number of calories. Choosing nutrient-rich foods and ingredients for your recipes is the foundation to building a healthier plate.

A quick overview of foods to choose:

- · Brightly colored fruits and Meijer 100% fruit juices
- · Various vibrant-colored vegetables
- · Whole, fortified and fiber-rich grains
- · Meijer fat free and lowfat milk, cheese and yogurt
- Meijer lean meats, skinless poultry, fish, eggs, beans and nuts

strategies for better eating and better health

1 Understand nutrition

basics. Knowledge is power for healthy mealtime choices. Learn where calories come from and how nutrient-rich foods may help prevent disease.

2 Measure portion sizes.

Even if you are eating healthier foods, watching portion sizes is still necessary. For more information on portion control, see page 58.

3 Don't skip meals. Fuel your body throughout the day to keep energy up, boost metabolism and prevent the hunger feeling. People who skip meals are less likely to maintain a healthy weight.

4 Plan meals ahead.

Planning menus, creating shopping lists and buying weekly supplies from Meijer saves time and money, and provides healthier meals all week long.

5 Eat at home. People who eat out consume more calories, as it is very difficult to control ingredients and portions.

6 Involve your family. Make meal planning, shopping and cooking a family affair, and eat together whenever possible. The healthy physical, nutritional and emotional benefits are endless, and continue well into adulthood.

NuVal® at Meijer makes shopping simple

If deciding what's healthy over what's not when planning nutritious meals for your family seems overwhelming, you are not alone. That's why the Meijer Healthy Living team loves the NuVal[®] Nutritional Scoring System, an at-a-glance system that measures nutritional value on a scale from 1 to 100. It's easy to use: the higher the score, the better the nutrition.

empower your family with nutritional knowledge

The NuVal[®] System goes beyond food labels and nutritional claims. NuVal[®], which was developed by an independent panel of renowned medical and nutrition experts, considers more than 30 nutrients and nutrition factors—and their impact on health outcomes—to determine a food's score. The result: every NuVal[®] Score takes the guesswork out of making the most nutritious food choices.

NuVal[®] gives you quick and easy nutritional comparisons on a simple 1 to 100 scale: the higher score wins. What's easier than that? So next time you're in the grocery aisles at Meijer, just look for the NuVal[®] Score on the shelf tag under the product. Then compare the scores of foods within the same category to determine which ones are more nutrient-rich, so you can "trade up" to healthier choices. For example, Meijer regular pasta has a NuVal[®] Score of 61, while Meijer whole grain pasta has a NuVal Score[®] of 91.

NuVal[®] makes it easy to quickly choose more healthy options. But for specific dietary needs or medical conditions where you need to limit or increase certain nutrients, always read the nutrition facts label and ingredient list on the product.

To find out more about $\ensuremath{\mathsf{NuVal}}\xspace^{\ensuremath{\mathsf{v}}\xspace}$, visit meijermealbox.com/nuval or nuval.com.

Get your family in on the hunt for good nutrition. Encourage your kids to play "I Spy" with NuVal® numbers and search out the healthiest choices. NuVal® is simple enough even for young children to understand. All they have to do is look at a single number on a shelf tag.

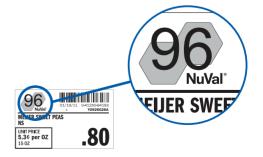


how to use NuVal®

Look. Look for NuVal[®] Scores displayed on shelf tags, at the meat case and on produce signage at Meijer so you can make quick and easy nutritional comparisons.

Compare. Because the NuVal[®] System applies the same nutritional criteria to all foods, you can quickly compare overall nutrition between items the same way you compare price.

Decide. Trade up for higherscored foods without a lot of complicated calculations or nutritional knowledge. The higher the NuVal[®] Score, the better the nutritional value.



eating for health

You want to make healthy food choices for yourself and your family. Knowledge is power—understanding what a balanced diet consists of is the first step to building a better plate.



fruits and vegetables

Almost everyone needs to eat more fruits and vegetables. Eating a wide variety of colorful fruits and vegetables helps ensure that you are getting the different nutrients each fruit and vegetable contains. Add daily servings in these five ways fresh, canned, frozen, dried or in 100% juice.

fruit and vegetable tips

- Drink only 1 to 2 servings of Meijer 100% fruit and vegetable juices a day.
- Select canned vegetables that are low in sodium or salt-free.
- Select Meijer frozen vegetables with no added butter or sauces.
- Prep fresh fruits and veggies ahead for snack and recipe needs.
- Select dried fruits (Meijer raisins, cherries, apricots) for snacks and lunch bags.
- Keep bagged salads and spinach on hand for easy meals.

whole grains

Whole grains are loaded with fiber and nutrients. Try to make at least half of your daily grain choices whole grains. Whole grains, that are low in fat and cholesterol, may help reduce the risk for heart disease, diabetes and certain cancers.

whole-grain tips

- Choose whole-grain cereals with at least 3 to 4 grams of fiber per serving.
- Substitute quick-cooking brown rice or quinoa for white rice.
- Use Meijer Naturals 100% whole wheat bread, Meijer whole wheat pitas, whole wheat English muffins or whole wheat buns.
- Choose whole-grain crackers and Meijer light popcorn for snacks.
- Try Meijer Organics whole wheat or multi grain extra pasta varieties.
- Look for products where whole grain is the first ingredient listed.

fat-free and lowfat dairy

Including nine essential nutrients such as calcium, potassium, vitamin D and protein, dairy is a powerhouse of nutrition. These essential nutrients are especially important for building bone mass during childhood and adolescence, and continue to be important as we get older. Swapping full-fat dairy products for fat-free or lowfat fat dairy products (Meijer milk, cheese, yogurt), is linked to maintaining a healthy weight and blood pressure.

dairy tips

- Switch from whole milk to Meijer 2%, and gradually to Meijer 1% or fat free milk.
- Replace regular cheese with all-natural Meijer 2% cheeses (sliced, diced and shredded).
- Drink Meijer coffee, Meijer tea, lattes and hot chocolate made with Meijer fat free milk.
- Choose lowfat string cheese and Meijer lowfat yogurt, which are nutrient-rich snacks.
- Substitute fat-free evaporated milk in recipes calling for the full-fat version.
- Choose Meijer light ice cream or lowfat frozen yogurt.

lean protein

The lean protein your body needs is found not only in meats, poultry and fish, but also Meijer eggs, Meijer beans, soy, Meijer nuts and various vegetables. Eating a variety of protein sources provides important nutrients such as B vitamins, as well as iron and zinc needed to boost the immune system, build and repair muscle, and help brain function.

protein tips

- Select lean, trimmed meats and skinless poultry.
- Look for the words "loin" and "round" in the name of lean cuts.
- Select ground beef made from sirloin or labeled 96% lean.
- Select fish rich in Omega-3 fatty acids, such as wildcaught salmon, tuna and trout.
- Prepare, then refrigerate, hard-cooked eggs for lunch or breakfast to go.
- Purchase healthy nuts, nut butters and seeds for a quick, filling snack.

healthy fats

Your body needs some fat for good health. Fats help you absorb fat-soluble vitamins—A, D, E and K—as well as carotenoids, plus they supply essential fatty acids necessary for children to grow properly. These fatty acids also keep the skin, brain and the nervous system healthy and functioning properly. Health experts recommend including foods with more "good" monounsaturated and polyunsaturated fats, and limiting consumption of saturated and trans fats.

fat tips

- Choose oils such as Meijer canola oil or olive oil that are high in monounsaturated and polyunsaturated fats, and contain essential fatty acids.
- Consume Meijer nuts, Meijer peanut butter, seeds, Meijer olives, avocados and some fish fillets with natural, good-for-you fats and oils.
- Consume fewer fats that remain solid at room temperature, such as butter and lard.
- Avoid any product that contains trans fat or lists hydrogenated fat or partially hydrogenated fat on the label.
- Choose lowfat or fat-free salad dressings.
- Fat is the most concentrated source of calories and should be consumed in limited portions.

chapter four: healthy meals with MyPlate

4

We all remember learning the food groups in grade school. However, building a healthy plate can seem more than elementary. The United States Department of Agriculture (USDA) makes it much easier with MyPlate, their easy-tofollow nutrition icon.

a balanced plate

MyPlate replaces the MyPyramid food group symbol and brings portion control into the spotlight. MyPlate makes it easy to build a balanced, nutritious meal by offering a visual reminder of how to eat healthfully and in the proper proportions. It emphasizes fruits and vegetables, and encourages Americans to make half of the plate fruits and vegetables, about one-fourth of the plate lean protein, and about one-fourth of the plate whole grains. The circle shape next to the plate represents dairy products, including lowfat milk.

Use the MyPlate icon to see exactly how to proportionally plan each meal to be healthy, emphasizing nutrient-rich foods for the most vitamins and minerals with the least amount of calories.

For more information, go to choosemyplate.gov.





MyPlate makes it easy to plan balanced meals:

balancing calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

foods to increase

- Fruits and vegetables should be half your plate.
- Replace half your grains with whole grains.
- Switch to fat-free or lowfat 1% milk.

foods to reduce

- Choose lower-sodium options in foods like soup, bread and frozen meals.
- Drink water instead of sugary drinks.

build a better plate with MyPlate and NuVal®

MyPlate and NuVal[®] can be used together to make healthy food choices. Use the NuVal[®] Score to pick the most nutritious foods; then use MyPlate to help you make wise choices about proportions.

fruits	NuVal® Score
Apples	96
Bananas	91
Blueberries	100
Grapes	91
Oranges	100
Pineapple	99

vegetables NuVal®

Broccoli	100
Carrots	99
Cauliflower	100
Iceberg lettuce	82
Onion	93
Russet potato	93
Spinach	100
Sweet potato	96
Tomatoes	96



NuVal® Score

23

dairy

varies Lowfat Greek yogurt

Fat-free milk

Lowfat cheese

91	Brown rice
91	Bulgur wheat
91	Quinoa
36	Whole-grain bread
57	Whole oats/oatmeal
43	Whole-wheat bread
91	Whole-wheat pasta
varies	Wild rice

NuVal[®] protein

76	Almonds
87	Atlantic salmon
39	Chicken breast (skinless)
30	Ground sirloin
	(beef 90/10)
82	Kidney beans (rinsed
	and drained)
35	Pork tenderloin
75	Shrimp



before

creamed spinach

stewed, buttery ' apples with skin

milkshake

a simple MyPlate makeover

MyPlate makes it easy to replace routine family meals with nutritious, delicious alternatives that will quickly establish healthy eating to last a lifetime.

Look how simple it is to build a balanced meal using healthy food substitutions. With a few affordable alternatives, your family will receive vitamin-rich fruits, vegetables, whole grains and lean proteins, while still enjoying the foods they crave.

