

Busy Mom Menu

Don't have time to cook? The **Busy Mom Menu** helps you save time and money. Based on the *Secrets of a Busy Cook*, these menus also include full color images, our exclusive healthy Meal Makeovers, nutritional data, dietary exchanges and units*, and the recipes and grocery list will be included in the emailed PDF file (also available for download in our member area).

Secrets of a Busy Cook:

- Cooking for the freezer
- Planned leftovers
- Quick and easy recipes
- Fast ingredients
- Tools & techniques



Busy Mom Menu features:

- Color photos
- Coded grocery list for easy substitutions
- Exclusive Meal Makeover options
- Includes nutritional data & dietary exchanges
- PDF file emailed weekly includes recipes and grocery list

To subscribe, visit:

<http://www.menus4moms.com/amember/signup/index/c/busymommenu>

**Popular weight management programs that are based on points do not publish their calculation methods, therefore our unit estimates are based on the following formula: (total calories/50) + (total fat/12) - (total fiber/5). This may or may not be applicable to your diet plan, so please use our unit values as a guide only.*

Hint: Print menus in draft mode to save ink; print booklet style (2 pages/sheet) to save paper

Sample Busy Mom Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Kielbasa Pepper Pasta – M1 Hard Rolls – M2 Apple Crumble – M3	Pork Fried Rice – Tu1 Egg Drop Soup – Tu2 Mandarin Pineapple Salad – Tu3	Crockpot Orange Chicken – W1 Rice – W2 Sesame Green Beans – W3	White Chicken Enchiladas – Th1 Mexicorn – Th2	Spinach Lasagna – F1 Italian Bread – F2 Salad – F3

If you are new to the menus, please review the information found here:

<http://www.menus4moms.com/kitchen/weeklymenu/notes.php>



Monday:

Kielbasa Pepper Pasta

Hard Rolls

Apple Crumble

Notes: None

Kielbasa Pepper Pasta

Yield: 6 Servings

4 cups bow tie pasta, cooked according to package directions
1 cup green pepper, julienned
1 cup red bell pepper, julienned
1/4 red onion, chopped
1 Tbsp butter

1 lb kielbasa, or polish sausage fully cooked and cut into 1/4 in. pieces
1/4 tsp salt
1/4 tsp pepper

Melt butter in a large skillet. Add peppers and onion and sauté until tender. Add Kielbasa, salt and pepper. Cook until heated through, stirring occasionally. Add cooked, drained pasta to skillet and toss to coat. Serve warm.

Per Serving: 414 Cal (51% from Fat, 16% from Protein, 33% from Carb); 16 g Protein; 23 g Tot Fat; 8 g Sat Fat; 34 g Carb; 3 g Fiber; 3 g Sugar; 931 mg Sodium; 51 mg Cholesterol; Units = 9.7; Exchanges = 1 Veg - 1 1/2 Lean Meat - 4 Fat

Hard Rolls

Yield: 6 Servings

6 hard rolls

Per Serving: 167 Cal (13% from Fat, 14% from Protein, 73% from Carb); 6 g Protein; 2 g Tot Fat; 0 g Sat Fat; 30 g Carb; 1 g Fiber; 1 g Sugar; 310 mg Sodium; 0 mg Cholesterol; Units = 3.3; Exchanges = 2 Starch



Apple Crumble

Yield: 8 Servings

1 cup baking mix (I use Bisquick)
3/4 cup brown sugar
pre-sliced apples, drained
1/2 cup quick-cooking oats

1/4 cup margarine
2 cups apples*, sliced, or 1 can
1/2 tsp cinnamon

Preheat oven to 350°F. Lightly grease the bottom and sides of an 8x8 or 6x10 inch baking dish. Blend baking mix, brown sugar and oats together in a bowl. Cut margarine into bits and cut into oat mixture. Spread 1/3 of oat mixture in bottom of greased pan. Place apple slices on top of oat mixture; sprinkle cinnamon over apples. Spread remaining oat mixture over top of the apples. Bake 30-35 minutes at 350°F. Serve warm with ice cream or whipped cream, if desired.

