

# Busy Mom Menu

## Sample 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 our exclusive healthy Meal Makeovers, nutritional data and points\*, and the recipes and grocery list will be included in the emailed PDF file so you do not have to visit the website each week.

### \* *Secrets of a Busy Cook*:

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

### Features:

- Ad-free
- Exclusive Meal Makeover options
- Includes nutritional data
- Point values
- PDF file emailed weekly includes recipes and grocery list

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*Popular weight management programs that are based on points do not publish their calculation methods, therefore our point estimates are based on the following formula: (total calories/50) + (total fat/12) - (total fiber/5).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 point values as a guide only.*

## *Monday*

Beef with Broccoli  
Rice  
Mandarin Pineapple Salad

## *Tuesday*

Chops with Gravy  
Mashed Potatoes  
Buttered Sweet Peas

## *Wednesday*

Grilled Marinated Chicken  
Corn on the Cob  
Brussels Sprouts with Cream Sauce

## *Thursday*

Poppy Seed Chicken  
Baked Asparagus  
Frozen Fruit Salad

## *Friday*

Ham and Cheese Wraps  
Pasta Salad  
Leftover Frozen Fruit Salad

## Monday:

Notes: *none*

### *Beef with Broccoli*

Yield: 4 Servings

3 Tbsp cornstarch, divided	4 cups broccoli florets
1/2 cup water plus 2 tbsp water, divided	1/3 cup soy sauce
1/2 Tsp garlic powder	2 Tbsp brown sugar
1 Lb round steak, cut into 2 inch strips	1 Tsp ground ginger
2 Tbsp vegetable oil, divided	2 cups rice, cooked according to package directions

Combine 2 tbsp cornstarch, 2 tbsp water and garlic powder in a bowl and mix until smooth. Add beef and toss until well coated. Stir-fry beef in a large skillet or wok over medium-high heat in 1 tbsp oil until meat is no longer pink, about 10 minutes. Remove meat from skillet and keep warm. Stir-fry broccoli in the remaining oil for about 5 minutes, then return beef to pan. Mix together soy sauce, brown sugar, ginger and remaining 1 tbsp of cornstarch and 1/2 cup water until smooth; add soy mixture to skillet. Cook for 2 minutes, stirring frequently. Serve over rice.

*Per Serving: 483 Cal (30% from Fat, 37% from Protein, 32% from Carb); 44 g Protein; 16 g Tot Fat; 4 g Sat Fat; 39 g Carb; 1 g Fiber; 7 g Sugar; 1273 mg Sodium; 118 mg Cholesterol; Points = 10.8*

### *Mandarin Pineapple Salad*

Yield: 4-6 Servings

1 can mandarin oranges, drained	1 can pineapple tidbits, drained
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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; Points = 1.3*

## Tuesday:

Notes:

1. Prepare the marinade for tomorrow night's chicken tonight and let the chicken sit in the refrigerator overnight for a more intense flavor.

### *Chops with Gravy\**

Yield: 4 Servings

4 pork chops	1/4 Tsp pepper
1 Tbsp olive oil	1 can (10.75 oz.) cream of potato soup
1/2 tsp garlic salt	
1/2 tsp poultry seasoning	

Place pork chops in a skillet with oil. Sprinkle with seasonings and brown both sides. Pour undiluted soup over pork chops; cover and cook over low heat 15 - 20 minutes until heated through.

*Per Serving: 309 Cal (58% from Fat, 32% from Protein, 10% from Carb); 24 g Protein; 20 g Tot Fat; 6 g Sat Fat; 7 g Carb; 0 g Fiber; 1 g Sugar; 608 mg Sodium; 78 mg Cholesterol; Points = 7.7*

### *\*Menus4Moms Makeover: Seasoned Chops*

Yield: 4 Servings

4 pork chops	1/2 Tsp poultry seasoning
1 Tbsp olive oil	1/4 tsp pepper
1/2 Tsp garlic salt	

Place pork chops in a skillet with oil. Sprinkle with seasonings and brown both sides. Cover and cook over low heat 15 - 20 minutes until heated through.