Here is how to easily modify a family dinner to power up the meal's nutritional value by reducing fat, sodium and calories, and still providing home-cooked goodness that will make your mouth water. Alfredo rotini noodles

8 ounce pork chop

after

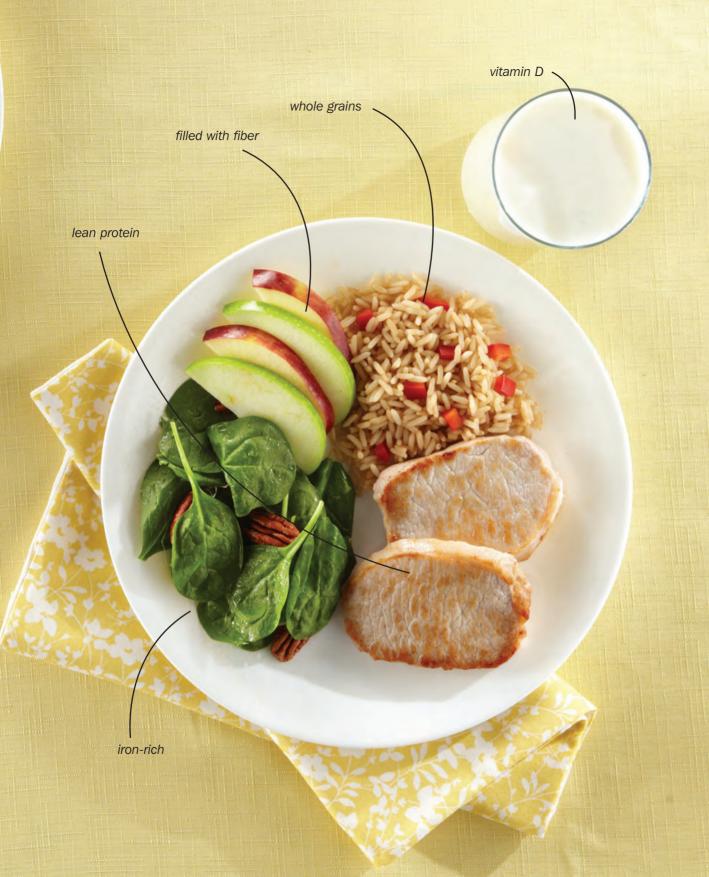
fruits fresh apple slices

grains steamed brown rice

vegetables fresh spinach salad

protein 4 ounce pork tenderloin

dairy fat-free milk



chapter five:

Ai

5 start with breakfast

Fitting a daily breakfast into the morning routine should be a priority to keep your family on the path to healthy living.

jump-start every day with breakfast

Skipping breakfast is like starting your car without gas. Breakfast is the early morning pit stop for your body after 8 to 12 hours without a meal or snack. A nutrition-packed breakfast will give you and your family the energy to perform better, both mentally and physically.

what does a healthy breakfast look like?

When planning breakfast, include carbohydrates such as whole grains and fruits for quick energy, and add protein for sustained energy. Good protein sources include lowfat dairy, eggs, lean meats and peanut butter. Even if you don't feel hungry first thing in the morning, start with a light bite— 100% fruit or vegetable juice, or 100% whole-wheat toast. Then have a nutritious mid-morning snack like lowfat yogurt or lowfat string cheese.

Need quick and simple ideas for breakfast and beyond? We've got you covered with our favorite "Top 10" quickfix ideas throughout this book. From breakfast to lunch to snacks to dinner, you'll see how easy it is to fill your family's weekly meal planner with easy-to-assemble dishes that everyone will actually eat.





Experts agree on the many benefits of eating breakfast:

- People who eat breakfast tend to eat fewer calories throughout the day.
- Breakfast eaters have more energy for work, have higher productivity levels, and are better at tasks involving memory.
- Breakfast provides people with more strength and endurance throughout the day.
- People who eat breakfast have better concentration and problem-solving ability.
- Children and teens that eat breakfast daily tend to have higher school attendance and less tardiness, and are less likely to be overweight.

how to stock your kitchen for breakfast

Mornings are an extremely busy time for families, but a kitchen stocked with healthy breakfast ingredients will provide the nutritional getup-and-go your family needs to start a healthy day. Use this list to stock your kitchen with everything you need to give your family "the most important meal of the day."



refrigerator

- Fresh fruits: apples, kiwis, grapefruit, oranges, grapes
- Fresh vegetables: red and green bell peppers, spinach, broccoli
- O Hummus
- Lowfat ham
- Lowfat Greek, or fat-free Meijer vanilla yogurt and prepared yogurt smoothie drinks
- Meijer 100% juice: orange juice, apple juice, pineapple juice
- Meijer eggs or egg substitute
- O Meijer fat free or 1% milk
- Meijer lowfat cottage cheese
- Meijer lowfat cream cheese
- Meijer lowfat shredded cheese and string cheese

freezer

- Unsweetened frozen fruit: strawberries, blueberries, peaches, raspberries, mangos
- Whole-grain French toast
- Whole-grain pancakes
- O Whole-grain waffles

pantry

- 100% vegetable juice
- Dried fruit
- O Fresh fruit: bananas
- Meijer applesauce
- Meijer fruit and nut granola bars
- O Meijer graham crackers
- Meijer honey
- O Meijer lite syrup
- Meijer Naturals 100% whole wheat bread
- O Meijer Naturals peanut butter
- Meijer nuts and seeds: almonds, walnuts, peanuts, sunflower seeds
- O Meijer oatmeal
- O Meijer salsa
- Meijer wheat pita bread
- No-sugar-added canned fruits
- Spices: cinnamon, nutmeg, allspice
- Whole-grain cereals: bran flakes, lowfat granola
- Whole-wheat bagels
- O Whole-wheat English muffins

tropical

Blend until smooth 1 large banana, 1 cup frozen no-sugar-added whole strawberries, 1 ripe, peeled and cubed mango, 1 cup no-sugaradded cranberry juice, 1 tablespoon protein powder (optional) and 1 cup ice cubes.

pomegranate

Blend until smooth ¹/₃ cup silken tofu, 1 cup frozen mixed berries, ¹/₂ cup pomegranate juice, 1 to 2 tablespoons honey and ¹/₄ cup ice cubes.

blueberry-flax

Blend until smooth 1 (16-ounce) package blueberries, 1 banana, 2 tablespoons ground flaxseed, 2 cups soymilk, 1 tablespoon honey and 1 cup water.

raspberry-mango

Blend until smooth 1½ cups fresh raspberries, 1 cup frozen cubed mango, 1 container Greek vanilla yogurt, ¼ cup water and 2 to 4 ice cubes.

blueberry-banana

Blend until smooth 1 cup frozen blueberries, 1 frozen banana, cut into chunks, ½ cup ice cubes and 1 cup chilled plain almond milk.

10 smoothie recipes

Break out the blender and in 10 minutes or less, you can make a delicious icy drink jam-packed with enough fruit, protein and dairy to be a great breakfast or perfect snack. Each recipe makes approximately 2 servings.

peanut butter and chocolate

Blend until smooth ½ cup lowfat milk, 1 to 2 tablespoons chocolate syrup, 2 tablespoons creamy peanut butter, 1 frozen sliced banana, 1 cup vanilla lowfat yogurt and ice.

mango

In a blender purée 2 cups peeled, diced ripe mango (2 mangos) and 1 teaspoon light brown sugar. Add 1 cup lowfat vanilla ice cream and ½ cup fat-free milk; blend until smooth.

cantaloupe-coconut

Blend until smooth ½ cup fat-free milk, 1 cup fat-free vanilla frozen yogurt, 2 tablespoons cream of coconut, 3 cups chopped fresh cantaloupe, ½ cup chopped fresh pineapple and 1½ cups ice cubes.

organic berry

Blend until smooth 4 cups organic berries, 2 teaspoons brown sugar, 1 (6-ounce) container lowfat vanilla yogurt and 1 cup plain lowfat kefir. Add ¹/₃ to 1 cup cranberry juice; blend again.

strawberry-banana

Blend until smooth 2 cups frozen strawberries, 2 cups fat-free or soy milk, 2 tablespoons honey and 1 sliced banana.

10 ways to top your toast



Here are 10 delicious, energy-filled ways to boost the power (and flavor) of whole-grain toast. When choosing what to toast, choose any whole-grain bread, bagel or English muffin that is 80 to 100 calories and has at least 3 grams of fiber per serving.

banana-nut

Spread on toast ¼ cup mashed banana and top with 1 tablespoon chopped almonds or walnuts, and a sprinkle of cinnamon.

cheese 'n apple

Cover toast with 1 slice lowfat Cheddar cheese and 6 thin apple slices. Warm in the microwave for 15 seconds.

funky monkey

Completely cover toast with 1 tablespoon peanut butter. Add half of a sliced banana, 1 tablespoon raisins and a drizzle of honey.

very veggie

Smooth 2 tablespoons of hummus over toast and add ¼ cup thinly sliced red or green bell pepper.

apple pie

Use 3 tablespoons no-sugar-added applesauce to cover toast, then a sprinkle of apple pie spice.

very berry

Spread toast with 1 tablespoon light cream cheese. Cover with ¼ cup fresh strawberry slices and/or blueberries; drizzle with warmed no-sugar-added fruit preserves.

south-of-the-border

Smooth one-fourth of a mashed avocado over toast. Add a dash of salt, sprinkle ½ teaspoon lime juice, and top with 2 tablespoons finely chopped fresh tomatoes.

Tex-Mex

Coat toast with 2 tablespoons refried beans; add 1 tablespoon chopped green chilies and sprinkle with 1 tablespoon of shredded lowfat Cheddar. Warm until bubbly.

bruschetta

Cover toast with 2 tablespoons fat-free ricotta; add fresh tomato slices and a sprinkle of Parmesan. Serve warm.

tea toast

Smooth 2 tablespoons of light garlic and herb soft cheese over toast. Top with thinly sliced fresh cucumber.