Per Serving: 222 Cal (33% from Fat, 4% from Protein, 64% from Carb); 2 g Protein; 8 g Tot Fat; 2 g Sat Fat; 36 g Carb; 1 g Fiber; 24 g Sugar; 257 mg Sodium; 0 mg Cholesterol; Units = 4.9; Exchanges = 1 Starch - 1 Other Carb - 1 1/2 Fat



Tuesday:

- Pork Fried Rice
- Egg Drop Soup
- Mandarin Pineapple Salad

Notes:

1. You can eat this with pork like the recipe is written, or you can add more vegetables and have vegetarian Fried Rice.
2. Cook your rice at least an hour before you plan to start your fried rice. It works better if it is still slightly warm when you fry it. Calrose rice is not the same as white rice. Look for it

with the white rice, or in the ethnic section in your grocery store.

Pork Fried Rice

Yield: 5 Servings

- | | |
|--|---------------------------------------|
| 1 lb. cooked pork, thawed and chopped (from freezer) | 1 can corn, drained |
| 2 tbsp vegetable oil | 2 tbsp soy sauce* or tamari, to taste |
| 1 egg | pepper, to taste |
| 1 cup onion, chopped | salt, to taste |
| 1 pkg. peas and carrots, frozen, thawed | 3 cups Calrose rice, cooked |

Cook rice according to package directions. Heat oil in wok or deep fry pan (I use about a tablespoon). Scramble one egg in oil. Remove egg and add the other tablespoon of oil to the pan, heating. Add chopped onion, thawed peas & carrots (and corn if you like), and anything else you like in your rice. When the onions are tender, add the rice and soy sauce to taste; stir with a large, flat wooden spoon. Add the cooked egg and cooked pork. Stir well. Season with salt and pepper to taste. Serve when rice is heated through and a bit crispy.

Per Serving: 473 Cal (29% from Fat, 30% from Protein, 42% from Carb); 35 g Protein; 15 g Tot Fat; 4 g Sat Fat; 49 g Carb; 3 g Fiber; 3 g Sugar; 739 mg Sodium; 127 mg Cholesterol; Units = 10.1; Exchanges = 2 Starch - 3½ Veg - 4 Lean Meat - 1 Fat

Egg Drop Soup

Yield: 4 Servings

- | | |
|------------------------|-------------------------|
| 3 cups chicken broth | dash of pepper |
| 1 green onion with top | 2 eggs, slightly beaten |
| 1 tsp salt | |

Bring broth to a boil in a medium saucepan. Add salt and pepper. In a small bowl, beat eggs and add onions to beaten eggs. Pour eggs into boiling broth slowly, stirring constantly with fork. Serve warm when egg has cooked into pieces.

Per Serving: 73 Cal (45% from Fat, 38% from Protein, 17% from Carb); 7 g Protein; 4 g Tot Fat; 1 g Sat Fat; 3 g Carb; 0 g Fiber; 1 g Sugar; 685 mg Sodium; 118 mg Cholesterol; Units = 1.7; Exchanges = ½ Lean Meat - 1 Fat

Mandarin Pineapple Salad

Yield: 4-6 Servings

- | | |
|---------------------------------|-----------------------------------|
| 1 cup Mandarin oranges, drained | 2 cups pineapple tidbits, drained |
|---------------------------------|-----------------------------------|

Drain both cans of fruit and mix together well. Serve.

Per Serving: 73 Cal (1% from Fat, 3% from Protein, 96% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 19 g Carb; 1 g Fiber; 18 g Sugar; 7 mg Sodium; 0 mg Cholesterol; Units = 1.3; Exchanges = 1 Fruit - 2 Veg



Wednesday:

Crockpot Orange Chicken
Sesame Green Beans

Notes:

1. This recipe relies on your taste. Taste the sauce as you pour it in the chicken and if you would like it a little sweeter, add a little more brown sugar. If you like spicy, add more red pepper flakes.

