

# Seven Day Meal Planning with the ShopRite Circular

**Created by: ERRHN Nutritionist—Brittany Reitano**

Ellenville Hospital's Rural Health Network would like to present you with a packet of healthy meal recipes for every family. When creating these meals we need to keep in mind our budget, which is why we use the ShopRite circular to help make meal prepping easier and cheaper!

## This Week's Meals:

Monday	Chopped Salad with Shrimp, Apples, & Pecans
Tuesday	Skillet Chicken Pot Pie
Wednesday	Pork Tenderloin with Apple-Onion Chutney
Thursday	Honey Mustard Chicken Tenders with Cous-cous and
Friday	Turkey and Penne Skillet
Saturday	Italian Bean Stew
Sunday	Sweet Potato Black Bean Burger

The meals included were created around the main items listed in the sale flyer.

Please keep in mind that not all items listed in the recipes will be on sale.

Those included in the circular will have a \* next to them.

We have included some estimated prices based on the circular, but these are subject to change. Ellenville Regional Hospital has no control over the price of products.



# Shopping List

These are the ingredients you will need for this weeks menu. Make sure to check of the ingredients you already have at home so you don't buy them again! All of the prices listed are **estimations** based on the weekly circular that are subject to change. We include them to help you calculate an estimated cost to help you budget.

**Ellenville Regional Rural Health Network has no control over product pricing.**

<b>Dairy</b>	<b>Estimated Cost</b>
Reduced fat Sour Cream * ShopRite*	\$1.09
Egg White *Bowl and Basket*	\$1.79
Butter unsalted *Breakstone*	\$1.99
Parmesan Cheese * Colonna*	\$1.99
Unsweetened plain almond Milk *Blue Diamond*	\$2.50

<b>Produce</b>	<b>Estimated Cost</b>
Shallots (1)	\$3.99/lb.
Romaine Lettuce (1 head)	\$1.99/ea.
Red Apple (6) - need for two recipes	\$1.49/3lb. Bag
Radish (1 Bunch)	\$1.49/bunch
Celery (1 Bunch)	\$2.49/bunch
Carrots (1 bunch)	\$1.99/bunch
Cremini Mushrooms (1 bunch)	\$1.89/pkg.
White Onion (3)	\$1.49/lb.
Fresh Thyme (1 bunch)	\$1.69/bunch
Baby Carrots	\$0.99/bag
Baby Spinach (2 bag) - Need for two recipes - *Fresh Attitude*	\$2.99/bunch
Sweet Potato (3)	\$0.99/lb.
Fresh Dill	\$1.99/bunch
Cucumber (1)	3 for \$1.99

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<b>Frozen</b>	Estimated Cost
<input type="checkbox"/> Frozen Carrots * ShopRite*	\$0.99/bag
<input type="checkbox"/> Frozen Peas * ShopRite*	\$0.99/bag
<b>Canned/ Jar Items</b>	Estimated Cost
<input type="checkbox"/> No salt added tomato sauce (1 can) *Hunts*	\$0.69/can
<input type="checkbox"/> No salt added diced tomatoes (1) * Hunts*	5 for \$4
<input type="checkbox"/> Cannellini beans (1) *ShopRite*	\$0.75/can
<input type="checkbox"/> Tomato Paste—no salt added (1) *Tuttorosso*	\$0.75/can
<b>Pasta &amp; Rice</b>	Estimated Cost
<input type="checkbox"/> Whole Wheat Cous-cous * Near East*	\$2.19/box
<input type="checkbox"/> Whole Wheat Pasta * Bowl and Basket*	\$0.99/box
<input type="checkbox"/>	
<b>Breads &amp; Bread Crumbs</b>	Estimated Cost
<input type="checkbox"/> Prepared Pie Crust * Keebler*	\$2.99
<input type="checkbox"/> Rolled Oats * Flahavans*	\$3.49
<input type="checkbox"/> Whole wheat hamburger buns *Arnold*	
<b>Nuts &amp; Nut Spreads</b>	Estimated Cost
<input type="checkbox"/>	Cost
<input type="checkbox"/> Pecans (Optional) * bowl & basket*	\$4.79
<b>Meat/Fish</b>	Estimated Cost
<input type="checkbox"/> Shrimp (1 lb.) * ShopRite*	\$4.99/lb.
<input type="checkbox"/> Shredded Chicken * bowl & basket*	\$5.49
<input type="checkbox"/> Pork Tenderloin *	\$7.99
<input type="checkbox"/> Boneless Chicken tenderloins *	\$4.49/lb.
<input type="checkbox"/> Ground Turkey (1 lb.) *Butterball*	\$3.69/pkg.
<input type="checkbox"/> Sweet Italian Sausage * ShopRite	\$3.29/lb.