10 *breakfasts*

When it comes to breakfast, healthy food can absolutely be fast food. Simply include at least two different food groups, and be sure to choose family favorites, so the quick grab 'n go is easily added to the morning routine.

the continental

1 small banana, 1 lowfat string cheese and 1 small whole-wheat blueberry muffin

go Greek

1 (6-ounce) container fat-free Greek yogurt; ½ cup blueberries, 4 whole-grain crackers

great granola

1 almond, honey and flaxseed granola bar; 1 cup fresh grapes, 1 cup fat-free milk

hit the trail

1 resealable plastic bag of trail mix (1 cup whole-grain cereal, ¼ cup raisins, 2 tablespoons almonds), 1 box 100% juice blend

make it a parfait

1 (6-ounce) container lowfat yogurt layered with ½ cup lowfat granola and ½ cup sliced strawberries

easy breakfast sandwich

1 slice 2%-milk cheese, 1 fried egg, 1 toasted whole-grain English muffin, ½ cup 100% orange juice

groovy smoothie

1 fruit smoothie (½ cup frozen berries, half of a small banana, ½ cup fat-free milk and ice cubes), 1 slice whole-grain toast

grab 'n go

¹/₄ cup almonds, 1 (6-ounce) container lowfat yogurt, 1 box 100% juice blend

a-peeling apples

1 small apple, sliced; dipped in 2 tablespoons peanut butter; rolled in ½ cup whole-grain cereal

quicker quiche

1 made-ahead mini quiche (Combine 4 eggs, ¼ cup sautéed onion, ½ cup cooked spinach, ½ cup shredded cheese and ¼ cup lowfat milk. Pour into 6 nonstick muffin cups. Bake at 350°F for 20 minutes.), ½ cup blueberries

month of quick and healthy breakfast menus



SAT

- small whole-grain pancakes
- sliced peaches
- · lowfat vanilla yogurt

: SUN

- whole-wheat toast
- peanut butter
- small sliced banana
- fat-free milk

SAT

- · lowfat cottage cheese
- · fresh berries
- toasted whole-wheat English muffin with trans fat-free margarine

SUN

 eggs scrambled with chopped vegetables (peppers, mushrooms, tomatoes, onions) topped with shredded lowfat Cheddar cheese
 whole-wheat toast with

no-sugar-added jam

SAT

- · lowfat cottage cheese
- · pineapple slices
- 100% whole-wheat toast

SUN

- hard-boiled egg
- lowfat string cheese
- whole-grain crackers
- apple slices

SAT

- whole-grain English muffin
- lowfat ricotta cheese bell pepper slices
- bell hebbel slices

..... SUN

- scrambled egg whites and shredded lowfat cheese in whole-wheat pita bread
- grapefruit



morning rush

Create little containers of no-cook oatmeal-to-go. Mix $\frac{1}{2}$ cup whole oatmeal, 2 tablespoons raisins, 2 tablespoons chopped walnuts and 1 teaspoon cinnamon in an airtight container. Pour in $\frac{2}{3}$ cup almond milk and refrigerate overnight. Grab it in the morning for a nutritious breakfast on the run.

big batch on the weekend

Double up weekend breakfasts to freeze for the busy week ahead. Whole-grain banana bread*, blueberry– corn muffins*, and potato and pepper frittata* can be made ahead and frozen or refrigerated for your busy mornings ahead.

breakfast for dinner

Turn mealtime upside down by serving morning favorites for dinner. Make whole-wheat pancakes for Sunday night supper, then freeze leftovers for the week ahead. Simply pop the frozen pancakes in the toaster or microwave for a delicious, quick morning meal.

For more recipes and breakfast ideas, visit meijermealbox.com.

chapter six:

6 Iunchtime done right

Getting good grades isn't just about what's in your child's schoolbooks; it's also about what's in his or her lunchbox. Yes, it takes time to pack a lunch, but think of it as a simple 1-2-3 process.

lunch: easy as 1-2-3

The 1-2-3 system of building a better lunch is healthy, low cost and so incredibly easy once you break down lunchtime into three essential components. With these essential foods for the midday meal, lunch will provide your family the energy and nutrition they need to tackle the rest of their day.

- 1: Choose a lean protein and/or dairy item.
- 2: Add whole wheat or whole grains.
- 3: Add colorful fruits and/or vegetables.

And lunch rules aren't just for school, you know. Packing a nutritious, 1-2-3 lunch for the workday is the perfect way to save money, save calories, and establish healthy eating habits at the office or workplace as well. When your kids see you take lunch to work, you are setting an example for a lifetime of healthy eating, long after school days are over.

lunch on a budget

Taking a healthy lunch to school or work is one of the easiest ways to trim your budget. But for even more savings, there are ways to cut costs and build lunches that are both delicious and super-affordable.

Look to leftovers. Use cooked whole-grain pastas in chilled salads, or shred leftover chicken to add to canned vegetable soup.

Take matters into your own hands. There are so many popular lunch kits marketed to kids. Though very convenient, they are often high in sodium and quite costly. With a simple, reusable divided container, you can replicate your kids' favorite lunch kits with healthier and more affordable ingredients.

lighter lunches less than \$2

Below are a few quick and healthy single-serve lunches all under \$2 per serving.

chicken and vegetable pasta

salad Combine 1 cup cooked whole-wheat pasta with ½ cup thawed frozen vegetables (broccoli, carrots, cauliflower), ¼ cup cooked shredded chicken and 2 tablespoons light Italian dressing. Serve with a fresh peach. *Estimated Cost:* \$1.98

lunchbox taco salad

Pack 1 cup shredded romaine lettuce, ¼ cup reduced-sodium black beans and ¼ cup chopped tomato in a container. In 3 separate containers pack 2 tablespoons shredded Meijer reduced fat Cheddar, ½ cup crumbled whole-grain tortilla chips and ¼ cup salsa. To eat: Top salad with tortilla chips, cheese and salsa. Serve with 1 banana. Estimated Cost: \$1.94

beef and cheese pinwheels

Spread 2 tablespoons light cream cheese evenly over 1 multigrain tortilla. Add 3 slices low-sodium lean roast beef and 1 handful baby spinach. Roll tightly and cut into 8 slices. Serve with 1 mini box raisins. Estimated Cost: \$1.99

Note: Prices vary by market area and are based on the ingredient cost per unit.

the lunch game

The 1-2-3 system is a great way to beat the daily lunch game. And the prize—a brown-bagged lunch full of variety and nutrition that you control.

The game plan is easy. Think 1-2-3: protein, whole grain, fruit and/or veggie every time you plan lunch. And plan ahead. Use the simple chart as a template to plan lunches for the whole family for the upcoming week. Establishing a go-to list designed with this system in mind sets the stage, but mix and match for new and fresh lunch combinations for everyone's specific tastes.

When you consistently use the 1-2-3 system outlined here, you'll find an endless supply of lunch ideas to switch, swap and borrow. As long as there are the core components protein, whole grain, and fruit and/or vegetable—lunch is not only ready in a snap, but also filled with all the vitamins and nutrients kids need to stay energized to learn, think and work all afternoon.

1. protein/dairy	2. whole grain	3. fruit/veggie
soy burger and lowfat cheese	wheat bun	lettuce/tomato and 100% juice blend
mozzarella cheese	whole-grain English muffin with tomato sauce	pear, plum or apple
lowfat Swiss cheese and turkey	whole-grain wrap with lowfat ranch dressing	lettuce, cucumber and tomatoes
lowfat sharp Cheddar and black beans	whole-grain tortilla with salsa	whole-kernel corn, bell peppers
feta cheese and hummus	whole-grain pita bread	romaine lettuce, cucumbers, tomatoes
lowfat cheese and shredded chicken	whole-wheat pasta and lowfat balsamic vinaigrette	zucchini, summer squash, tomatoes, bell peppers
peanut butter	whole-grain bread	banana or apple slices
lowfat cheese and deli turkey	whole-grain crackers	snap peas
roast beef and lowfat cream cheese	whole-grain tortilla	spinach and bell peppers
chicken salad	whole-grain English muffin	apple

1-2-3 lunch system

lunches they'll love

Once you have the 1-2-3 system down pat, it's easy to shop, assemble and pack better lunches. Whether it's a kidfriendly twist or more "grown-up gourmet," the standard sack lunch will be a thing of the past.

Get prepped. By planning ahead, you can streamline your shopping trips. Listing out each 1-2-3 component is an at-aglance way to see exactly what you need. And remember, at Meijer, always use the NuVal® Scores to trade up to more nutritious ingredients and foods to pack.

Get assembled. Either the night before or in the morning, set up an assembly line. Create workstations for the bread or salad base, for the protein, dairy, vegetable and/or fruit fillers, and for the dressings or condiments. An assembly line will save time and get the kids involved, too.

A typical school year is 180 days. That means potentially 180 lunches, so keep it fresh. Here are some ideas to add to your assembly line that will keep lunches both tasty and healthy.

bread/sandwich base:

Honey–wheat bagels Lettuce leaves (as wraps) Meijer Naturals 100% whole wheat bread Meijer wheat buns Meijer whole wheat tortillas

greens/salad base:

Arugula Baby spinach Fresh herbs Romaine lettuce Salad blends Spring greens

great grains:

Meijer brown rice Meijer Organics whole wheat pasta Quinoa

vegetable toppings:

Bell peppers Carrots Cucumber Red onions Sprouts Tomatoes

fruit toppings:

Apple Banana Dried fruits Fresh berries Grapes

protein:

Canned Meijer salmon/tuna Meijer beans Meijer chicken breast Meijer lean beef Meijer low sodium sliced deli meats Meijer nuts/seeds Meijer pork tenderloin Prosciutto Sliced, hard-boiled Meijer eggs

dairy:

Meijer low fat ricotta Meijer lowfat yogurt Meijer garden vegetable cream cheese Meijer Organics lowfat cottage cheese Meijer reduced fat cheddar singles

healthy fats:

Meijer extra virgin olive oil Meijer nuts/seeds Meijer olives Sliced avocado

spreads:

Meijer hummus Mashed avocado Meijer honey/agave nectar Meijer peanut butter Pesto Tzatziki sauce

dressings:

Meijer balsamic vinegar Meijer light salad dressings Meijer olive oil



hummus-vegetable sandwich

Spread 1 slice of whole-wheat bread with ¼ cup hummus; spread another slice of whole-wheat bread with 1 tablespoon olive tapenade or 1 tablespoon chopped kalamata olives. Top hummus with ¼ cucumber, thinly sliced, and ¼ cup grated carrot. Use second bread slice to close sandwich.

easy burrito

Spread 1 whole-wheat tortilla with ¹/₃ cup refried beans and top with ¹/₃ cup lowfat shredded Cheddar. To serve, microwave until hot and top with diced tomatoes, lettuce and salsa.

10 ways to make sandwiches, wraps and rolls

Thai beef lettuce wrap

Combine ¼ cup matchstick carrots, 1 chopped garlic clove, 1 teaspoon minced ginger, juice of 4 limes, 2 teaspoons Sriracha chili sauce, ½ bunch chopped cilantro and 1 bunch chopped green onions in a large bowl. Stir in 1 pound cooked, crumbled ground beef. Spoon into lettuce cups.

bistro beef sandwich

Spread 2 tablespoons mashed avocado on 1 whole-wheat or sourdough roll. Fill with 3 ounces lean roast beef and fresh lettuce leaves.

savory Italian wrap

Spread 1 sun-dried tomato wrap with ½ cup chicken salad (with light mayonnaise). Top with ¼ cup sliced roasted red peppers and 2 tablespoons chopped fresh basil.

turkey and avocado wrap

Cover 1 whole-grain flatbread or 1 (6-inch) wheat tortilla with 3 ounces deli turkey, fresh lettuce leaves and 2 tomato slices. Add 3 avocado slices.

sweet and veggie turkey

Spread a wheat, spinach or tomato wrap with 1½ tablespoons honey mustard. Top with 3 ounces lean turkey breast and cover with sprouts, lettuce, red onion, julienned carrot, bell peppers or zucchini.

strawberries 'n cream bagel

Spread 1 split raisin bagel with 2 tablespoons light ricotta cheese. Top with ½ cup sliced strawberries, 1 teaspoon honey and a sprinkle of cinnamon.

veggie and lox

Spread 1 slice whole-grain bread with 2 tablespoons veggie cream cheese. Top with ½ cup chopped steamed asparagus spears and 3 ounces sliced smoked salmon.

ultimate veggie burger

Fill 1 whole-wheat hamburger bun with 1 (3 ounce) veggie patty. Top with 1 tablespoon salsa, sliced red onion and lettuce leaves.

