

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	Cous-cous Stuffed Chicken
Tuesday	Sausage and Broccoli Rabe
Wednesday	Turkey and Swiss Sloppy Joes
Thursday	Zucchini Lasagna
Friday	Chicken Chili Mac-Cheese
Saturday	Beef and Broccoli Buddha bowls
Sunday	Tuscan White Bean Soup with Sausage and Kale

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.

Dairy		Estimated Cost
<input type="checkbox"/>	Crumbled feta cheese * ShopRite	\$2.99/ea.
<input type="checkbox"/>	2% reduced fat milk * Bowl & Basket	\$2.49/ half gallon
<input type="checkbox"/>	Swiss cheese—shredded * Sargento	\$2.99/ea.
<input type="checkbox"/>	Shredded Mozzarella cheese * ShopRite	\$1.99/ea.
<input type="checkbox"/>	Shredded Mexican Blend cheese *ShopRite	\$1.99/ea.
<input type="checkbox"/>	Grated Parmigiano Reggiano *Colonna	\$2.19/ea.
Produce		Estimated Cost
<input type="checkbox"/>	Plum tomato (2)	\$1.69/lb.
<input type="checkbox"/>	Kalamata Olives *trading company	\$1.99/jar
<input type="checkbox"/>	Broccoli Rabe	\$2.99/lb.
<input type="checkbox"/>	Kale (2 bunches) - need for two recipes	\$1.49/bunch
<input type="checkbox"/>	Pre-sliced mushrooms *ShopRite baby bella	\$2.59/pkg.
<input type="checkbox"/>	Zucchini (1)	\$1.68/ea.
<input type="checkbox"/>	Yellow Onion (2)	\$0.66/ lb.
<input type="checkbox"/>	Garlic (1)	\$3.99/lb.
<input type="checkbox"/>	Carrots (1 bunch)	\$1.49/bunch
<input type="checkbox"/>	Ginger root (1)	\$0.78/avg. ea.
<input type="checkbox"/>	Broccoli (1 head)	\$0.74/avg. ea.
<input type="checkbox"/>	Fresh parsley (optional)	\$1.49/bunch
<input type="checkbox"/>	Fresh Thyme	\$0.99/pkg.
<input type="checkbox"/>	Fresh Oregano	\$0.99/pkg.
<input type="checkbox"/>	Green onions	\$1.49/bunch
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

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Frozen	Estimated Cost
<input type="checkbox"/>	
Canned/ Jar Items	Estimated Cost
<input type="checkbox"/>	Spaghetti sauce (1 jar) *Bertolli
<input type="checkbox"/>	Unsalted fire-roasted diced tomatoes (1– 14.5oz) *Hunts
<input type="checkbox"/>	Green chilies (1 can) *Chi-Chis
<input type="checkbox"/>	Cannellini beans (3 cans—15.5oz) *ShopRite
<input type="checkbox"/>	Petite diced tomatoes (1 can—14.5oz) *Hunts
Pasta & Rice	Estimated Cost
<input type="checkbox"/>	Couscous *Bowl & Basket
<input type="checkbox"/>	Orecchiette whole wheat pasta *De Cecco *
<input type="checkbox"/>	Whole wheat elbow macaroni *Bowl and Basket*
Breads & Bread Crumbs	Estimated Cost
<input type="checkbox"/>	Whole wheat hamburger buns *Arnold
<input type="checkbox"/>	
Nuts & Nut Spreads	Estimated Cost
<input type="checkbox"/>	White black sesame seeds (optional) *Badia
Meat/Fish	Estimated Cost
<input type="checkbox"/>	Skinless, boneless chicken breasts (6 breasts) - need for two recipes * Bowl & basket *
<input type="checkbox"/>	Chicken Sausage *thin-Thin
<input type="checkbox"/>	Ground turkey *ShopRite
<input type="checkbox"/>	Ground beef * ShopRite 80%
<input type="checkbox"/>	Flank Steak (1 lb.)
<input type="checkbox"/>	Italian Sausage (1 lb.) *ShopRite

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Other Stuff

	Chicken Broth low sodium (4 containers) - need for three recipes *Bowl and Basket*	\$1.79/ea.
	All Purpose flour *Bowl and Basket*	\$1.79/ea.
	Brown rice *Success*	\$1.99/box.

