

## My Family Meal Planner Light Sample Week Menu

### Day 1

#### **Crunchy Ranch Chicken**

side salad  
strawberries  
whole wheat roll



| Amount Per Serving                |            |
|-----------------------------------|------------|
| <b>Calories</b>                   | 281.2      |
| Calories From Fat (13%)           | 36.73      |
| % Daily Value                     |            |
| <b>Total Fat</b> 4.18g            | <b>6%</b>  |
| Saturated Fat 1.17g               | <b>6%</b>  |
| <b>Cholesterol</b> 69.07mg        | <b>23%</b> |
| <b>Sodium</b> 846.19mg            | <b>35%</b> |
| <b>Potassium</b> 607.85mg         | <b>17%</b> |
| <b>Total Carbohydrates</b> 29.73g | <b>10%</b> |
| Fiber 4.82g                       | <b>19%</b> |
| Sugar 6.94g                       |            |
| <b>Protein</b> 30.77g             | <b>62%</b> |
| MyPoints 5.17                     |            |

### Day 2

#### **Rotini Beef Stroganoff**

**Baby Glazed Carrots**  
pineapple



| Amount Per Serving                |            |
|-----------------------------------|------------|
| <b>Calories</b>                   | 409.78     |
| Calories From Fat (24%)           | 96.81      |
| % Daily Value                     |            |
| <b>Total Fat</b> 10.77g           | <b>17%</b> |
| Saturated Fat 3.35g               | <b>17%</b> |
| <b>Cholesterol</b> 48.3mg         | <b>16%</b> |
| <b>Sodium</b> 331.52mg            | <b>14%</b> |
| <b>Potassium</b> 904.28mg         | <b>26%</b> |
| <b>Total Carbohydrates</b> 57.67g | <b>19%</b> |
| Fiber 4.4g                        | <b>18%</b> |
| Sugar 26.29g                      |            |
| <b>Protein</b> 21.46g             | <b>43%</b> |
| MyPoints 8.29                     |            |

### Day 3

#### **Crock Pot Fajitas**

grapes



| Amount Per Serving                |            |
|-----------------------------------|------------|
| <b>Calories</b>                   | 259.4      |
| Calories From Fat (12%)           | 32.28      |
| % Daily Value                     |            |
| <b>Total Fat</b> 3.65g            | <b>6%</b>  |
| Saturated Fat 0.91g               | <b>5%</b>  |
| <b>Cholesterol</b> 43.85mg        | <b>15%</b> |
| <b>Sodium</b> 265.55mg            | <b>11%</b> |
| <b>Potassium</b> 423.01mg         | <b>12%</b> |
| <b>Total Carbohydrates</b> 35.15g | <b>12%</b> |
| Fiber 2.54g                       | <b>10%</b> |
| Sugar 14.97g                      |            |
| <b>Protein</b> 21.42g             | <b>43%</b> |
| MyPoints 4.98                     |            |

### Day 4

#### **Creamy Potatoes & Ham**

peas  
whole wheat bread



| Amount Per Serving                |            |
|-----------------------------------|------------|
| <b>Calories</b>                   | 263.61     |
| Calories From Fat (13%)           | 35.55      |
| % Daily Value                     |            |
| <b>Total Fat</b> 3.98g            | <b>6%</b>  |
| Saturated Fat 1.32g               | <b>7%</b>  |
| <b>Cholesterol</b> 15.84mg        | <b>5%</b>  |
| <b>Sodium</b> 672.13mg            | <b>28%</b> |
| <b>Potassium</b> 550.26mg         | <b>16%</b> |
| <b>Total Carbohydrates</b> 39.25g | <b>13%</b> |
| Fiber 7.68g                       | <b>31%</b> |
| Sugar 6.03g                       |            |
| <b>Protein</b> 17.93g             | <b>36%</b> |
| MyPoints 4.8                      |            |

## Recipes

### Crunchy Ranch Chicken



1/3 cup cornflake crumbs  
3 Tbsp grated parmesan cheese (reduced fat)  
1 pkg dry ranch dressing mix  
1 lb boneless skinless chicken breasts  
2 (1 second) sprays of butter flavored cooking spray

In a shallow dish combine cornflakes, grated parmesan cheese, and ranch dressing mix. Dip chicken on both sides in mixture and place in a greased 9x13 inch pan. Spray chicken with butter flavored cooking spray. Bake at 425° F for 30 minutes or until chicken is no longer pink.