10 guick salad ideas

BBQ

Toss: 1 bag romaine with 2 cups shredded chicken, 2 chopped apples and ½ red onion, sliced. For the dressing, mix ¼ cup light ranch dressing with ¼ cup honey BBQ sauce.

Southwest Caesar

Toss: 1 bag romaine with 2 cups shredded chicken; 1 (15 ounce) can drained black beans; 1 (12 ounce) can drained corn; 1 medium tomato cut into wedges; 1 sliced yellow bell pepper; and 3 sliced green onions. Pack each serving with 1 tablespoon lowfat Caesar dressing.

farm fresh

Toss: 1 bag greens with 6 ounces turkey breast, 1½ cups broccoli florets, ½ cup drained chickpeas, ½ cup tomatoes, ¼ cup sliced red onion and ¼ cup toasted almonds. Pack each serving with 1 tablespoon light Italian dressing.

Tuscan tuna

Toss: 1 bag baby spinach with 1 (6 ounce) can tuna packed in water, drained, mixed with ¼ cup lemon-dill seafood sauce; 1 (15 ounce) can white beans, drained; 2 tomatoes, chopped; and ½ red onion, sliced.

salmon niçoise

Toss: 1 bag French blend salad with 1 (14.75 ounce) can red salmon, drained; 1 (15 ounce) can new potatoes, drained and halved; 1 (4.25 ounce) can green beans, drained; 2 large tomatoes, cut into wedges; and 2 hard-boiled eggs, cut into wedges. Pack each serving with 2 tablespoons light Italian dressing.

Thai beef

Toss: 1 bag romaine with 8 ounces roast beef; 1 large red bell pepper, cut into thin strips; 1 cucumber, peeled and chopped; 4 green onions, thinly sliced; and 1 (14 ounce) can bean sprouts, drained. For dressing, mix ¼ cup light Italian dressing, 2 tablespoons lime juice and 1 to 2 tablespoons Thai fish sauce.

curried ham

Toss: 1 bag baby lettuce with 8 ounces cooked ham cubes; 1 (11 ounce) can mandarin oranges, drained, with 3 tablespoons juice reserved; ¼ cup each chopped green onion, diced celery, plump raisins and roasted peanuts. For the dressing, combine reserved juice, ½ cup plain yogurt, ¼ cup light mayo and 1 tablespoon curry powder.

Mediterranean shrimp

Toss: 1 bag mixed greens with 8 ounces cooked shrimp; 4 ounces reduced-fat feta; 6½ ounces artichoke hearts, drained; ½ cup kalamata olives; and 3 plum tomatoes, sliced. Pack each serving with 1 tablespoon olive oil-balsamic vinaigrette.

Caribbean

Toss: 1 bag spinach with 1 sliced banana, 1 (8 ounce) can drained pineapple, ½ cubed mango, ½ cup each of sliced radishes and cucumbers, and 8 ounces imitation crabmeat. Pack each serving with 1 tablespoon mango vinaigrette. (Blend 1 cup diced mango, ¼ cup orange juice, ¼ cup rice vinegar, 2 tablespoons lime juice and 1 tablespoon brown sugar).

Mexican fiesta

Toss: 1 bag spring greens with 1 (15 ounce) can chili with beans; ½ cup lowfat shredded cheese; 2 tomatoes, cut into wedges; ¼ cup sliced black olives; and 1 cup crumbled tortilla chips. Pack each serving with 2 tablespoons salsa verde.

Recipe note: Divide these salads into 4 separate containers with the dressing on the side so they stay fresh and crunchy.



pack smart

No parent wants to put his or her child in harm's way, so it's important to learn how to pack healthy and safe lunches. Practicing good food safety habits starts at home. Set a good example, and your children will be reminded of basic food safety in the lunchroom, on field trips and any time they are away from home.

make lunchtime fun time

A fun, thoughtful piece of home is often the best part of lunch.

Surprise your kids with a silly photograph. Write a note on a banana or orange. Leave a word of encouragement or joke of the day on a tiny note or napkin. Don't forget teens, and moms and dads, too. Include an odd-fact-of-the-day, or exciting comment about an upcoming event.

Sometimes a smile is the thing we need most, and lunches are the perfect way to reach out to your family to remind them you're thinking of them no matter where they are.

food safety tips

- Always wash your hands before preparing and eating food.
- Always wash fruits and vegetables.
- Keep cutting boards for meat and vegetables separate.
- Keep cold foods cold (use freezer packs, insulated lunch boxes and frozen juice boxes).
- Keep hot foods hot (soup should be boiling before adding to a thermos).
- Pack sanitizing hand wipes in every lunch box, backpack, sports bag and briefcase.
- Toss any leftovers your child brings home.

Being "food-safe" also means staying on top of any family food allergies. Stay ahead of food allergies, and inquire about the guidelines and food safety practices at your child's school. This also means educating your kids about safety measures and the most common types of food allergens, even if they don't have allergies. chapter seven: sensible snacking

7

Snacking between meals won't necessarily ruin your kid's dinner or be bad for your healthy-eating goals. In fact, with the right snacks, just the opposite can be true. Sensible snacks can boost energy levels between meals and supply essential vitamins and minerals.



snack smarter

Think of snacks as mini-meals. On average, kids get 25% of their daily calories from snacks. Healthy snacking is all about smart choices that provide nutrient-rich fuel for energy, while keeping the calorie count reasonable. Portion control is key for planning snacks. Pre-portion single servings of pretzels, nuts or popcorn for easy-tograb snacks rather than eating straight from the bag.

Encourage your kids to be mindful eaters, snacking only when they're hungry. Recognize if your kids are snacking out of boredom or stress, and redirect them to other activities.

Stocking up on these quick and easy snacks can help them (and you) resist the vending machine at school and work, keeping all of you healthy and energized.

Curb the cravings with these easy, healthy snacks:

craving salty?

- Whole-wheat pretzels with Meijer honey mustard
- Meijer low fat cheese or string cheese with Meijer whole wheat crackers
- Hummus and Meijer wheat pitas
- Mini pita pizzas with Meijer Organics tomato sauce, Meijer shredded reduced fat cheese, and veggies
- Meijer Organics rice cakes
 with peanut butter
- Meijer light popcorn seasoned with no-salt-added seasoning blends
- Quesadillas with Meijer shredded reduced fat cheese and veggies
- Meijer roasted almonds
- Meijer olives
- Mixed fresh vegetables (carrots, celery, cucumbers, tomatoes, snow peas) with Meijer light Italian dressing

craving sweet?

- Fresh fruit, frozen fruit bars or dried fruit (raisins, apricots, cranberries, cherries)
- Meijer lowfat flavored yogurt
- No-sugar-added fruit packs
- No-sugar-added pudding or Meijer sugar free gelatin
- Fruit smoothie (fresh/frozen fruit, yogurt, juice/milk, ice)
- Sliced apples and Meijer peanut butter
- Meijer unsweetened applesauce
- Granola bars and trail mix (nuts, fruits, whole-grain cereal)





10 trail mixes

A fast and nutritious, no-hassle snack trail mix goes a long way to keeping you full and energized between meals. Portion control is important, so mix and place individual servings in Meijer reclosable snack bags.

cherry–pistachio crunch

Combine ½ cup dried cherries, 2 cups rice squares or wheat squares, ½ cup roasted pistachios and 3 cups lowfat granola.

go nuts

Combine 1 cup raw almonds, 1 cup walnuts, 1 cup raw cashews, 1 cup chopped dried apricots and 1 cup dried cherries.

very berry

Combine 2 cups lightly salted mixed nuts, 1 cup dried blueberries, 1 cup dried cranberries and 1 cup yogurtcovered raisins.

fluff 'n stuff

Combine 1 cup mini marshmallows, 2 cups pretzels, 2 cups toasted oatmeal squares cereal, ½ cup raisins and ½ cup chopped dried apricots.

cheese 'n apples

Combine 2 cups whole-grain Cheddar goldfish-shaped crackers, 2½ cups Cheddar-flavored mini pretzel twists, 1 cup dried apple rings and ½ cup lightly salted peanuts.

morning munch

Combine 2 cups mini shredded wheat squares cereal, 1 cup dried fruit (such as pineapple, raisins, cranberries or apricots), 1 cup nuts or seeds (such as slivered almonds, dry-roasted peanuts, toasted pumpkin seeds, walnut pieces or sunflower kernels).

sweet and salty

Combine 3 cups popcorn or kettle corn, 2 cups whole-grain goldfish crackers; 1 cup Meijer ABC pretzels and 1 cup raisins.

sweet chipotle crunch

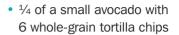
Combine 1 cup pecans, 1 cup cashews, 2 tablespoons melted light butter spread, 1 tablespoon brown sugar and 2 teaspoons no-salt-added chipotle seasoning. Bake at 325°F for 15 minutes. Stir in 1 cup golden raisins.

chunky monkey

Combine 2 to 3 cups honey-wheat pretzel twists, 1 cup dried banana slices, 1 cup lightly salted peanuts, ½ cup milk chocolate chips and ½ cup peanut butter chips.

tropical

Combine 2 cups yogurt-covered pretzels, 2 cups honey-nut cereal, 1 cup dried tropical fruit (mix of pineapple, papaya and mango), ½ cup macadamia nuts and ½ cup unsweetened coconut flakes.



 An orange and 2 tablespoons walnuts



- 10 cashew nuts or 10 almonds
- ½ cup of unsweetened applesauce with 1 slice of whole-grain cinnamon– raisin toast
- ½ cup mixed raw veggies with ¼ cup light ranch dressing

10^{100-calorie} snacks

Not all 100-calorie snacks are equal. Here are some tasty 100-calorie options that are loaded with the nutrients your body needs and are guaranteed to fill you up.

- Half an apple with 2 teaspoons of peanut butter
- ¹/₂ cup of fat-free vanilla yogurt with ¹/₂ cup sliced strawberries
- 10 mini whole-grain pretzel twists and 2 (1-inch) cubes of lowfat cheese
- 6 whole-wheat crackers with two teaspoons of peanut butter
- 1 medium banana

chapter eight: 8

If the dreaded "What's for dinner?" question sends you scrambling for quick meal options, you're not alone. With a little thought and a few helpful hints, it's still possible to have homemade meals ready in minutes.



making dinner a priority

Gathering around the dinner table with the family is a time-honored ritual worth hanging on to. Studies show that kids who eat regularly with their families eat more nutritiously, have fewer emotional problems and do better in school. As the family schedule and homework crowd out together time, a family meal becomes even more important. So make it a priority—with our help, and some planning and foresight, it can be done.