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### Other Stuff

	Apple Cider Vinegar *ShopRite*	\$1.99
	Low sodium chicken broth * wholesome pantry*	\$1.88/ea.
	All purpose flour * Gold Medal*	2 for \$4.00
	Honey * Gunter's Pure*	\$2.49/ea.
	Orange Juice *Bowl& Basket*	\$1.99/ea.

### Spices, Sauces, & Condiments

		Estimated Cost
	Honey Mustard * Golden Blossom*	\$2.59
	Dried Italian Seasoning *Essentials*	\$0.99/ea.
	Mayonnaise * Hellman*	\$2.99
	Curry Powder *Aruj*	\$1.99

### Spices, Condiments, & Pantry Items you might already have:

	Sea Salt Or Kosher	\$1.99
	Extra Virgin Olive Oil	\$6.99
	Oregano	\$1.69
	Lemon/ Lime Juice	\$1.49
	Chili Powder	\$2.29
	Cayenne Pepper	\$2.29
	Ground Coriander *	\$3.99
	Ground Cumin *	\$1.79
	Onion Powder *	\$1.79
	Garlic Powder	\$2.99
	Smoke Paprika	\$1.99

# Monday: Chopped Salad with Shrimp, Apples, and Pecans

## Ingredients:

- 5 tablespoons reduced-fat sour cream or plain Greek yogurt
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons cider vinegar
- ¼ cup chopped fresh cilantro
- 1 tablespoon finely chopped shallot
- 1 clove garlic, minced
- ¾ teaspoon dry mustard
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 5 cups chopped romaine lettuce
- 1 pound cooked shrimp, chopped
- 1 medium red apple, chopped
- 1 cup chopped radicchio
- 1 cup chopped celery
- ½ cup toasted chopped pecans
- ½ cup shredded carrot

## Directions:

1. Whisk sour cream (or yogurt), oil, vinegar, cilantro, shallot, garlic, mustard, salt and pepper in a large bowl. Add romaine, shrimp, apple, radicchio, celery, pecans and carrots; toss to coat.

**Serving Size: 1 2/3 Cups**

**Per Serving: 229 calories**



## Tuesday: Skillet Chicken Pot Pie

### Ingredients

- 1 ½ cups low-sodium chicken broth, divided
- 2 tablespoons all-purpose flour
- 1 tablespoon olive oil
- 1 (8 ounce) package sliced cremini mushrooms
- 1 cup chopped onion
- 6 cloves garlic, minced
- 1 ½ cups frozen carrots and peas (7 oz.)
- 1 tablespoon chopped fresh sage
- 1 tablespoon fresh thyme leaves, plus sprigs for garnish
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1 pound shredded cooked chicken
- 1 (7 to 8 ounce) prepared pie crust, thawed if frozen
- 1 egg white, lightly beaten

### Directions:

1. Preheat oven to 425 degrees F.
2. Whisk 1 ¼ cups broth and flour in a medium bowl; set aside.
3. Heat oil in a 10-inch cast-iron or oven-safe nonstick skillet over medium-high heat. Add mushrooms; cook until browned, 6 to 8 minutes. Reduce heat to medium. Add onion and garlic; cook until tender, 4 to 6 minutes.
4. Stir in the remaining ¼ cup broth, scraping up any browned bits. Stir in the reserved broth-flour mixture, peas and carrots, sage, thyme, salt, and pepper. Bring to a boil, stirring constantly. Reduce heat and cook, stirring occasionally, until the vegetables are tender, about 10 minutes. Remove from heat; stir in chicken.
5. Lay pie crust over the chicken mixture, folding the edges over as needed. Cut four 4-inch slits in the crust to allow steam to escape. Brush with egg white.
6. Bake until the crust is golden and the filling is bubbly, 20 to 25 minutes. Let cool for 10 minutes before serving. Garnish with thyme sprigs, if desired.