*Per Serving: 264 Cal (63% from Fat, 36% from Protein, 1% from Carb); 23 g Protein; 18 g Tot Fat; 6 g Sat Fat; 0 g Carb; 0 g Fiber; 0 g Sugar; 0 mg Sodium; 74 mg Cholesterol; Points = 6.8*

## Mashed Potatoes\*

Yield: 6-8 Servings

6 potatoes  
4 Tbsp butter  
1 cup sour cream

3 oz cream cheese  
1/4 cup milk  
Adobo seasoning to taste

Peel potatoes and quarter. Boil in enough water to cover potatoes until potatoes are tender. Drain. Mix all ingredients except milk and mash with a potato masher or large fork. Add enough milk to make potatoes creamy. If you like very creamy mashed potatoes you can use a mixer to get a good whipped consistency. If you like lumpy potatoes, I recommend using a fork or potato masher to maintain a more solid consistency.

*Per Serving: 321 Cal (57% from Fat, 6% from Protein, 36% from Carb); 5 g Protein; 21 g Tot Fat; 13 g Sat Fat; 30 g Carb; 2 g Fiber; 2 g Sugar; 126 mg Sodium; 53 mg Cholesterol; Points = 7.7*

### \*Menus4Moms Makeover: Mashed Potatoes

Yield: 6-8 Servings

6 potatoes  
5 sprays buttery spray each serving  
1/4 cups skim milk

salt, to taste  
pepper, to taste

Peel potatoes and quarter. Boil in enough water to cover potatoes until potatoes are tender. Drain. Mix well, adding enough milk to make potatoes creamy. If you like very creamy mashed potatoes you can use a mixer to get a good whipped consistency. If you like lumpy potatoes, I recommend using a fork or potato masher to maintain a more solid consistency. Spray each serving with buttery spray before serving.

*Per Serving: 123 Cal (1% from Fat, 9% from Protein, 89% from Carb); 3 g Protein; 0 g Tot Fat; 0 g Sat Fat; 28 g Carb; 2 g Fiber; 1 g Sugar; 26 mg Sodium; 0 mg Cholesterol; Points = 2*

## Buttered Peas

Yield: 5 Servings

1-16 oz. pkg. peas, frozen  
1 Tbsp butter

salt and pepper, to taste

Cook according to package directions. Drain. Add butter, salt and pepper to taste.

*Per Serving: 25 Cal (82% from Fat, 5% from Protein, 13% from Carb); 0 g Protein; 2 g Tot Fat; 1 g Sat Fat; 1 g Carb; 0 g Fiber; 0 g Sugar; 35 mg Sodium; 6 mg Cholesterol; Points = 0.6*

## Wednesday:

Notes:

1. The longer your chicken marinates before grilling, the better it will be. I recommend preparing the marinade at least 24 hours in advance for the best flavor, but if necessary, start marinating the chicken in the morning for grilling at dinnertime. If you did not make a large amount of chicken for your freezer last week, try making extra tonight. Make a large batch of chicken so we have plenty of leftovers to freeze for later. Using grilled chicken from your freezer in place of boiled or sautéed chicken gives your casseroles and soups a great flavor, so put your freezer bags of chicken in the freezer and use them in any recipe that calls for chopped cooked chicken.
2. Be sure to save enough chicken for tomorrow's Poppy Seed Chicken.
3. Today we need to put together the Frozen Fruit Salad so it can freeze overnight.