After-school lessons, team practices and committee meetings won't go away, of course, so you probably won't be able to eat together *every* day. But make it a goal to enjoy a family meal at least three times a week.

Set a definite dinnertime.

Everyone has schedules. You need to be at work on time. Your kids have to be at their desks when the bell rings. So it makes sense to set a definite time for dinner as part of the family's schedule.

Keep a calendar. Write down everyone's weekly activities so you know which days you can focus on having a meal together as a family.

Make a list. Using page 46, make a list of quick, easy recipes and menus that you know your family will enjoy. To get family members involved in the process, each one could pick a favorite recipe for one of the weekly meals from meijermealbox.com or the *Easy Meals, Healthy Families* guide.

Stock up. Be prepared for those busy nights. Keep on hand quick-cooking sides like herbed couscous or quinoa, and easy-to-prepare fresh vegetables like baby carrots or bagged salads. Just add a Meijer deli rotisserie chicken, and you've prepared a balanced meal for your family in minutes.

simple solutions to dinner dilemmas

Making dinner tonight—and every night—just got a whole lot easier with these practical solutions. Here are simple answers to some of the most common suppertime situations.

I desperately need dinners that last more than one meal. How can I disguise leftovers so my family thinks it's a brand new meal?

Every so often, cook a double batch of a recipe so that it can be easily transformed into another dish. Use meijermealbox.com for great recipes that you'd want to try doubling. Look for baked chicken breast recipes that are simple to double and then shred for chicken tacos the next day.

My kids complain that all of their friends have soda and can watch TV while eating dinner. How can I make dinnertime more appealing for them?

Make dinner a family event, with everyone taking turns hosting a talk-time theme. Put one person in charge of the conversation topics or roundtable games to get everyone talking and sharing parts of their day. The questions can range from "What was your favorite part of the day?" to "What is something new you learned today?" Come up with a nightly "drink special" for the meal. A chilled pitcher of seltzer water and a splash of Meijer 100% fruit juice garnished with a piece of fresh fruit can be a tropical surprise.

My youngest daughter is a vegetarian. How can I make sure she's getting the nutrition she needs to grow, without having to prepare a separate meal just for her?

There are plenty of protein-rich foods that will keep her growing strong and won't make you cook separate meals. Just double up on proteinrich vegetables, beans, soy and fish. Depending on the type of vegetarian she is, eggs or dairy may also be healthy options.

My husband insists on meat and potatoes at every meal. How do I change his mindset and help him be more of a healthy role model for our kids?

Meat and potatoes can get a bad rap. But with simple portion control he can build a balanced plate with plenty of fruits and vegetables as well. Continue to offer protein-rich foods, and use NuVal® to make smart choices with lean meats, fish and poultry. Add sweet potatoes, baby red potatoes and Meijer fat free sour cream, fat-free Greek yogurt or Meijer Naturals salsa as alternative toppings.

By the time everyone is home, homework is finished, dance is done and soccer is over, I'm too tired to cook. How can I prepare healthy, home-cooked meals when there's only one of me to do it?

A fully stocked kitchen with the right tools and appliances is a gamechanger for busy parents. Prep slow cooker recipes quickly in the morning and come home to a warm dinner that is ready to serve. Have several frozen, premade casseroles, soups and sauces ready to go. And don't forget Meijer has ready-to-eat meals for those days when you just need a healthy break.



month of quick and healthy dinner menus

	MON	TUE	WED	THU	FRI
week	 chicken and green bean skillet (see page 48) instant brown rice fat-free milk fresh grapes 	 white chicken chili (see page 52) baked tortilla chips tossed green salad lowfat dressing tangerine 	 layered rigatoni bake* tossed green salad lowfat dressing whole-wheat roll pineapple chunks 	 tilapia fillet pan-fried with olive oil spray sautéed spinach and garlic sprinkled with Parmesan quick brown rice diced mango 	 grilled chicken breast corn on the cob apple-cabbage slaw* fat-free milk
	MON	TUE	WED	THU	FRI
week	 tomato-cheese ravioli soup (see page 53) baked garlic breadstick small pear 	 baked salmon fillets marinated in orange juice red potatoes asparagus spears whole-grain baguette peach slices 	 grilled 96% lean hamburger on whole-grain bun toppings: lettuce, tomato, red onion melon 	 baked lemon salmon (see page 48) instant brown rice frozen yogurt topped with sliced strawberries 	 easy lasagna (see page 50) green beans soft garlic breadstick kiwi slices
	MON	TUE	WED	THU	FRI
week	 grilled sirloin steak topped with salsa broccoli florets whole-wheat dinner roll with trans fat- free margarine watermelon chunks 	 grilled chicken breast whole-grain couscous with broccoli florets fat-free milk papaya chunks 	 creamy chicken- spinach soup* whole-wheat bread with trans fat-free margarine fresh grapes 	 roast beef and blue cheese salad (see page 50) whole-grain baguette fat-free milk pear 	 Greek pasta with tomatoes, spinach and beans (see page 53) fat-free milk sliced apples
week	topped with salsabroccoli floretswhole-wheat dinner roll with trans fat- free margarine	breast • whole-grain couscous with broccoli florets • fat-free milk	spinach soup* • whole-wheat bread with trans fat-free margarine	blue cheese salad (see page 50) • whole-grain baguette • fat-free milk	tomatoes, spinach and beans (see page 53) • fat-free milk

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SAT

- peppered pork roast (see page 49)
- mashed potatoes
- broccoli florets
- orange segments

SUN

- · Caesar pork sandwich (see page 49)
- small apple
- fat-free milk

SAT

- · roasted pork tenderloin
- · baked sweet potato with trans fat-free margarine
- sautéed spinach with olive oil and garlic
- fat-free milk
- cherries

SAT

- rotisserie chicken
- small baked potato
- · steamed baby carrots
- fat-free milk
- raspberries

SAT

- broiled cod fillet
- small baked Yukon gold potato with trans fat-free margarine
- · broccoli florets
- cantaloupe slices

SUN

SUN

 Mediterranean pasta with zucchini and tomato

frozen vogurt topped

with blueberries

- (see page 51)
- whole-wheat pita bread
- small pear

SUN

- · bean burrito: vegetarian refried beans on wholewheat tortilla topped with shredded lowfat Cheddar, salsa, onions and shredded lettuce
- fresh peach or nectarine

very veggie pizza on whole-wheat crust mixed greens with fat-free vinaigrette

the ultimate time-saver

Shop once, cook once. With these time-saving solutions, you'll do half the work for twice the number of healthy meals and side dishes.

- · Double it. When boiling pasta, or cooking rice or other grains, simply double the amount. Use half for dinner and refrigerate or freeze the rest for a quick meal later.
- **Big batch your weekend.** Make a large casserole, lasagna, meatloaf, big-batch soup, sauce or chili to be frozen and reheated to enjoy later. Freeze in individual containers for easy grab-and-go meals.
- · Prebake. Bake sweet and regular potatoes then refrigerate. Wrap with a paper towel and microwave for a delicious side that only takes minutes to reheat.
- Slow cookers work. For an easy meal, toss in all ingredients in the morning, and by dinnertime you'll have a warm, savory dinner ready to eat.
- · Let Meijer cook. Meijer has nutritious prepared options ready to go. Pick up a hot rotisserie chicken and serve with a bagged side salad with pear slices for a healthy meal made easy.



chicken and green bean skillet

- 4 (4 oz.) Meijer boneless, skinless chicken breasts
- 2 cups Meijer frozen green beans
- 1 $(10^{3}/_{4} \text{ oz.})$ can lowfat cream of mushroom soup
- 1/4 tsp. dried thyme
- 1 cup shredded Meijer 2% sharp Cheddar

1 Coat a large nonstick skillet with nonstick cooking spray and place over medium-high heat. Add chicken; cook, covered, 5 to 7 minutes per side or until an instant-read thermometer registers 165°F. Transfer chicken to a plate; set aside.

2 Return skillet to medium heat. Add green beans, soup, thyme and $\frac{1}{2}$ cup water; stir to combine. Cook, covered, 6 minutes, stirring often.

3 Return chicken to skillet; cook 1 minute or until hot. Top with cheese, and serve.

serves 4

Per serving: 270 calories, 10g fat, 90mg cholesterol, 580mg sodium, 12g carbohydrate, 2g fiber, 33g protein

baked lemon salmon

- 4 (4 oz.) salmon fillets
- 1 tbsp. Meijer classic olive oil
- 1 lemon, zested and juiced
- 2 tbsp. chopped fresh parsley
- 1 Select 4 (4 ounce) salmon fillets.

2 Place fillets in a baking pan coated with nonstick cooking spray; season with salt and pepper to taste. Drizzle fillets with oil and lemon juice; sprinkle with lemon zest.

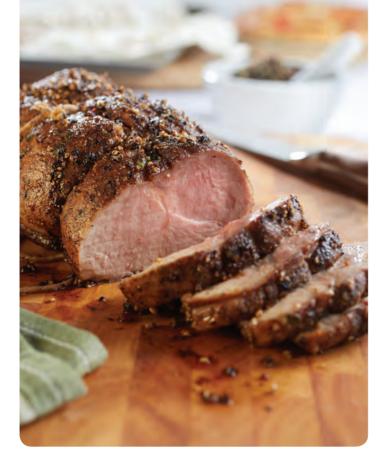
3 Preheat oven to 450°F. Bake 10 minutes per inch of thickness or until fish turns from glassy to opaque. Sprinkle with parsley, and serve.

serves 4

Per serving: 190 calories, 10g fat, 60mg cholesterol, 50mg sodium, 1g carbohydrate, 0.5g fiber, 21g protein

Seafood 1.2.3





peppered pork roast

- 1 (4-lb.) Meijer pork loin roast
- 6 tbsp. no-salt-added pepper blend seasoning

Preheat oven to 350°F. Rub pork roast evenly with seasoning. Place pork in a shallow roasting pan. Roast 45 minutes to 1 hour and 15 minutes or until an instant-read thermometer registers 145°F. Remove from oven and let stand 10 minutes. Thinly slice pork, and serve. Wrap and refrigerate leftovers for *Caesar Pork Sandwiches*.

makes 16 to 18 (3 ounce) servings

Per serving: 160 calories, 7g fat, 60mg cholesterol, 50mg sodium, 0g carbohydrate, 0g fiber, 22g protein

Recipe adapted from the National Pork Board®, PorkBeInspired.com

Caesar pork sandwiches

- 3 cups chopped romaine lettuce
- 1/3 cup light Caesar salad dressing
- 1/4 cup shredded Parmesan
- 1 (8 to 10-inch) round loaf focaccia bread
- ³/₄ Ib. leftover sliced pork from Peppered Pork Roast

In a medium bowl combine lettuce with dressing and Parmesan; set aside. Slice focaccia horizontally, and cut into 4 wedges. Layer pork slices evenly on bottom half of focaccia. Top evenly with lettuce mixture. Place top halves of focaccia over lettuce to close sandwiches, and serve.

serves 4

Per serving: 330 calories, 9g fat, 70mg cholesterol, 680mg sodium, 35g carbohydrate, 2g fiber, 33 g protein

Recipe adapted from the National Pork Board®, PorkBelnspired.com





quick roast beef and blue cheese salad

- 8 cups packed spring mixed salad greens
- 8 oz. thinly sliced, well-trimmed deli roast beef
- 20 grape tomatoes
- 1/4 cup Meijer Organics blue crumbled cheese
- 1/3 cup lowfat balsamic or raspberry vinaigrette
- 1 Arrange salad greens evenly on 4 plates.