Spices, Sauces, & Condiments

	Tamari low sodium soy sauce * Kikkoman	Estimated Cost \$3.49/bottle
	Italian seasoning *McCormick	\$1.49/ea.
	Brown sugar *Domino	\$2.29/box

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

	Sea Salt Or Kosher	\$1.99
	Extra Virgin Olive Oil *ShopRite	\$5.29
	Paprika	\$1.99
	Lemon/ Lime Juice	\$1.49
	Chili Powder	\$2.29
	Cayenne Pepper	\$1.49
	Ground Cumin	\$1.99
	Crushed red pepper	\$0.69
	Onion Powder *	\$1.79
	Garlic Powder	\$2.99

Monday: Cous-Cous Stuffed Chicken

Ingredients:

- 1/3 cup fat-free, lower-sodium chicken broth
- 1/4 cup uncooked couscous
- 1/2 teaspoon salt, divided
- 1/2 teaspoon black pepper, divided
- 3 tablespoons chopped plum tomato
- 2 tablespoons kalamata olives, chopped
- 2 tablespoons crumbled feta cheese
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons chopped fresh oregano
- 2 teaspoons chopped fresh parsley
- 1 teaspoon grated lemon rind
- 1 minced garlic clove
- 4 (6-ounce) skinless, boneless chicken breast halves
- Cooking spray

Directions:

1. Bring broth to a boil in a small saucepan; remove from heat. Stir in couscous. Cover and let stand 4 minutes. Place couscous in a small bowl; fluff with a fork. Cool for 10 minutes. Add 1/4 teaspoon salt, 1/4 teaspoon pepper, and next 8 ingredients (through garlic); toss.
2. Place chicken between 2 sheets of plastic wrap; pound to 1/4-inch thickness. Divide couscous mixture evenly among breast halves; roll up jelly-roll fashion. Secure with wooden picks. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper.
3. Preheat oven to 400°.
4. Heat a large ovenproof skillet over medium-high heat. Coat pan with cooking spray. Add chicken to pan; cook for 6 minutes or until browned; turn chicken over. Bake at 400° for 5 minutes or until chicken is done.

Servings: 1 Calories: 271kcal.

<https://www.cookinglight.com/recipes/couscous-stuffed-chicken>



Tuesday: Sausage and Broccoli Rabe

Ingredients

- large bunch broccoli rabe, washed and 2" trimmed off stems
- 1 lb lean chicken sausage, removed from casing
- 1 tsp olive oil
- 5-6 cloves garlic, chopped
- 10 oz orecchiette pasta, wheat or gluten-free
- 1 cup less sodium chicken broth
- 1/4 cup grated Parmigiano Reggiano
- crushed red pepper flakes, optional

Directions:

1. Cut broccoli rabe in quarters.
2. Bring a large pot of water to boil. When it comes to a rolling boil, add broccoli rabe.
3. Blanch for about 1 1/2 - 2 minutes, drain and set aside in a colander.
4. Re-fill pot with water and salt for the pasta and bring back to a boil. Add pasta and cook according to package directions for al dente.
6. In a large deep sauté pan, brown sausage on medium heat, breaking up into small pieces as it cooks. When completely cooked through set aside in a dish or a bowl.
8. Increase heat to medium high, add olive oil to the pan; when hot add garlic and cook until golden (don't burn).
9. Return broccoli rabe to the pan, mix well with the garlic and oil, season with salt and pepper and cook about a minute. Return cooked sausage to the pan and mix well.
10. Drain pasta and add to the broccoli rabe. Reduce heat and stir for about 30 seconds.
11. Add chicken broth, parmesan cheese and red pepper flakes if using. Adjust salt and pepper to taste and toss another 30 seconds so that everything is mixed well and the pasta is coated with the sauce.
12. Remove from heat and add to a large pasta dish or divide equally between 6 pasta bowls. Serve with additional grated cheese if you desire.