**Serving Size: 1/6 Potpie**

**Per Serving: 336 calories**



# Wednesday: Pork Tenderloin w/ Apple & Onion Chutney

## Ingredients

- 1 (8 ounce) piece pork tenderloin
- 1/8 teaspoon dried thyme, crushed
- 1/8 teaspoon 1/8-1/4 teaspoon pepper
- 3/4 cup thinly sliced onion
- 8 eaches ounces apples, cored and sliced
- 1/4 cup water
- 2 tablespoons cider vinegar
- 1 teaspoon honey
- 1/4 teaspoon salt
- 1/8 teaspoon ground cumin
- 1 sprig Chopped fresh thyme

## Directions:

1. Trim fat from pork. Cut the meat in half crosswise. Place each piece, cut side down, between two pieces of plastic wrap. Working from center to edges, pound lightly with the flat side of a meat mallet to 1/2-inch thickness. Remove the plastic wrap. Sprinkle the meat with dried thyme and pepper.
2. Lightly coat an unheated large skillet with cooking spray. Add the pork. Cook over medium-high heat for 6 to 9 minutes or until a thermometer inserted in the pork registers 145 degrees F, turning once halfway through cooking. Transfer the pork to a plate. Cover and keep warm.
3. For chutney, cook onion in the same skillet about 4 minutes or until tender, stirring occasionally. Stir in apple slices, the water, vinegar, honey, salt, and cumin (if desired). Bring to boiling; reduce heat. Simmer, uncovered, for 4 to 5 minutes or until the liquid is almost evaporated and the apples are tender, stirring occasionally. Return the pork to the skillet and heat through. Divide the pork and chutney between two plates. If desired, garnish with fresh thyme.

**Serving Size: 4 Ounces Pork And 1/2 Cup Chutney**

**Per Serving: 219 calories**





# Thursday: Honey Mustard Chicken Tenders with Cous-cous & Carrots

## Ingredients:

- 2 tablespoons plus 1 teaspoon honey mustard, divided
- 2 teaspoons extra-virgin olive oil
- ½ teaspoon salt, divided
- 1 pound chicken tenders
- 1 pound baby carrots
- ¾ cup orange juice
- 1 tablespoon salted butter
- ¾ cup whole-wheat couscous, prepared according to package instructions
- 1 sprig Chopped parsley, for garnish

## Directions:

1. Preheat oven to 450 degrees F. Bring an inch of water to a boil in a saucepan fitted with a steamer basket.
2. Meanwhile, line a large rimmed baking sheet with parchment paper. Stir 2 tablespoons honey mustard, oil and 1/4 teaspoon salt together in a large bowl. Add chicken tenders and stir to coat with the honey-mustard mixture. Arrange the chicken in a single layer on the prepared baking sheet.
3. Bake the chicken tenders until cooked through, 9 to 11 minutes.
4. Meanwhile, place baby carrots in the steamer basket and steam until just softened, but not completely tender, 4 to 6 minutes. Drain the water and return the cooked carrots to the pot. Add orange juice, butter, the remaining 1 teaspoon honey mustard and the remaining 1/4 teaspoon salt. Set the pot over medium-high heat. Cook, stirring often, until the orange juice mixture is lightly coating the carrots, 4 to 6 minutes.
5. Serve the chicken with the carrots, sauce and couscous. Sprinkle with parsley, if desired.