2 Divide roast beef slices into 2 stacks; roll each stack, jelly-roll fashion, and cut crosswise into 1-inch slices.

3 Arrange beef slices, tomatoes and cheese over greens. Drizzle evenly with vinaigrette, and serve.

serves 4

Per serving: 170 calories, 7g fat, 5mg cholesterol, 580mg sodium, 13g carbohydrate, 3g fiber, 15g protein

Cooking Light

easy lasagna

- 1 Ib. Certified Angus Beef[®] lean ground beef
- 1 (24 to 30 oz.) jar Meijer Organics tomato basil pasta sauce
- 1 (14.5 oz.) can Italian diced tomatoes, drained
- ¹/₄ tsp. Meijer Organics crushed red pepper flakes
- 10 uncooked Meijer lasagna noodles
- 1 (15 oz.) carton Meijer low fat ricotta cheese
- 1/4 cup Meijer Parmesan
- 1 Meijer egg
- 2 cups shredded part-skim mozzarella, divided

1 Preheat oven to 375°F. Coat a 13x9-inch baking dish with nonstick cooking spray.

2 For the beef sauce, in a large nonstick skillet brown ground beef over medium heat 8 to 10 minutes or until no longer pink. Pour off any drippings. Stir in pasta sauce, tomatoes and red pepper flakes; set aside.

3 Meanwhile, in a medium bowl combine ricotta cheese, Parmesan and egg.

4 Spread 2 cups beef sauce over bottom of baking dish. Arrange 4 lasagna noodles lengthwise in a single layer. Place 1 noodle across end of baking dish, breaking noodle to fit dish; press noodles into sauce. Spread ricotta cheese mixture over noodles. Sprinkle with $1\frac{1}{2}$ cups of the mozzarella. Top with $1\frac{1}{2}$ cups beef sauce. Arrange remaining noodles in a single layer; pressing lightly into sauce. Top with remaining beef sauce.

5 Bake, uncovered, 45 minutes or until noodles are tender. Sprinkle remaining mozzarella on top; bake 5 minutes or until cheese melts. Let stand 15 minutes. Cut into 12 squares, and serve.

serves 12

Per serving: 330 calories, 9g fat, 49mg cholesterol, 670mg sodium, 34g carbohydrate, 2g fiber, 26g protein





Hawaiian chicken kabobs

- 4 (3 oz.) Meijer boneless, skinless chicken breasts, cut into 1¹/₂-inch chunks
- 12 (1¹/₂-inch) pieces red onion
- 12 grape tomatoes
- 12 (1¹/₂-inch) pieces yellow or red bell pepper
- 12 fresh pineapple chunks
- 2 tbsp. Meijer balsamic vinegar
- 2 tbsp. Meijer classic olive oil
- **1** Preheat grill to medium (300°F to 350°F).

2 Alternately thread chicken, onion, tomatoes, bell pepper and pineapple onto skewers.* Brush skewers evenly with vinegar and oil.

3 Grill skewers 10 minutes or until an instant-read thermometer inserted into chicken reaches 165°F, turning occasionally.

serves 4

Per serving: 200 calories, 5g fat, 45mg cholesterol, 75mg sodium, 12g carbohydrate, 3g fiber, 24g protein

*If using wooden skewers, soak in water at least 30 minutes before grilling to prevent burning.

Mediterranean pasta with zucchini and tomato

- 8 oz. Meijer multigrain extra penne rigate pasta, uncooked
- 1 (14.5 oz.) can diced tomatoes with basil, garlic and oregano
- 1 (15 oz.) can Meijer chick peas, rinsed and drained
- 1 medium zucchini, sliced
- 2 tbsp. sliced ripe olives

1 Cook pasta according to package directions. Drain; keep warm.

2 Meanwhile, for the sauce, in a large skillet combine tomatoes, chick peas, zucchini and olives. Place skillet over medium-high heat; bring to boiling. Reduce heat to low; simmer, uncovered, 5 minutes.

3 Spoon sauce over pasta; toss to combine, and serve.

makes 4 (2-cup) servings

Per serving: 363 calories, 4g fat, 0mg cholesterol, 460mg sodium, 65g carbohydrate, 3g fiber, 17g protein

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Greek chicken salad

Top 1½ cups salad greens with 3 ounces shredded chicken, 1 Roma tomato cut into wedges, ¼ cup Greek olives, ¼ cup crumbled feta and 2 tablespoons sliced green onions. Serve with 2 tablespoons light balsamic vinaigrette.

chicken and artichoke pizza

Spread prepared pizza shell or crust with 1 (14 ounce) can chopped artichokes mixed with ½ cup light mayonnaise, ¼ tsp. hot sauce and ¼ cup Parmesan. Top with 1½ cups shredded chicken, ¼ cup chopped red bell pepper, ¼ cup Parmesan and 2 tablespoons pine nuts. Bake at 400°F for 10 to 12 minutes.

white chicken chili

In a large pot, sauté 2 cups shredded chicken in 1 tablespoon olive oil. Add 1 (48 ounce) jar white beans, 1 to 2 tablespoons cumin and 1½ cups salsa. When hot, add 2 cups lowfat shredded Monterey Jack cheese and stir until melted.

10 *twists for a Meijer* **rotisserie chicken**

whole-grain chicken wrap

Spread 3 tablespoons guacamole on 1 whole-grain tortilla. Top with ½ cup shredded chicken, 2 tablespoons lowfat shredded Cheddar, tomato slices and shredded romaine lettuce. Wrap tightly; cut on a diagonal.

black bean and chicken quesadillas

Mix ½ cup shredded chicken with a pinch of cumin and spread on half of 1 whole-grain tortilla. Top with ½ cup drained and rinsed canned black beans, and ½ cup lowfat shredded Cheddar. Fold and cook 5 minutes in a nonstick skillet, turning once. Cut into wedges, and top with diced tomatoes, salsa and lowfat sour cream.

quick chicken pot pie

Combine 2 cups cubed chicken with 1 can lowfat or fat-free/low-sodium cream of chicken soup, ½ cup lowfat milk and 1 (12 ounce) package frozen mixed vegetables, thawed. Pour into an 8-x8-inch pan. Combine ½ cup lowfat milk and 1 egg with 1 cup biscuit baking mix. Spread over chicken mixture. Bake at 400°F for 30 minutes.

chicken curry salad in wheat pita

Blend ¼ cup plain Greek yogurt, ¼ cup light mayonnaise and 2 teaspoons curry powder. Add to 2 cups chopped chicken combined with ¼ cup raisins, ¼ cup sliced almonds, 1 chopped apple and 2 chopped celery stalks. Use to fill 1 whole-wheat pita bread.

chicken and vegetable stir-fry

Stir-fry 1 (16 ounce) package frozen Asian vegetables in ½ cup bottled stir-fry sauce until crisp-tender. Add 2 cups chopped chicken. Serve over ¾ cup instant brown rice and top with 1 tablespoon chopped peanuts.

chicken Caesar salad

Top romaine salad with ½ cup shredded chicken. Add seasoned croutons, ¼ cup shredded Parmesan and 2 tablespoons light Caesar dressing.

chicken burrito

Spread 1 cup vegetarian refried beans down the center of 1 wholewheat tortilla. Top with 2 tablespoons shredded lowfat Colby Jack cheese and ½ cup shredded chicken; microwave to melt cheese. Top with shredded lettuce, diced tomatoes, salsa and light sour cream.

tortellini pasta salad

Cook 1 (19 ounce) bag frozen cheese tortellini. Add 1 (16 ounce) bag thawed frozen fiesta-style vegetables. Stir in $\frac{1}{2}$ bottle light Italian dressing.

light Alfredo with pasta and vegetables

Cook 1 (1-pound) box whole-wheat pasta. Prepare lowfat Alfredo sauce mix as directed. Combine pasta with sauce, and add 1 cup frozen peas and ½ cup cubed Meijer low sodium deli ham.

Greek pasta with tomatoes, spinach and beans

Cook 8 ounces multi-grain penne. In a nonstick skillet combine 2 (14.5 ounce) cans Italian-style diced tomatoes and 1 (19 ounce) can cannellini beans, drained and rinsed; simmer 10 minutes. Add 10 ounces fresh baby spinach; stir until wilted. Spoon over pasta and sprinkle with ½ cup crumbled feta.

ravioli "lasagna"

Spoon one-third of 1 (26 ounce) jar pasta sauce into a large baking dish. Arrange 20 cheese ravioli over sauce. Layer with ½ (10 ounce) box frozen chopped spinach, thawed and drained, ½ cup lowfat shredded mozzarella and ½ cup grated Parmesan. Repeat layers. Bake at 350°F for 40 minutes.

tomato-cheese ravioli soup

Combine 1 (14.5 ounce) can stewed tomatoes, 1 (14.25 ounce) can low-sodium chicken broth and ½ teaspoon Italian seasoning; simmer 5 minutes. Add 3 cups frozen cheese ravioli, 1 small sliced zucchini and ¼ teaspoon pepper. Boil; then simmer 8 minutes.

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beef and asparagus pasta toss

Cook 3 cups rotini pasta. In a nonstick skillet combine 2 tablespoons olive oil, ¼ cup shallots and 2 chopped garlic cloves; cook 3 minutes. Add 1 pound Certified Angus Beef® lean ground beef; cook until no longer pink. Add pasta and 1 pound chopped steamed asparagus.

family-friendly spaghetti

Cook 1 (1-pound) box whole-wheat spaghetti. Combine 1 (26 ounce) jar tomato-basil pasta sauce with 1 pound cooked 96% lean ground turkey breast. Add pasta to sauce and top with 2 tablespoons Parmesan.

simple salmon pasta

Cook 8 ounces whole-wheat penne. Combine with 1 can red salmon, ¼ cup toasted pine nuts, 2 tablespoons olive oil, 1 tablespoon lemon juice and 3 cups arugula.