## Grilled Marinated Chicken

Yield: 12 Servings

4 lb chicken breasts, boneless,  
skinless  
1/2 cup red wine vinegar  
1 cup soy sauce  
1/2 cup vegetable oil

2 Tsp oregano  
1 Tsp basil  
1 Tsp garlic salt or Adobo  
1/2 Tsp pepper

Place marinade with chicken in a zipper bag and marinate overnight. Grill chicken until it reaches 160°F at the thickest part, or until white all the way through and juices run clear. If you do not have a grill, you can bake the chicken in the oven.

*Per Serving: 348 Cal (39% from Fat, 59% from Protein, 2% from Carb); 50 g Protein; 15 g Tot Fat; 3 g Sat Fat; 2 g Carb; 0 g Fiber; 0 g Sugar; 1453 mg Sodium; 129 mg Cholesterol; Points = 8.1*

## *Corn on the Cob\**

Yield: 6 Servings

6 ears of corn on the cob, cleaned      1 tbsp butter  
Salt & pepper to taste

Bring water to a boil. Place cleaned ears of corn into water and cover. When water has returned to a boil, turn heat down and simmer gently for 8-10 minutes or until kernels are tender. Drain and serve with butter spray and salt and pepper to taste.

*Per Serving: 131 Cal (23% from Fat, 10% from Protein, 67% from Carb); 4 g Protein; 4 g Tot Fat; 2 g Sat Fat; 25 g Carb; 3 g Fiber; 4 g Sugar; 24 mg Sodium; 8 mg Cholesterol; Points = 2.4*

### *\*Meal Makeover: Corn on the Cob*

Yield: 6 Servings

6 ears of corn on the cob, cleaned      5 sprays each ear buttery spray

Bring water to a boil. Place cleaned ears of corn into water and cover. When water has returned to a boil, turn heat down and simmer gently for 8-10 minutes or until kernels are tender. Drain and serve with butter spray and salt and pepper to taste.

*Per Serving: 63 Cal (11% from Fat, 13% from Protein, 76% from Carb); 2 g Protein; 1 g Tot Fat; 0 g Sat Fat; 14 g Carb; 2 g Fiber; 2 g Sugar; 13 mg Sodium; 0 mg Cholesterol; Points = 0.9*

## Brussels Sprouts with Cream Sauce\*

Yield: 4 Servings

*Adapted from a recipe on a bag of Pictsweet Brussels Sprouts*

3 cups fresh Brussels Sprouts* or 1 pkg frozen	1 Tbsp brown sugar
1/2 cup chopped onions, sautéed (from freezer)	1/2 Tsp dry mustard
1 Tbsp flour	1/2 cup milk
	1 cup sour cream

Steam sprouts until tender, or cook according to package directions. Combine thawed onions with juices, flour, brown sugar, and mustard in a saucepan, mixing well. Gradually add milk while heating, stirring constantly. Bring mixture to a boil; simmer for 2 minutes. Reduce heat and add sour cream; heat thoroughly. Pour Brussels sprouts into a serving dish and cover with cream sauce.

*Per Serving: 173 Cal (68% from Fat, 8% from Protein, 24% from Carb); 4 g Protein; 13 g Tot Fat; 8 g Sat Fat; 11 g Carb; 1 g Fiber; 5 g Sugar; 48 mg Sodium; 26 mg Cholesterol; Points = 4.4*

### \*Menus4Moms Makeover: Brussels Sprouts with Cream Sauce

Yield: 4 Servings

*Adapted from Cooks.com.*

3 cups Brussels sprouts, frozen	1/2 cup skim milk
1 Tbsp butter	1 Tsp dry white wine
1 Tbsp chopped onion (from freezer)	1/8 Tsp black pepper
1 tsp garlic clove, minced	1 Tbsp Parmesan cheese, grated
1 Tbsp flour	

Cook Brussels sprouts according to package directions but without salt. Meanwhile, in small saucepan over low heat, or in double boiler, melt butter. Add onion and garlic and cook, stirring frequently, 3 minutes or until soft. Add flour and cook, stirring frequently, about 1 minute. Gradually add milk, wine and pepper; cook until thickened and smooth. Remove from heat; stir in cheese until melted. If sauce becomes too thick, add additional 1-2 tablespoons skim milk. Drain Brussels sprouts; pour sauce over sprouts.