Crockpot Orange Chicken

Yield: 8 Servings

1 1/2 Lb boneless skinless chicken breasts, cubed	1/2 cup brown sugar
1/2 cup flour	1 tsp balsamic vinegar
1/2 tsp garlic powder	2 tsp chili sauce
1 tsp ginger	1 tsp cornstarch
1 tsp cornstarch	1 tsp crushed red pepper flakes
1 tsp kosher salt	orange juice, if needed
6 oz. frozen orange juice concentrate, thawed (no pulp)	3 cups rice, cooked

In a small bowl (or resealable bag), mix together flour, garlic powder, ginger, and cornstarch. Dredge (or shake) the chicken pieces in the flour mixture and shake off the excess. Discard remaining flour mixture. Heat olive oil in a large skillet and thoroughly brown chicken. Place chicken into crockpot. In a small mixing bowl, combine orange juice concentrate, brown sugar, balsamic vinegar, salt, chili sauce, cornstarch and red pepper flakes (adjust amount of sugar and red pepper flakes to taste). Pour sauce mixture evenly over the chicken, and toss gingerly to coat. Cover and cook on low for 4 hours, or on high for about 2 hours. If sauce is too thick, add about 1/4 to 1/2 cup prepared orange juice and stir. Cover and cook about 30 minutes more. Serve over rice.

Per Serving: 334 Cal (9% from Fat, 36% from Protein, 55% from Carb); 29 g Protein; 3 g Tot Fat; 1 g Sat Fat; 45 g Carb; 1 g Fiber; 21 g Sugar; 375 mg Sodium; 72 mg Cholesterol; Units = 6.8; Exchanges = 1 Starch - 1/2 Fruit - 1/2 Other Carb - 4 Very Lean Meat

Sesame Green Beans

Yield: 4 Servings

1 Tbsp oil	1 Tbsp soy sauce
1 tsp sesame oil	1 oz. sesame seeds, toasted
1 Lb fresh green beans, washed	

In a large skillet, heat both oils over medium heat and add green beans. Stir green beans to coat and cook until green beans are slightly brown in color (about 10 minutes). Remove from heat. Gradually add soy sauce and stir until fully coated. Cover and let stand 5 minutes. Place green beans in serving bowl and sprinkle with toasted sesame seeds. Serve warm.

Per Serving: 120 Cal (56% from Fat, 11% from Protein, 33% from Carb); 3 g Protein; 8 g Tot Fat; 1 g Sat Fat; 11 g Carb; 4 g Fiber; 0 g Sugar; 232 mg Sodium; 0 mg Cholesterol; Units = 2.3; Exchanges = 2 Veg - 1 1/2 Fat



Thursday:

White Chicken Enchiladas

Mexicorn

Notes:

1. These chicken enchiladas are a family favorite. Check out the new Menus4Moms Blog "[Notes from the Kitchen](#)" for step by step instructions.
2. We are separating the recipe into 2 smaller pans for planned leftovers. If you have a larger family you may want to cook all the enchiladas in one 9x13 pan and not have

any leftover to freeze, or double the recipe and freeze one pan.

White Chicken Enchiladas

Yield: 8 Servings

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|--|---------------------------------|
| 1 1/2 cups cooked chicken, cubed, or shredded (from freezer) | 1 can Rotel |
| 1 can cream of chicken soup | 1/2 tsp cumin |
| 1 1/2 cups chicken broth | Adobo* or garlic salt, to taste |
| 8 oz. sour cream | 6 flour tortillas |
| 1 cup onions, sautéed (from freezer) | 2 cups Mexican blend cheese |
| 1 cup bell pepper, chopped & sautéed (from freezer) | |

Combine soup, 3/4 can chicken broth, and sour cream. Set aside 1 cup of this mixture. To the remaining mixture, add chicken, onion, pepper, and spices to taste. Add 1 cup of the cheese. Place 2-3 T. of mixture onto each tortilla, roll up, and place the tortillas in 2-9x9 pans (Make sure 1 pan is freezer safe, like a foil pan). Add the remaining chicken broth to the reserved soup mixture and pour over enchiladas in each pan. Sprinkle remaining cheese over enchiladas. Cover foil pan tightly with foil or plastic wrap and freeze, making sure to label with ingredients and baking instructions. Cook other pan of enchiladas at 350°F until bubbly, about 30 minutes.