<https://www.skinnytaste.com/orecchiette-with-chicken-sausage-and/>

Servings: 1 1/2 cups Calories: 289 kcal.



Wednesday: Turkey and Swiss Sloppy Joes

Ingredients

- 1 tablespoon canola oil
- 12 ounces ground turkey breast
- 2 cups thinly sliced kale
- 1 cup chopped onion
- 1 tablespoon chopped fresh thyme
- 1 teaspoon garlic powder
- 4 ounces presliced mushrooms
- 1 1/2 cups 2% reduced-fat milk
- 1 1/2 tablespoons all-purpose flour
- 3 ounces Swiss cheese, shredded (about 3/4 cup)
- 3/4 teaspoon black pepper
- 1/2 teaspoon kosher salt
- 4 whole-wheat hamburger buns

Directions:

1. Heat oil in a large nonstick skillet over medium-high. Add turkey; cook 6 minutes or until browned, stirring to crumble. Add kale, onion, thyme, garlic powder, and mushrooms; cook 6 minutes, stirring occasionally.

2. Whisk together milk and flour. Add milk mixture to pan; bring to a boil. Reduce heat to medium-low, and simmer 5 minutes or until thickened. Remove pan from heat; stir in cheese, pepper, and salt. Spoon about 3/4 cup turkey mixture onto each bun.

<https://www.cookinglight.com/recipes/turkey-swiss-sloppy-joes>

Servings: 1 Calories: 404kcal.



Thursday: Zucchini Lasagna

Ingredients:

- 1 medium zucchini, sliced thinly lengthwise
- 1 onion, diced
- 2 garlic knots, diced
- 2 carrots, diced
- 1 tomato, diced
- 1 tablespoon olive oil
- 1 (16-ounce) jar of spaghetti sauce
- 1 pound ground meat (like beef, pork, or dark-meat chicken)
- seasonings (salt, pepper, parsley, oregano, Italian seasoning), to taste
- 1/3 cup shredded cheeses (a combo of gouda, mozzarella, and parmesan works well)
- basil, to garnish

Directions:

1. *Preheat the oven to 350°F. While the oven is coming to temperature, prep the veggies.*
2. *Heat a sauté pan over medium-high heat, then drizzle in olive oil. Add onion, garlic, carrot, and tomato. Cook until caramelized and softened.*
3. *Heat another pan, and brown your meat of choice. Season it to taste. Combine the vegetables with the meat, and simmer on low with the spaghetti sauce. Season to your liking.*
4. *Add a spoonful of the sauce to the bottom of a small, square casserole dish creating a base for layering. Then add the sliced zucchini noodles, meat mixture, and cheese. Repeat.*
5. *Bake for 20 to 30 minutes, allowing the cheese to get bubbly good with a slight crust on top.*
6. *Garnish with fresh basil. Enjoy!*

Servings: 1 Calories: 267 kcal.

<https://www.brit.co/zucchini-lasagna-keto-recipe/>



Friday: Chicken Chili Mac and Cheese

Ingredients:

- 8 ounces whole wheat elbow macaroni
- 1 pound skinless, boneless chicken breast halves, cut into 3/4-inch pieces
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 1 tablespoon olive oil
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 4 garlic cloves, minced
- 1 (14.5-ounce) can unsalted fire-roasted diced tomatoes
- 3 tablespoons canned diced green chiles, drained
- 1 1/2 cups 1% low-fat milk
- 2 tablespoons all-purpose flour
- 6 ounces shredded reduced-fat Mexican-blend cheese (about 1 1/2 cups)
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper

Directions:

1. Cook macaroni according to package directions, omitting salt and fat; drain. Sprinkle chicken with 1/4 teaspoon kosher salt and 1/8 teaspoon freshly ground black pepper. Heat a large Dutch oven over medium-high heat. Add olive oil to pan; swirl to coat. Add chicken to pan; sauté 3 minutes. Stir in chili powder, cumin, and minced garlic; cook 1 minute, stirring frequently. Add diced tomatoes and diced green chiles. Bring to a boil, and cook for 2 minutes. Combine milk and flour in a small bowl, stirring with a whisk. Gradually add milk mixture to pan, and cook 3 minutes or until slightly thickened, stirring frequently. Stir in cheese. Stir in macaroni, 1/4 teaspoon kosher salt, and 1/8 teaspoon black pepper. Cook 1 minute or until thoroughly heated.

<https://www.cookinglight.com/recipes/chicken-chili-mac-cheese>

Servings: 1 1/2 cups Calories: 383 kcal.



Saturday: Beef and Broccoli Buddha Bowls

Ingredients:

- 2 cloves garlic, grated
- 2" piece ginger, peeled and grated
- 2 tbsp. brown sugar
- 1/4 c. Low sodium soy sauce or tamari sauce
- Juice of 1 lime
- Kosher salt
- Freshly ground black pepper
- Canola oil, for searing
- 1 lb. flank steak, cut into 1/2-inch slices
- 1 head broccoli florets
- 4 c. cooked brown rice
- 4 green onions, thinly sliced
- White and black sesame seeds, for garnish

Directions:

1. In a small jar, combine garlic, ginger, sugar, soy sauce, and lime juice, then season with pepper and shake well.
2. Over high heat, coat a medium skillet with canola oil. When the oil is nearly smoking, add the steak and cook, turning frequently, until cooked through, about 3 minutes per side.
3. Transfer steak to a cutting board, season with salt and pepper, and let rest.
4. Reduce heat to medium, then add sauce to skillet and deglaze pan, then add broccoli. Season generously with salt and pepper, and let simmer for a few minutes.
5. Meanwhile, divide rice between bowls, then add steak.
6. When the broccoli is cooked through, add it next to the steak and drizzle the sauce over both the steak and broccoli.
7. Garnish with green onions and sesame seeds.

<https://www.delish.com/cooking/recipe-ideas/recipes/a57698/beef-broccoli-buddha-bowls/>

Servings: 1 1/2 cups Calories: 417 kcal.



Sunday: Tuscan White Bean and Sausage Soup

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 lb. Italian sausage, casings removed (I used sweet Italian turkey sausage, but any variety will work)
- 1 teaspoon minced fresh garlic
- 3 (15.5 oz) cans cannellini beans, drained and rinsed, divided
- 1 (14.5 oz) can petite diced tomatoes, NOT drained
- 4 cups chicken broth, plus extra to thin, if desired
- 1 bunch fresh kale, stems removed and roughly chopped (about 8-10 ounces)
- Salt and pepper, to taste
- Optional for serving: chopped fresh parsley; thick slices of toasted bread

Directions:

1. *Heat olive oil in a large Dutch oven or soup pot over medium heat. Add the sausage and garlic and cook, stirring regularly to break the meat up with a wooden spoon, until sausage is no longer pink – about 5-7 minutes.*
2. *Add all but 1 cup of the beans and the entire can of tomatoes, setting aside the remaining 1 cup of beans to use later. Cover and simmer gently for about 5 minutes.*
3. *Place remaining 1 cup of beans in a food processor or blender and puree until smooth. You may need to add a splash of water or broth to get them to blend. Transfer the pureed beans to the pot.*
4. *Stir in broth and kale. Bring to a boil, then reduce heat, cover, and simmer for about 30 minutes. Taste the soup and season with salt and pepper, if necessary.*
5. *Remove from heat and garnish with fresh parsley, if desired.*
6. *Serve with toasted bread.*

Servings: 1 cup

Calories: 192 kcal.

<https://www.theseasonedmom.com/white-bean-soup/>