*Per Serving: 110 Cal (36% from Fat, 20% from Protein, 44% from Carb); 6 g Protein; 5 g Tot Fat; 1 g Sat Fat; 13 g Carb; 5 g Fiber; 4 g Sugar; 77 mg Sodium; 4 mg Cholesterol; Points = 1.8*

## For Thursday: *Frozen Fruit Salad\** (see Thursday for substitution)

Yield: 6 Servings

2 tbsp sugar	1 jar maraschino cherries, quartered
3 oz. cream cheese, softened	1 can crushed pineapple, drained
2 tbsp milk	1/3 cup mayonnaise
2 tbsp lemon juice	1 cup whipping cream, whipped
1 cup mandarin oranges	1 cup lettuce leaves
1/2 cup pecans (optional)	

Mix cream cheese and milk. Add mayonnaise, lemon juice, dash salt, pineapple, pecans, cherries, and sugar. Fold in whipped cream (do not stir). Freeze.

*Per Serving: 372 Cal (64% from Fat, 3% from Protein, 33% from Carb); 3 g Protein; 27 g Tot Fat; 9 g Sat Fat; 32 g Carb; 2 g Fiber; 28 g Sugar; 126 mg Sodium; 43 mg Cholesterol; Points = 9.2*

## Thursday:

Notes:

1. Use chicken from last night's grill for quick prep tonight.
2. Make sure to thaw your Frozen Fruit Salad that you prepared last night about 45-60 minutes before you plan to eat.

## *Poppy Seed Chicken Casserole\**

Yield: 6-8 Servings

2 cup cooked chicken (from Tuesday or freezer)	Topping:
2 can cream of chicken soup	1 sleeve round buttery crackers
1/2 cup sour cream	2 tbsp butter, melted
1 sleeve round buttery crackers (I use Ritz)	poppy seed for garnish
1 tbsp poppy seed	

Combine chicken, soups, sour cream, 1 sleeve crackers, and 1 Tbsp. poppy seed in a large bowl. Mix well and transfer to a greased casserole dish. Mix together remaining crackers and melted butter and sprinkle on top. Garnish with poppy seed. Bake at 325° for 25 minutes.

*Per Serving: 460 Cal (51% from Fat, 18% from Protein, 31% from Carb); 21 g Protein; 26 g Tot Fat; 9 g Sat Fat; 36 g Carb; 1 g Fiber; 4 g Sugar; 1069 mg Sodium; 66 mg Cholesterol; Points = 11.2*

## *\*Menus4Moms Substitution: Chicken Stuffed With Bacon and Feta*

Yield: 4 Servings

6 boneless chicken breasts	1-14.5 oz. can tomatoes, (I like Del Monte with Basil and Oregano)
4 oz. feta cheese, crumbled (basil flavored is good in this)	2 tsp olive oil
1 pkg bacon, cooked and crumbled, or Real bacon bits*	

Cut a slit (as if to butterfly but do not cut all the way through the ends so it makes a pocket) in each chicken breast. Stuff with crumbled feta cheese and crumbled bacon (the more the better, I think). Use a toothpick to secure the pocket closed. Brown stuffed chicken in olive oil in a fry pan until golden brown, then add a 14.5 oz. can of diced tomatoes and cover, cooking until chicken is thoroughly done, about 15 minutes. Before serving, remove toothpicks.