Makes 4 servings.

#### Nutrition Facts

Serving size: 1/4 of a recipe (4.6 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

| Amount Per Serving               |               |
|----------------------------------|---------------|
| <b>Calories</b>                  | 174.41        |
| Calories From Fat (13%)          | 22.49         |
| % Daily Value                    |               |
| <b>Total Fat</b> 2.49g           | <b>4%</b>     |
| Saturated Fat 0.91g              | <b>5%</b>     |
| <b>Cholesterol</b> 69.07mg       | <b>23%</b>    |
| <b>Sodium</b> 707.83mg           | <b>29%</b>    |
| <b>Potassium</b> 299.32mg        | <b>9%</b>     |
| <b>Total Carbohydrates</b> 8.04g | <b>3%</b>     |
| Fiber 0.21g                      | <b>&lt;1%</b> |
| Sugar 0.3g                       |               |
| <b>Protein</b> 27.25g            | <b>55%</b>    |
| MyPoints 3.65                    |               |

## Rotini Beef Stroganoff



1 lb lean ground beef  
½ cup onion, chopped  
1 cup fresh mushrooms, chopped  
1 can 98% fat free cream of mushroom soup  
⅓ cup 1% milk  
1 Tbsp garlic powder  
½ tsp pepper  
2 cup rotini pasta

Cook rotini according to directions on box. Brown ground beef, onion, and mushrooms together until ground beef is no longer pink, drain. Stir in cooked noodles, soup, milk, garlic powder, and pepper. Keep stirring until all the noodles are covered with soup mixture. Let simmer on low for 15 minutes, stirring occasionally.

Makes 6 servings.

### Nutrition Facts

Serving size: 1/6 of a recipe (6 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

| Amount Per Serving                |            |
|-----------------------------------|------------|
| <b>Calories</b>                   | 270.43     |
| Calories From Fat (26%)           | 69.62      |
| % Daily Value                     |            |
| <b>Total Fat</b> 7.68g            | <b>12%</b> |
| Saturated Fat 2.82g               | <b>14%</b> |
| <b>Cholesterol</b> 48.3mg         | <b>16%</b> |
| <b>Sodium</b> 251.91mg            | <b>10%</b> |
| <b>Potassium</b> 541.54mg         | <b>15%</b> |
| <b>Total Carbohydrates</b> 28.59g | <b>10%</b> |
| Fiber 1.61g                       | <b>6%</b>  |
| Sugar 1.93g                       |            |
| <b>Protein</b> 20.31g             | <b>41%</b> |
| MyPoints 5.73                     |            |

## Glazed Baby Carrots



2 cups baby carrots  
1 Tbsp brown sugar  
1 Tbsp margarine

Boil carrots in a sauce pan of water. Boil for 10 minutes or until carrots are at your desired tenderness. Drain water. Stir brown sugar and margarine with carrots until margarine is melted.

Makes 4 servings.

### Nutrition Facts

Serving size: 1/4 of a recipe (2.5 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

| Amount Per Serving               |           |
|----------------------------------|-----------|
| <b>Calories</b>                  | 64.65     |
| Calories From Fat (41%)          | 26.36     |
| % Daily Value                    |           |
| <b>Total Fat</b> 2.99g           | <b>5%</b> |
| Saturated Fat 0.52g              | <b>3%</b> |
| <b>Cholesterol</b> 0mg           | <b>0%</b> |
| <b>Sodium</b> 78.36mg            | <b>3%</b> |
| <b>Potassium</b> 210.85mg        | <b>6%</b> |
| <b>Total Carbohydrates</b> 9.53g | <b>3%</b> |
| Fiber 1.79g                      | <b>7%</b> |
| Sugar 6.37g                      |           |
| <b>Protein</b> 0.63g             | <b>1%</b> |
| MyPoints 1.18                    |           |

## Crock Pot Fajitas



½ cup bottled lime juice  
½ tsp oregano  
½ tsp pepper  
2 cloves garlic, minced  
1 lb boneless skinless breast tenderloins  
1 (10oz) pkg frozen pepper strips  
6 flour tortillas

Combine lime juice, seasonings, and chicken in your crock pot. Cook on low 6-8 hours or high 3-4 hours. Add peppers 20 minutes prior to serving. (If you forget to put the peppers in the crock pot prior to serving, you can heat them in the microwave instead.) Serve on tortillas.