Italian sausage pasta

Cook 1 (1-pound) box fettuccine. In a skillet cook 2 tablespoons olive oil, 1 sliced red onion, 4 sliced Italian turkey sausage links, 1 pint cherry tomatoes and 2 cups spinach. Add pasta and ¼ cup Parmesan.

10 ways to use your noodle



vegetable and pasta salad

Cook 1 (1-pound) box penne. Add 6 chopped medium tomatoes, 8 ounces cubed fresh mozzarella and 1 cup fresh baby spinach. Drizzle with 2 tablespoons olive oil and toss 1 teaspoon balsamic vinegar to coat.

broccoli and beef baked potato

Bake 4 russet potatoes. Cook 1 pound ground beef; drain. Add 1 cup cooked broccoli florets and 1 cup lowfat shredded Cheddar; heat through. Spoon evenly over potatoes.

beef taco salad

Cook 1 pound ground beef. Stir in ¹/₄ cup water, 2 tablespoons chili powder and 2 teaspoons cumin. Layer 1 bag romaine salad, beef mixture, 1 cup diced tomato, ¹/₂ cup canned drained and rinsed black beans, ¹/₂ cup corn, ¹/₂ cup lowfat shredded cheddar and ¹/₂ cup lowfat ranch dressing.

easy beef and bean chili

Cook 1 pound ground beef. Add 2 cans diced tomatoes with peppers and onions, and 2 cans chili-seasoned kidney beans. Simmer 10 to 15 minutes.

Swedish cabbage soup with meatballs

In a large pot sauté 1 head chopped cabbage in 1 tablespoon olive oil; simmer 15 minutes. Add 8 cups low-sodium, fat-free chicken broth and 2 bay leaves; simmer 10 minutes. Shape ½ pound seasoned ground beef into meatballs. Add to soup; simmer 10 minutes until beef is cooked.

spicy chipotle burgers

Mix 2 tablespoons chipotle chilies in adobo, 1 pound ground beef and ½ cup minced onion. Form into 4 patties. Grill over medium-high heat. Place on whole-wheat buns with lettuce and sliced tomato.

eats with ground beef



Thai beef lettuce wrap

In a large bowl combine ¼ cup matchstick carrots, 1 chopped garlic clove, 1 teaspoon minced ginger, juice of 4 limes, 2 teaspoons sriracha chili sauce, ½ bunch chopped cilantro and 1 bunch chopped green onions. Stir in 1 pound cooked, crumbled ground beef. Spoon into lettuce cups.

meatloaf

Combine 1½ pounds ground beef with ¾ cup rolled oats, ¾ cup chopped onion, ½ cup chili sauce or ketchup, 1 egg and 1 tablespoon Worcestershire sauce. Shape into a loaf. Bake at 350°F for 1 hour.

Mediterranean beef pita pocket

Cook 1 pound ground beef with 1 chopped red bell pepper; drain. Add 4 cups chopped romaine, ¹/₃ cup crumbled feta, ¹/₃ cup plain fat-free yogurt and ¹/₄ cup chopped black olives. Spoon into whole-wheat pita pockets.

Asian Salisbury steak

Mix 1 pound ground beef, ¾ cup diced red bell pepper, ¾ cup chopped green onions, ¼ cup breadcrumbs, 3 tablespoons hoisin sauce and 2 tablespoons minced ginger. Form into 4 patties. Broil 4 minutes per side.

harvest beef soup

In a large pot cook 1 pound ground beef with 1 onion; drain. Stir in 2 (14.5 ounce) cans diced seasoned tomatoes, 2 (15 ounce) cans lowsodium beef broth and 1 cup each diced potato, celery and carrots; simmer 30 minutes.

Recipe note: Use 95% lean ground beef to create any of these delicious recipes.

baked lemon catfish

Brush 4 (6 ounce) catfish fillets with ¼ cup melted butter, 1 tablespoon lemon juice and ½ teaspoon lemonpepper seasoning. Bake at 450°F for 10 minutes.

blackened citrus salmon

Brush 4 (6 ounce) salmon fillets with ¼ cup melted butter, 2 tablespoons orange juice, 1 teaspoon orange zest and 2 teaspoons blackening seasoning. Bake at 450°F for 10 minutes.

lemon-dill salmon

Sprinkle 4 (6 ounce) salmon fillets with ¼ teaspoon garlic pepper. Broil on "high" 5 minutes. Combine 2 tablespoons chopped dill, 1 teaspoon lemon zest, 1 tablespoon lemon juice and 1 chopped garlic clove. Spread over fillets. Broil 3 minutes more.

10 fixes

crispy baked cod

Combine ¼ cup breadcrumbs, 2 chopped garlic cloves, ¼ cup finely chopped black olives, 1 teaspoon Italian seasoning and 2 teaspoons lemon zest. Drizzle 4 (4 ounce) cod fillets with 3 tablespoons lemon juice and brush with 2 tablespoons light mayonnaise. Top with breadcrumb mixture. Bake at 450°F for 10 minutes.

sesame salmon

Season 4 (6 ounce) salmon fillets with pepper to taste. Brush with 2 teaspoons sesame oil and 1 tablespoon soy sauce. Bake at 450°F for 10 minutes

glazed salmon

Rub 4 (6 ounce) salmon fillets with 1 tablespoon brown sugar and 1 teaspoon curry powder. Season with salt and pepper to taste. Bake at 450°F for 10 minutes.

Italian baked salmon

Brush 4 (6 ounce) salmon fillets with 2 tablespoons olive oil, 1 teaspoon oregano, ¼ teaspoon garlic powder and ½ teaspoon red pepper flakes. Bake at 450°F for 10 minutes.

baked cilantro–lime trout

Combine 3 tablespoons lime juice and 2 tablespoons olive oil. Brush over 4 (8 ounce) rainbow trout fillets. Sprinkle with 2 tablespoons chopped cilantro. Bake at 450°F for 10 minutes.

broiled Jamaican mahi

Combine 2 tablespoons honey, 1 tablespoon olive oil and ¼ teaspoon lime zest. Brush over 4 (6 ounce) mahi mahi fillets. Sprinkle with 2 tablespoons jerk seasoning. Broil on "high" 8 minutes.

baked Southwestern tilapia

Combine 1 tablespoon brown sugar, 1 teaspoon Mexican chili powder, ½ teaspoon lime zest and ¼ teaspoon onion salt. Rub over 4 (6 ounce) tilapia fillets. Bake at 450°F for 10 minutes.

Seafood 1.2.3

Visit your local Meijer for additional easy Seafood 1-2-3 recipes and more.

10 delicious desserts



mango-blueberry cup

Combine 1 large diced mango, 1 cup blueberries, 1 tablespoon lime juice and 1 tablespoon sugar. Divide into 4 glasses. Top each with ¼ cup lowfat vanilla yogurt and ¼ cup toasted coconut.

peach brulée

Place 3 slices no-sugar-added canned peaches into ramekins. Mix ¼ cup packed brown sugar with ¼ cup sliced almonds and spoon over peaches. Broil 2 to 4 minutes until top is melted and slightly charred.

blackberry-cherry cobbler

Cook 1 (21 ounce) can cherry pie filling, 2 cups frozen blackberries and ¼ teaspoon cinnamon until bubbly. Pour into a baking dish. Dip 1 (7.5 ounce) package buttermilk biscuits into 3 tablespoons melted butter, then dip into mix of ⅓ cup sugar and ¼ teaspoon cinnamon. Place biscuits over fruit. Bake at 350°F for 25 minutes.



fruity frozen yogurt

Process 1 sliced frozen banana, ½ cup plain lowfat yogurt, and 1 teaspoon honey in a food processor until almost smooth. Add favorite frozen fruit; process until fruit is smooth.

grilled peaches with berry sauce

Purée 5 ounces thawed berries and 1½ teaspoons lemon juice; strain. Sprinkle 4 fresh peach halves with 5 teaspoons brown sugar and ¼ teaspoon cinnamon. Drizzle with ½ teaspoon vanilla; dot with butter or margarine. Wrap in foil; grill until peaches are softened. Spoon berry sauce over peaches.

dark chocolate bark

Melt 1 bar dark chocolate and spread on parchment paper. Sprinkle with healthy favorites like tart cherries, raisins, nuts or sunflower seeds. Refrigerate 5 minutes; then break chocolate into small pieces.

chocolate-dipped frozen banana bites

Freeze 2 bananas cut into bitesize chunks. Melt 8 ounces dark chocolate in a microwave, stirring every 20 seconds. Dip frozen bananas in chocolate, then roll in toppings like toasted coconut or chopped nuts. Freeze until set.

mini ice cream sandwiches

Place 1 small scoop of light vanilla ice cream or frozen lowfat yogurt between two vanilla wafers. Roll sandwich in finely chopped dark or bittersweet chocolate.

Greek yogurt with oranges and mint

Stir 1½ teaspoons honey into 6 tablespoons fat-free Greek plain yogurt. Spoon yogurt over 1 peeled and sectioned orange. Top with 4 chopped mint leaves.

cherries with ricotta and toasted almonds

Mix ¾ cup frozen, pitted cherries with 1 teaspoon sugar and 1 teaspoon lemon juice. Microwave 1 to 2 minutes. Mix 2 tablespoons part-skim ricotta with 1 teaspoon vanilla. Top cherries with ricotta and sprinkle with 1 tablespoon toasted slivered almonds.

chapter nine: special dietary concerns

 Did you know that nearly two-thirds of Americans are overweight or obese? Mantaining a healthy weight can decrease your risk for a number of health issues, including diabetes, heart disease, certain cancers and osteoarthritis. There are many ways to actively ensure that you reach and maintain a healthy weight.

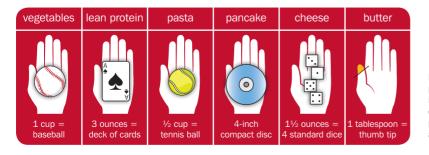
weight management

When you maintain a healthy body weight, you feel better. You move more freely, have less knee and joint pain, and have more energy. Choosing health and making an effort to maintain a healthy weight can encourage your family to follow in your footsteps.

One way to check your progress is to track your Body Mass Index (BMI). BMI is a measure to estimate healthy weight range. A BMI of 18.5 to 24.9 is considered normal weight, 25 to 29.9 is overweight, and a BMI of 30 or greater indicates obesity. If you have a lot of weight to lose, don't get discouraged; keep in mind the many health benefits from even small amounts of weight loss. Every Meijer Pharmacy offers free BMI screenings to help you reach your goal. For an easy-to-use, online BMI calculator, visit cdc.gov/healthyweight/ assessing/bmi/.

learn proper portions

Learning proper portions is vital for successful weight management and even loss. When you don't have measuring cups or food scales at your disposal, one way to size up portions is to compare the amounts with the sizes of common objects. Use these comparisons to help you visualize your portions and keep them in check.



tips for successful weight loss

Use MyPlate guidelines to fill your plate with healthy choices. (See page 20 for helpful guidelines.)