*Per Serving: 261 Cal (42% from Fat, 46% from Protein, 12% from Carb); 30 g Protein; 12 g Tot Fat; 6 g Sat Fat; 8 g Carb; 1 g Fiber; 6 g Sugar; 648 mg Sodium; 94 mg Cholesterol; Points = 6.0*

## *Baked Asparagus*

Yield: 4 Servings

1 1/2 lb asparagus, fresh (or frozen if selection is not good)	1 1/2 Tbsp soy sauce* or tamari
2 Tbsp olive oil	Salt and pepper to taste

Line a baking pan with foil for easy clean up. Mix oil and soy sauce and pour onto foil-lined pan. Prepare fresh asparagus by washing and snapping the ends. Gently roll the asparagus in the oil and soy mixture. Sprinkle with salt and pepper (easy on the salt since soy is salty). Roast for 10-15 minutes at 350°F.

*Per Serving: 45 Cal (4% from Fat, 35% from Protein, 60% from Carb); 4 g Protein; 0 g Tot Fat; 0 g Sat Fat; 7 g Carb; 4 g Fiber; 3 g Sugar; 141 mg Sodium; 0 mg Cholesterol; Points = 0.2*

## *Frozen Fruit Salad\**

\*see Wednesday for recipe, or use the substitution below for the lighter version

### *\*Menus4Moms Substitution: Five Cup Salad*

Yield: 6-8 Servings

1 cup pineapple chunks, drained	1 cup mini marshmallows
1 cup mandarin oranges, drained	1 cup coconut flakes
1 cup frozen whipped topping, thawed	

Mix together all ingredients. Cover and refrigerate until chilled.

*Per Serving: 160 Cal (33% from Fat, 3% from Protein, 64% from Carb); 1 g Protein; 6 g Tot Fat; 5 g Sat Fat; 27 g Carb; 2 g Fiber; 22 g Sugar; 63 mg Sodium; 8 mg Cholesterol; Points = 3.3*

## **Friday:**

Notes:

1. Tonight's dinner can be prepared in advance, making it a great meal for days when extra-curricular activities keep you running until right before dinner.
2. A less expensive alternative to deli ham is the thinly sliced deli meats from Oscar Meyer in the refrigerated meat section. I use them all the time.
3. Remember not to serve honey to children under 1 year old.
4. The Ranch Pasta Salad is compliments of Heidi from TheHomeSchoolMom in the Kitchen. Thanks, Heidi!
5. If you can't find whole wheat pasta, use white pasta.
6. Make the pasta salad in the morning to give it plenty of time to chill.

## Ham and Cheese Wraps\*

Yield: 6 Servings

6-8 large wraps or tortillas  
(flavored are fine)  
2 lb deli ham  
1 cup lettuce, shredded  
1 cup sliced tomatoes  
1 ½ cups cheddar or Monterey  
Jack cheese, shredded

Honey Dijon Spread (Mix all ingredients well):  
1/4 cup stone-ground mustard  
2 Tbsp honey  
1/4 cup mayonnaise

Spread each wrap with honey Dijon spread. Layer lettuce, tomato, ham, and cheese on top. Closing bottom first, roll each wrap up tightly. Serve immediately or refrigerate until ready to serve.

*Per Serving: 627 Cal (50% from Fat, 24% from Protein, 25% from Carb); 38 g Protein; 35 g Tot Fat; 13 g Sat Fat; 40 g Carb; 4 g Fiber; 7 g Sugar; 2566 mg Sodium; 124 mg Cholesterol; Points = 14.6*

### \*Menus4Moms Makeover: Ham and Cheese Wraps

Yield: 6 Servings

6-8 large wraps or tortillas  
(flavored are fine)  
2 lb deli ham  
1 cup lettuce, shredded  
1 cup sliced tomatoes  
1 1/2 cup low fat cheddar or Monterey  
Jack cheese, shredded

Honey Dijon Spread (Mix all ingredients well):  
1/4 cup stone-ground mustard  
2 Tbsp honey  
1/4 cup fat free mayonnaise

Spread each wrap with honey Dijon spread. Layer lettuce, tomato, ham, and cheese on top. Closing bottom first, roll each wrap up tightly. Serve immediately or refrigerate until ready to serve.