Per Serving: 391 Cal (51% from Fat, 22% from Protein, 27% from Carb); 22 g Protein; 22 g Tot Fat; 11 g Sat Fat; 26 g Carb; 1 g Fiber; 2 g Sugar; 703 mg Sodium; 72 mg Cholesterol; Units = 9.6; Exchanges = 2 Starch - 1 Milk - 1 Other Carb - 1 Very Lean Meat - 2 Fat

Mexicorn

Yield: 4 Servings

- 3 cups Mexicorn

Heat according to can directions.

Per Serving: 100 Cal (9% from Fat, 11% from Protein, 80% from Carb); 3 g Protein; 1 g Tot Fat; 0 g Sat Fat; 23 g Carb; 2 g Fiber; 4 g Sugar; 367 mg Sodium; 0 mg Cholesterol; Units = 1.6; Exchanges = 4½ Veg



Friday:

Spinach Lasagna
 Italian Bread
 Salad

Notes:

1. The prep work for this dish is very quick and easy. My kids enjoyed it...even with the spinach! If you would rather have meat lasagna, just omit the spinach and substitute 1 pound browned ground beef in place of the spinach. I've made it both ways and it

tastes great either way. Be sure to edit your shopping list if you don't use the spinach.

Spinach Lasagna

Yield: 8 Servings

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|--------------------------------|------------------------------------|
| cooking spray | 1 (8 oz.) container Ricotta cheese |
| 1 (16 oz.) box lasagna noodles | 4 cups spinach, fresh |
| 1 (32 oz.) jar spaghetti sauce | 1/2 cup water |
| 1 cup mozzarella cheese | |

Spray bottom and sides of a crockpot. Spread a few spoonfuls of sauce on the bottom of crockpot to avoid noodles sticking. Break uncooked lasagna noodles into pieces; place 1/3 of the broken lasagna noodles in a layer on bottom of the pot. Pour about 1/3 of the sauce evenly over the noodles. Next, place 1/2 of the Ricotta and 1/3 of the mozzarella over the sauce. Place 1/2 of the spinach on top of the cheese. Place a few spoonfuls of sauce lightly over the spinach. Repeat the layers starting with the broken noodles, sauce, cheeses, spinach and a little more sauce. Finally, layer the last 1/3 of the broken noodle pieces over the top. Cover noodles completely with remaining sauce. Sprinkle remaining mozzarella cheese over the top. Pour water around the edges; cover and cook on low for 3 hours.

Per Serving: 444 Cal (39% from Fat, 29% from Protein, 32% from Carb); 32 g Protein; 19 g Tot Fat; 12 g Sat Fat; 36 g Carb; 4 g Fiber; 2 g Sugar; 595 mg Sodium; 55 mg Cholesterol; Units = 9.7; Exchanges = 2½ Starch - 2 Milk - 1 Veg - ½ Lean Meat - 3½ Fat

Italian Bread Dipped in Balsamic Vinegar and Olive Oil*

Yield: 4 Servings

- | | |
|------------------------|-------------------------|
| 4 slices Italian bread | 1 tbsp balsamic vinegar |
| 3 tbsp olive oil | |

Mix together 3 tbsp. olive oil to 1 tbsp. balsamic vinegar on a small plate. Dip Italian bread in balsamic mix and enjoy!

Per Serving: 174 Cal (58% from Fat, 6% from Protein, 36% from Carb); 3 g Protein; 11 g Tot Fat; 2 g Sat Fat; 16 g Carb; 1 g Fiber; 1 g Sugar; 176 mg Sodium; 0 mg Cholesterol; Units = 4.3; Exchanges = 1 Starch - 2 Fat

***Menus4Moms Substitution: Italian Bread**

Yield: 4 Servings

- 4 slices Italian bread

Per Serving: 81 Cal (12% from Fat, 13% from Protein, 75% from Carb); 3 g Protein; 1 g Tot Fat; 0 g Sat Fat; 15 g Carb; 1 g Fiber; 0 g Sugar; 175 mg Sodium; 0 mg Cholesterol; Units = 1.6; Exchanges = 1 Starch

Simple Salad

Yield: 4 Servings

- | | |
|------------------------------|----------------------------------|
| 2 cups leaf lettuce, chopped | 1/2 cup cheddar cheese, shredded |
| 1 cup tomato, chopped | 1/2 cup croutons |
| 1 cup baby carrots, chopped | salad dressing to taste |

Wash, chop and slice all vegetables. Mix all ingredients together in a large bowl. Serve with your choice of salad dressing.