Makes 6 servings.

### Nutrition Facts

Serving size: 1/6 of a recipe (6.2 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

| Amount Per Serving                |            |
|-----------------------------------|------------|
| <b>Calories</b>                   | 204.2      |
| Calories From Fat (15%)           | 31.21      |
| % Daily Value                     |            |
| <b>Total Fat</b> 3.52g            | <b>5%</b>  |
| Saturated Fat 0.87g               | <b>4%</b>  |
| <b>Cholesterol</b> 43.85mg        | <b>15%</b> |
| <b>Sodium</b> 263.95mg            | <b>11%</b> |
| <b>Potassium</b> 270.21mg         | <b>8%</b>  |
| <b>Total Carbohydrates</b> 20.67g | <b>7%</b>  |
| Fiber 1.82g                       | <b>7%</b>  |
| Sugar 2.59g                       |            |
| <b>Protein</b> 20.84g             | <b>42%</b> |
| MyPoints 4.01                     |            |

## Creamy Potatoes and Ham



2 cups ham, diced  
1 can 98% fat free cream of mushroom soup  
1 (32oz) package frozen hash browns, cubed  
1 cup colby jack cheese (lowfat)  
½ cup onion, chopped  
½ cup water

Mix hash browns, ham, onion and cheese together and place in a greased 9x13 inch pan. Mix soup and water together and pour over top of hash brown mixture. Bake uncovered at 375°F for 45-60 minutes or until the potatoes are tender. (This can also be made in your crock pot. Mix all ingredients together in your crock pot and cook on low 3-4 hours.)

Makes 12 servings.

### Nutrition Facts

Serving size: 1/12 of a recipe (5.3 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

| Amount Per Serving                |            |
|-----------------------------------|------------|
| <b>Calories</b>                   | 132.05     |
| Calories From Fat (19%)           | 25.31      |
| % Daily Value                     |            |
| <b>Total Fat</b> 2.83g            | <b>4%</b>  |
| Saturated Fat 1.07g               | <b>5%</b>  |
| <b>Cholesterol</b> 15.84mg        | <b>5%</b>  |
| <b>Sodium</b> 482.37mg            | <b>20%</b> |
| <b>Potassium</b> 392.82mg         | <b>11%</b> |
| <b>Total Carbohydrates</b> 16.28g | <b>5%</b>  |
| Fiber 1.38g                       | <b>6%</b>  |
| Sugar 0.75g                       |            |
| <b>Protein</b> 10.18g             | <b>20%</b> |
| MyPoints 2.6                      |            |

# Grocery List

## Day 1 – Crunchy Ranch Chicken

1/3 cup cornflake crumbs  
3 Tbsp grated parmesan cheese (reduced fat)  
1 pkg dry ranch dressing mix  
1 lb boneless skinless chicken breasts  
butter flavored cooking spray  
strawberries  
romaine lettuce for a side salad  
whole wheat dinner rolls

## Day 2 – Rotini Beef Stroganoff

1 lb lean ground beef  
1/2 cup onion, chopped  
1 cup fresh mushrooms, chopped  
1 can 98% fat free cream of mushroom soup  
1/3 cup 1% milk  
1 Tbsp garlic powder  
1/2 tsp pepper  
2 cup rotini pasta  
pineapple  
**Glazed Baby Carrots**  
2 cups baby carrots  
1 Tbsp brown sugar  
1 Tbsp margarine

## Day 3 – Crock Pot Fajitas

1/2 cup bottled lime juice  
1/2 tsp oregano  
1/2 tsp pepper  
2 cloves garlic, minced  
1 lb boneless skinless breast tenderloins  
1 (10oz) pkg frozen pepper strips  
6 flour tortillas  
grapes

## Day 4 – Creamy Potatoes & Ham

2 cups ham, diced  
1 can 98% fat free cream of mushroom soup  
1 (32oz) package frozen hash browns, cubed  
1 cup colby jack cheese (lowfat)  
1/2 cup onion, chopped  
frozen peas  
whole wheat bread