*Per Serving: 494 Cal (25% from Fat, 45% from Protein, 30% from Carb); 55 g Protein; 13 g Tot Fat; 5 g Sat Fat; 36 g Carb; 2 g Fiber; 13 g Sugar; 3303 mg Sodium; 121 mg Cholesterol; Points = 10.5*

## Ranch Pasta Salad\*

Yield: 6 Servings

1 lb whole wheat pasta shells	1 cup frozen baby peas, thawed
2 handfuls baby carrots, chopped	1 cup real mayonnaise, more if it seems dry
1/2 cup green onions, chopped	1 pkg ranch dressing mix
3 stalks celery, chopped	

Mix all ingredients. Chill for 1 hour or more.

*Per Serving: 422 Cal (66% from Fat, 6% from Protein, 29% from Carb); 6 g Protein; 32 g Tot Fat; 4 g Sat Fat; 31 g Carb; 5 g Fiber; 5 g Sugar; 724 mg Sodium; 0 mg Cholesterol; Points = 10.3*

### \*Menus4Moms Substitution: Pasta Salad

Yield: 6 Servings

8 oz. Whole Wheat rotini pasta, cooked and chilled	1/3 cup black olives, pitted, drained (optional)
2 1/2 cup frozen mixed vegetables, thawed and drained	1 cup lite Italian-style salad dressing
1/2 cup cheddar cheese, diced	

Combine all ingredients and serve chilled.

*Per Serving: 268 Cal (26% from Fat, 15% from Protein, 60% from Carb); 10 g Protein; 8 g Tot Fat; 3 g Sat Fat; 41 g Carb; 4 g Fiber; 2 g Sugar; 888 mg Sodium; 14 mg Cholesterol; Points = 5.2*

## Leftover Frozen Fruit Salad or Fruit Salad Substitution from Thursday

## Regular Sample Grocery List

### Bread

Large wraps or tortillas 1@ 3.00

### Canned Fruit

Pineapple, crushed - 8 oz. 1@ 1.75  
 Pineapple tidbits 1@ 2.00  
 Mandarin orange slices 2@ 1.00  
 Maraschino cherries 1@ 1.50

### Cheese

Cheddar shredded - 2 cups 1@ 2.50

### Condiments

Ranch Dressing Mix 1@ 1.00

### Dairy/spreads

Sour cream - 8 oz. 1@ 0.99  
 Butter spray 1@ 2.00  
 Sour Cream - 16 oz 1@ 1.99  
 Whipping Cream - 1 cup 1@ 1.11  
 Cream cheese, 8 oz. 1@ 1.50

### Deli

Sliced Ham 16 Oz 2@ 4.48

### Frozen Vegetables

Peas 1@ 1.50

### Meat

Chicken breasts, boneless 4 lb 1@ 10.00  
 Pork Chops - 4 large 1@ 5.00  
 Roundsteak - sliced, 1 lb. 1@ 6.00

### Pasta / Rice

WW pasta shells - 16oz. 1@ 1.50

### Produce

Asparagus 1lb 2@ 1.99  
 Baking potatoes - 5 lbs. 1@ 3.00  
 Leaf Lettuce 1@ 1.50  
 Green Onions 1@ 2.00  
 Brussels sprouts 2@ 2.50  
 Tomatoes, ripe 1@ 1.00  
 Corn On Cob - 6 ears 1@ 2.00  
 Broccoli Bunch 2@ 0.75  
 Celery 1@ 0.89

### Snacks

Buttery Round Crackers (Ritz) 1@ 2.00

### Soup

Cream of Chicken 2@ 0.89  
 Cream of Potato 1@ 0.99

### Pantry Items

Salt  
 Cornstarch  
 Brown Sugar  
 Dry Mustard  
 Flour  
 Ground ginger  
 Garlic salt  
 Rice (preferably Calrose)  
 Garlic powder  
 Honey  
 Basil  
 Olive Oil  
 Adobo  
 Poultry seasoning  
 Sugar  
 Soy sauce  
 Poppy seed  
 Red Wine Vinegar  
 Vegetable Oil (pref. light olive oil)  
 Pecans  
 Pepper, black  
 Oregano