The salad dressing is not included in the nutritional information.

Per Serving: 112 Cal (51% from Fat, 19% from Protein, 29% from Carb); 6 g Protein; 7 g Tot Fat; 4 g Sat Fat; 8 g Carb; 2 g Fiber; 3 g Sugar; 193 mg Sodium; 18 mg Cholesterol; Units = 2.4; Exchanges = 1 Veg - ½ Lean Meat - 2 Fat

Regular Grocery List: February 27 – March 2, 2012

Codes beside each item indicate in which meal it is used. The meal plan summary at the beginning of this file lists each dish by day with its code.

Bread

Hard Rolls - M2 1@ 2.00
Italian Bread - F2 1@ 2.50

Canned Fruit

Mandarin Orange Slices - Tu3 1@ 1.25
Pineapple Tidbits - Tu3 1@ 2.00

Canned Vegetables

Canned Corn 14.5 oz - Tu1 1@ 1.00
Mexican Corn - Th2 2@ 0.75
Rotel - Th1 1@ 1.50

Cereal

Quick Oats Oatmeal 42 Oz - M3 1@ 2.50

Cheese

Cheddar, Shredded - 2 cups - F3 1@ 2.50
Mexican Blend - 2 cups - Th1 1@ 2.00
Mozzarella - Shredded 8 oz. - F1 1@ 3.00
Ricotta - 8 oz. - F1 1@ 1.50

Condiments

Chili Sauce - W1 1@ 2.00

Dairy/spreads

Sour Cream-8 oz. - Th1 1@ 1.50

Ethnic Food

Flour tortillas, 10" - Th1 1@ 2.00

Frozen Juice

Oj Concentrate 12 Oz - W1 1@ 1.35

Frozen Vegetables

Peas And Carrots 16 Oz - Tu1 1@ 1.50

Fruit

Bag of Granny Smith Apples - M3 1@ 3.00

Meat

Boneless Chicken Breast - 1 lb - W1 1@ 4.00
Kielbasa, smoked (fully cooked - M1 1@ 2.99

Pasta / Rice

Calrose Rice - Tu1, W2 1@ 3.89
Farfalle or Bowtie Pasta - M1 1@ 1.50
Lasagna Noodles - F1 1@ 1.50

Produce

Bag Baby Spinach - F1 1@ 3.00

Carrots-Baby - F3 1@ 0.99
Green Beans 1 lb. - W3 1@ 3.00
Green Bell Pepper - M1 1@ 0.50
Green Onions - Tu2 1@ 0.50
Leaf Lettuce - F3 1@ 3.00
Onion (1) - Tu1 1@ 0.89
Red Bell Pepper - M1 1@ 0.50
Red Onion - M1 1@ 1.25
Tomatoes, Ripe - F3 1@ 1.50

Sauces

Spaghetti Sauce - 28 oz. - F1 1@ 2.00

Soup

Chicken Broth - Tu2, Th1 3@ 1.25
Cr. Of Chicken - Th1 1@ 1.25

Freezer Items

Cooked Chicken - Fr. Freezer - Th1
Leftover Pork Loin - Tu1
Peppers & Onions (from freezer) - Th1

Pantry Items

Adobo - Th1
Balsamic Vinegar - W1, F2
Biscuit Mix (Bisquick) - M3
Brown Sugar - M3, W1
Cinnamon - M3
Cornstarch - W1
Croutons - F3
Crushed Red Pepper - W1
Cumin - Th1
Flour - W1
Garlic Powder - W1
Ground Ginger - W1
Kosher/Coarse Salt - W1
Non-Stick Cooking Spray - M3, F1
Olive Oil - W1, F2
Pepper, Black - M1, Tu1, Tu2
Salt - M1, Tu1, Tu2
Sesame Oil - W3
Sesame Seeds - W3
Soy Sauce - Tu1, W3
Vegetable Oil - Tu1, W3