- Learn what a proper portion size looks like by measuring and weighing your foods. Doing this will train your eyes to recognize healthy portions.
- Don't skip meals, and do keep low-calorie snacks on hand.
- Limit alcohol. While the occasional cocktail won't pack on the pounds, try lower-calorie "mocktails."
- Be active. Simple exercises such as walking regularly can help get you started. Always talk to your healthcare provider before starting an exercise program. And don't forget, Meijer has everything you need to exercise: fitness equipment, apparel and quality athletic shoes.
- Burn 100 extra calories each day and potentially lose 10 pounds in a year without dieting. It's as easy as walking or gardening for just 20 minutes.

Please consult your physician or healthcare provider with any health-related concerns, including changing your diet or starting an exercise routine. The information in this publication should never replace your doctor's advice or care. If you are living with diabetes, or pre-diabetes, you are not alone. Today more than 25 million Americans are living with one of three types of diabetes (type 1, type 2 and gestational), and many more are at risk. Though each type is unique, they all share the same characteristic: high blood sugar (glucose) levels due to the body's inability to produce or use insulin.

diabetes

"Create Your Plate" is a fast, effective way to choose the foods you want to eat, while allowing yourself to manage blood glucose levels and portion sizes. Plan healthy meals by filling half the plate with non-starchy vegetables (e.g. spinach, carrots, broccoli, cauliflower, green beans, tomatoes, cabbage). Fill one-fourth of the plate with protein (lean meat, fish, poultry, soy or legumes), and fill one-fourth with whole grains or starchy vegetables (potato, corn, peas, squash, beans, whole grain rice, bread, pasta). Include a lowfat or fat-free dairy or soymilk choice, and add 1 piece of fruit.

Carbohydrates affect blood glucose levels the most. Here are some guidelines to follow:

- Carbohydrate intake should not fall below 130 grams per day.
- In general, women should have no more than 45 to 60 grams of carbohydrates per meal.
- In general, men should have no more than 60 to 75 grams of carbohydrates per meal.
- About 15 grams of carbohydrates is suggested for snacks.

using NuVal® for diabetes

NuVal[®] is a useful resource for people with diabetes. Higher NuVal[®] Scores identify high-fiber and low-glycemic foods for better blood sugar control. However, it is still important to consider total carbohydrate amount per serving on the food label for personal meal planning.

Meijer Pharmacy: every Meijer store has a specially trained diabetes care pharmacist

If you have questions about the prevention of type 2 diabetes or the management of diabetes, the Meijer Specially Trained Diabetes Care Pharmacist is a good resource.

Following a healthful, balanced diet is one of the key ways that a person with diabetes can help regulate their blood glucose levels. In fact, these guidelines are great for anyone to follow:

- Carbohydrates—found naturally in fruits, vegetables, grains and dairy products—affect your blood glucose levels the most. Control intake by watching portion sizes.
- Consume about the same amount of carbohydrates during each meal and snack.
- Try to eat at about the same time each day.
- Plan to eat every three to four hours.
- Do not skip meals. This can cause low blood glucose levels for people taking insulin or certain diabetes medicines, and can lead to overeating later on.
- Choose "better" fats that are less saturated and more monounsaturated, such as olive and canola oils, peanuts and almonds. Keep portions small since they're high in calories.
- Include protein (lean meats, poultry, fish, lowfat cheese and milk, yogurt, peanut butter, beans, nuts) with your snacks and meals.

Considering one in three Americans is afflicted with some type of cardiovascular disease, making it the leading cause of death for men and women, there's no time like the present to get heart healthy.

heart disease

What is heart disease? Most heart disease is a result of blocked arteries or atherosclerosis. This can lead to chest pain, shortness of breath, and even heart attack or stroke.

What causes plaque buildup? Though heredity is a factor in heart disease, poor eating habits, stress, smoking and a sedentary lifestyle contribute to high blood pressure, elevated blood cholesterol and high blood sugar. These can cause chronic inflammation, which can lead to blocked arteries.

What can be done to prevent heart disease? Making lifestyle choices that lower blood pressure and blood sugar, and reduce inflammation in the body is key.

eat for your heart's sake

Eating for heart health doesn't have to be boring. Many of your favorite foods and recipes can be adjusted to make them more heart healthy. Improving your diet can be as simple as adding whole grains, using olive oil, and eating more fruits and vegetables. Here are some other ways:

Sip green tea. Loaded with antioxidants, green tea helps fight inflammation. Studies suggest it can lower bad cholesterol, increase good cholesterol and improve artery function.

Indulge in chocolate (in moderation). Dark chocolate contains heart-healthy flavonoids, antioxidants and minerals. It has been found to reduce blood pressure and lower cholesterol.

Limit salt. Add anti-inflammatory herbs and spices, such as curry, garlic, ginger and turmeric, instead of salt, for more flavor and less sodium.

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types of cholesterol

HDL: H = healthy. HDL helps remove cholesterol from the body. The higher the levels, the better. To increase HDL, become physically active, maintain a healthy weight, reduce total fat intake, replace saturated fats with monounsaturated fats and quit smoking.

LDL: L = lousy. LDL keeps blood cholesterol circulating, building plaque on artery walls. To decrease LDL, replace saturated (animal) fats with unsaturated (liquid, vegetable) fats, reduce intake of transfatty acids, maintain a healthy body weight and increase soluble fiber intake.

compare your health stats with these optimal figures

Blood pressure: Less than 120/80 mmHg

Total cholesterol: Less than 200 mg/dL

HDL ("healthy") cholesterol: More than 40 mg/dL for men; more than 50 mg/dL for women

LDL ("lousy") cholesterol: Less than 100 mg/dL

Triglycerides: Less than 150 mg/dL

Fasting blood sugar: Less than 100 mg/dL

Body Mass Index (BMI): 18.6 to 24.9

Waist circumference: Less than 35 inches for women; less than 40 inches for men More and more families are being encouraged by their doctors to go "gluten-free" by avoiding foods that contain the protein gluten. Some people have a sensitivity to gluten, which can come in the form of gluten allergies, gluten intolerance and celiac disease.

celiac disease

Gluten is a protein found in common grains such as wheat, rye and barley. Consuming even small amounts of gluten can cause a wide range of health problems including intestinal issues, joint pain and weight loss. Specifically for those with celiac disease, gluten can impair the function of the small intestine, preventing the absorption of nutrients into the bloodstream. A lifelong gluten-free diet is the only way to prevent these conditions. Keep these tips in mind when becoming a gluten-free family:

- Focus on what you can eat, rather than what you can't. At first, eliminating foods containing wheat, rye, barley and other gluten-containing grains from your diet might make you feel like you are being deprived of your favorite foods, but there are many delicious gluten-free foods you can enjoy. So focus on what you can eat.
- Enjoy gluten-free grains. You can still enjoy nutritious whole grains and remain gluten-free. Whole grains that do not naturally contain gluten include amaranth, buckwheat, corn, millet, Montina[™] (Indian ricegrass), quinoa, rice (both brown and colored rice), sorghum, teff and wild rice.
- Focus meals on naturally gluten-free foods. Fruits, vegetables, unprocessed meats, seafood and dairy products are naturally gluten-free. (Preseasoned meat and seafood products may contain gluten, so be sure to check the label.)
- Avoid cross-contamination. Wheat flour can remain in the air for 24 to 36 hours, potentially contaminating cooking surfaces. Using the same cutting board to slice gluten-containing bread and gluten-free bread can cause cross-contamination. Thoroughly scrub all cooking utensils and cooking surfaces before preparing gluten-free foods if you have gluten-containing foods in the same kitchen.



shopping for gluten-free foods at Meijer

When shopping at Meijer, look for the blue and white Gluten Free "GF" logo on Meijer brand products to easily identify gluten-free store items. More and more Meijer products carry the Gluten Free logo, but it will not be on foods that are naturally gluten-free. If you do not see a Gluten Free logo, be sure to check the ingredient list.

Also visit meijermealbox.com/ healthy-living for an extensive Meijer brand gluten-free product list, as well as a gluten-free resource page.



chapter ten:
10
resources
and solutions

The Meijer Healthy Living Advisors accessed these quality sources for the *Easy Meals, Healthy Families* book.

selected sources for healthy living

- Academy of Nutrition and Dietetics (formerly American Dietetic Association): eatright.org
- American Diabetes Association® (ADA): diabetes.org
- ADA Create Your Plate: diabetes.org/food-and-fitness/food/planning-meals/create-your-plate
- American Heart Association[®]: heart.org
- · Body Mass Index (BMI) calculator: cdc.gov/healthyweight/assessing/bmi
- Centers for Disease Control and Prevention (CDC): cdc.gov
- CDC Guide to Healthy Portions: cdc.gov/healthyweight/healthy eating/portion size.html
- Celiac Sprue Association®: csaceliacs.info
- **COOKING LIGHT** is a registered trademark of Time Inc. Lifestyle Group and is used under license.
- · Dietary Guidelines for Americans: dietaryguidelines.gov
- Dietitian-planned weekly menus and recipes: meijermealbox.com/healthy-living
- Federal Food Safety Information: foodsafety.gov
- Mealtime.org: mealtime.org
- MedLine Plus: nlm.nih.gov/medlineplus/healthtopics.html
- National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK): www2.niddk.nih.gov
- National Digestive Diseases Information Clearinghouse (NDDIC): digestive.niddk.nih.gov/ddiseases/pubs/celiac
- National Heart Lung and Blood Institute: nhlbi.nih.gov
- NuVal[®]: nuval.com
- · USDA Choose My Plate Food Guide: choosemyplate.gov
- **PubMed Health:** ncbi.nlm.nih.gov/pubmedhealth/PMH0001280
- · US Department of Health & Human Services: healthfinder.gov
- · Whole Grains Council: wholegrainscouncil.org

Meijer One-Stop shopping for hundreds of healthy ideas, recipes, tips, solutions and coupons at meijer.com



meijermealbox.com To access recipes for certain health conditions including diabetes and celiac disease, click on "Recipes" and then click on "Diet".



meijermealbox.com/mperks Sign up and save over \$100 with digital coupons. Redeem by using your mobile phone number and PIN in store.



pinterest.com/meijerstores Sharing fabulous food, delightful décor, seasonal style and more to inspire you. Check us out on Pinterest at meijerstores.

weekly shopping list



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weekly meal planner





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Compliments of Meijer Healthy Living Advisors



clockwise, from top left: Tina Miller, MS RD, Maribel Alchin, MBA RD LDN, Janine Faber, MEd RD LD, Shari Steinbach, MS RD, Kristen Johnson, RD ACE-PT Special thanks to Connie Castro, Healthy Living Promotions Specialist, for her assistance in creating this book.

Introducing *Easy Meals, Healthy Families*—the ultimate guide to planning and preparing simply delicious and nutritious dishes.

Features:

10 information-packed chapters Over 180 recipe and meal ideas Pages of health-boosting tips Reusable weekly meal planner and shopping list Dozens of time- and money-saving ideas

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