### Freezer Items

Sautéed Onion (from freezer)

### Refrigerator Items

Baby Carrots  
 Milk  
 Mayonnaise  
 Stone-ground mustard  
 Lemon Juice  
 Butter

Approximate Total: \$79.94

## Meal Makeovers Sample Shopping List\*

*\*Uses all makeover/substitution options on the menu*

### Bread

Large wraps or tortillas 1@ 3.00

### Canned Fruit

Pineapple tidbits 2@ 2.00  
Mandarin orange slices 2@ 1.00

### Canned Vegetables

Black Olives 1@ 1.50  
Diced tomatoes - 14.5 oz. 1@ 1.00

### Cheese

Feta - 4oz. 1@ 2.25  
Low Fat Cheddar shredded - 2 c 1@ 3.50

### Condiments

Fat free Mayo 1@ 1.50  
Lite Italian dressing - 8 oz. 1@ 1.75

### Dairy/spreads

Butter spray 1@ 2.00

### Deli

Sliced Ham 16 Oz 2@ 4.48

### Frozen Dessert

Frozen whipped topping, 8 oz 1@ 1.50

### Frozen Vegetables

Brussels Sprouts 16 Oz 1@ 1.55  
Peas 1@ 1.50  
Mixed Vegetables 12 Oz 1@ 0.99

### Meat

Roundsteak - sliced 1@ 6.00  
Pork Chops - 4 large 1@ 5.00  
Chicken breasts, boneless 6lb 1@ 15.00

### Pasta / Rice

WW rotini - 16oz. 1@ 1.50

### Snacks

Mini Marshmallows 16 Oz 1@ 1.19

### Produce

Tomatoes, ripe 1@ 1.00  
Baking potatoes - 5 lb. bag 1@ 3.00  
Corn On Cob - 6 ears 1@ 2.00  
Broccoli Bunch 2@ 0.75  
Asparagus 1lb 2@ 1.99  
Leaf Lettuce 1@ 1.50

### Pantry Items

White cooking wine  
Oregano  
Olive Oil  
Red Wine Vinegar  
Rice (preferably Calrose)  
Poultry seasoning  
Pepper, black  
Adobo  
Vegetable Oil (pref. light oil)  
Flour  
Brown Sugar  
Garlic powder  
Coconut, shredded  
Cornstarch  
Soy sauce  
Garlic salt  
Salt  
Basil  
Honey  
Ground ginger

### Freezer Items

Sautéed Onion (from freezer)

### Refrigerator Items

Bacon or bacon bits  
Stone-ground mustard  
Garlic cloves  
Skim Milk  
Butter  
Parmesan cheese

Approximate Total: \$78.67

## Busy Mom Menu

If you are new to Menus 4 Moms weekly menus, you should read both the Important Notes and the FAQ pages as well as the Busy Cooks' Pyramid before starting your first menu:

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

<http://www.menus4moms.com/kitchen/busycooks.php>

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

You may also find the Well-Stocked Pantry helpful:

[http://www.menus4moms.com/articles/pantry\\_list.php](http://www.menus4moms.com/articles/pantry_list.php)

Get the Shopping List software format for the regular version grocery list here:

<http://www.menus4moms.com/kitchen/weeklymenu/2008/shoppinglist/080602.ITM>

Get the Shopping List software format for the Meal Makeover version grocery list here:

[http://www.menus4moms.com/kitchen/weeklymenu/2008/shoppinglist/080602\\_makeover.ITM](http://www.menus4moms.com/kitchen/weeklymenu/2008/shoppinglist/080602_makeover.ITM)