Refrig. Items

Butter - M1, M3
Eggs - Tu1, Tu2
Orange Juice - W1
Salad Dressing - F3

Approximate Total: \$71.00

Get the Shopping List software format this menu here:
<http://www.menus4moms.com/pdf/busysample.ITM>

Meal Makeovers Shopping List*: February 27 – March 2, 2012

*Uses all makeover/substitution options on the menu

Bread

Hard Rolls - M2 1@ 2.00
Italian Bread - F2 1@ 2.50

Canned Fruit

Mandarin Orange Slices - Tu3 1@ 1.25
Pineapple Tidbits - Tu3 1@ 2.00

Canned Vegetables

Canned Corn 14.5 oz - Tu1 1@ 1.00
Mexican Corn - Th2 2@ 0.75
Rotel - Th1 1@ 1.50

Cereal

Quick Oats Oatmeal 42 Oz - M3 1@ 2.50

Cheese

Cheddar, Shredded - 2 cups - F3 1@ 2.50
Mexican Blend - 2 cups - Th1 1@ 2.00
Mozzarella - Shredded 8 oz. - F1 1@ 3.00
Ricotta - 8 oz. - F1 1@ 1.50

Condiments

Chili Sauce - W1 1@ 2.00

Dairy/spreads

Sour Cream-8 oz. - Th1 1@ 1.50

Ethnic Food

Flour tortillas, 10" - Th1 1@ 2.00

Frozen Juice

Oj Concentrate 12 Oz - W1 1@ 1.35

Frozen Vegetables

Peas And Carrots 16 Oz - Tu1 1@ 1.50

Fruit

Bag of Granny Smith Apples - M3 1@ 3.00

Meat

Boneless Chicken Breast - 1 lb - W1 1@ 4.00
Kielbasa, smoked (fully cooked - M1 1@ 2.99

Pasta / Rice

Calrose Rice - Tu1, W2 1@ 3.89
Farfalle or Bowtie Pasta - M1 1@ 1.50
Lasagna Noodles - F1 1@ 1.50

Produce

Bag Baby Spinach - F1 1@ 3.00

Carrots-Baby - F3 1@ 0.99
Green Beans 1 lb. - W3 1@ 3.00
Green Bell Pepper - M1 1@ 0.50
Green Onions - Tu2 1@ 0.50
Leaf Lettuce - F3 1@ 3.00
Onion (1) - Tu1 1@ 0.89
Red Bell Pepper - M1 1@ 0.50
Red Onion - M1 1@ 1.25
Tomatoes, Ripe - F3 1@ 1.50

Sauces

Spaghetti Sauce - 28 oz. - F1 1@ 2.00

Soup

Chicken Broth - Tu2, Th1 3@ 1.25
Cr. Of Chicken - Th1 1@ 1.25

Freezer Items

Cooked Chicken - Fr. Freezer - Th1
Leftover Pork Loin - Tu1
Peppers & Onions (from freezer) - Th1

Pantry Items

Adobo - Th1
Balsamic Vinegar - W1
Biscuit Mix (Bisquick) - M3
Brown Sugar - M3, W1
Cinnamon - M3
Cornstarch - W1
Croutons - F3
Crushed Red Pepper - W1
Cumin - Th1
Flour - W1
Garlic Powder - W1
Ground Ginger - W1
Kosher/Coarse Salt - W1
Non-Stick Cooking Spray - M3, F1
Olive Oil - W1
Pepper, Black - M1, Tu1, Tu2
Salt - M1, Tu1, Tu2
Sesame Oil - W3
Sesame Seeds - W3
Soy Sauce - Tu1, W3
Vegetable Oil - Tu1, W3

Refrig. Items

Butter - M1, M3
Eggs - Tu1, Tu2
Orange Juice - W1
Salad Dressing - F3

Approximate Total: \$71.00

Get the Shopping List software format for the makeover menu here:

http://www.menus4moms.com/pdf/busysample_makeover.ITM