**Serving Size: 3 1/2 ounces chicken, 1 cup carrots and 3/4 cup couscous**

**Per Serving: 366 calories**





## Friday: Ground Turkey and Penne Skillet

### Ingredients:

- 1 teaspoon dried Italian seasoning, crushed
- ¼ teaspoon smoked paprika
- ¼ teaspoon black pepper
- ⅛ teaspoon crushed red pepper
- 8 ounces uncooked lean ground turkey breast
- 2 cloves garlic, minced
- 1 Nonstick cooking spray
- ½ cup chopped onion (1 medium)
- 2 cups water
- 2 ounces multi-grain penne pasta (about 2/3 cup)
- 1 (8 ounce) can no-salt-added tomato sauce
- ¼ teaspoon salt
- 4 cups fresh baby spinach (5 ounces)
- 3 tablespoons finely shredded Parmesan cheese

### Directions:

1. In a small bowl, combine Italian seasoning, paprika, black pepper and crushed red pepper. In a medium bowl, combine ground turkey, seasoning mixture and garlic; use a wooden spoon or your clean hands to mix well.
2. Coat an extra-large nonstick skillet with cooking spray. Heat the skillet over medium-high heat. Add ground turkey mixture and onion; cook 6 to 8 minutes or until browned, using a wooden spoon to break up meat as it cooks. Remove from skillet; cover and keep warm.
3. Add the water to the same skillet; bring to boiling over medium-high heat. Add pasta; cook according to package directions until al dente. Drain pasta, reserving 1/2 cup of the cooking liquid. Return pasta and the reserved cooking liquid to the skillet; stir in tomato sauce, salt and cooked turkey. Heat through. Remove from heat; stir in spinach. Sprinkle with Parmesan cheese.

**Serving Size: 2 Cups**

**Per Serving: 329 calories**



## Saturday: Italian & Bean Stew

### Ingredients:

- 8 ounces sweet Italian turkey sausage, removed from casings
- ½ cup chopped onion
- 1 tablespoon olive oil
- 1 (28 ounce) can no-salt-added diced tomatoes
- 1 (15 ounce) can no-salt-added cannellini beans, drained and rinsed
- 1 pinch Freshly ground black pepper
- 3 cups baby spinach (3 ounces)

### Directions:

1. In a large saucepan, cook the sausage and onion in hot oil over medium heat until browned, about 6 minutes.
2. Add the tomatoes, beans and 1 cup water to the pot. Season with pepper. Simmer 15 minutes. Add the spinach and cook until just wilted, about 1 minute.

**Serving Size: 1 Serving**

**Per Serving: 241 calories**



# Sunday: Sweet Potato & Black Bean Burger

## Ingredients:

- 2 cups grated sweet potato
- ½ cup old-fashioned rolled oats
- 1 cup no-salt-added black beans, rinsed
- ½ cup chopped scallions
- ¼ cup vegan mayonnaise
- 1 tablespoon no-salt-added tomato paste
- 1 teaspoon curry powder
- ⅛ teaspoon salt
- 1/2 cup plain unsweetened almond milk yogurt
- 2 tablespoons chopped fresh dill
- 2 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 4 whole-wheat hamburger buns, toasted
- 1 cup thinly sliced cucumber

## Directions:

1. Squeeze grated sweet potato with paper towels to remove excess moisture; place in a large bowl. Pulse oats in a food processor until finely ground; add to the bowl with the sweet potatoes. Add beans, scallions, mayonnaise, tomato paste, curry powder and salt to the bowl; mash the mixture together with your hands. Shape into four 1/2-inch-thick patties. Place the patties on a plate; refrigerate for 30 minutes.
2. Stir yogurt, dill and lemon juice together in a small bowl; set aside.
3. Heat oil in a large cast-iron skillet over medium-high heat. Add the patties; cook until golden brown, about 3 minutes per side.
4. Divide the yogurt sauce evenly among top and bottom bun halves. Top each bottom bun half with a burger and cucumber slices; replace top bun halves.

**Serving Size: 1 Burger**

**Per Serving: 454 calories**

