

# 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.php?price\\_group=1](http://www.menus4moms.com/amember/signup.php?price_group=1)

*\*Popular weight management programs that are based on points do not publish their calculation methods, therefore our unit estimates are based on the following formula: (total calories/50) + (total fat/12) - (total fiber/5).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

## Busy Mom Menu

### Sample Busy Mom Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Chicken Parmesan – M1 Angel Hair Pasta – M2 Mixed Vegetables – M3 Italian Bread – M4	Sausage Skillet Dinner – Tu1 Salad – Tu2 Vanilla Pudding Angel Food Cake – Tu3	Chicken Orecchiette – W1 Fruit Salad – W2	Pancakes – Th1 Bacon – Th2 Homemade Applesauce – Th3	Spaghetti and Meatballs – F1 Leftover Salad – F2 Garlic Bread – F3

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

[http://www.menus4moms.com/downloads/m4m\\_premium/index.php](http://www.menus4moms.com/downloads/m4m_premium/index.php)



#### Monday:

Baked Chicken Parmesan  
Angel Hair Pasta  
Mixed Vegetables  
Italian Bread

#### Notes:

1. I like to use chicken breasts for this dish (you can use bone-in or boneless) but you may prefer thighs or some other part.
2. This would be a good time to bake or boil extra chicken to freeze for quick meals in the future. Extra chicken is on your grocery list for this purpose. Cook your extra

chicken in a pan without bread crumbs to restock your freezer.

### Baked Chicken Parmesan\*

Yield: 4 Servings

3 Lb chicken parts (plus 3-5 lbs. extra, chicken for leftovers)	1/4 tsp pepper
1 cup bread crumbs	Salt to taste
1/3 cup Parmesan Cheese	1 Tbsp garlic powder* or 1 clove garlic
1/4 tsp oregano	3/4 cup melted butter

Preheat oven to 350°F. In a skillet, sauté garlic in about 2 tbsp of butter. Add remaining butter to pan. Dip chicken pieces into garlic butter. In a separate shallow dish, combine bread crumbs, cheese, oregano, pepper, and salt. Dredge chicken in bread crumb mixture. Place breaded chicken in lightly sprayed 9x13 baking pan and sprinkle remaining bread crumb mixture over tops of chicken. Pour any remaining butter over the top of the chicken. Bake chicken for about 55 minutes or until chicken is no longer pink and juices run clear.

*Per Serving: 449 Cal (62% from Fat, 18% from Protein, 20% from Carb); 20 g Protein; 31 g Tot Fat; 7 g Sat Fat; 23 g Carb; 2 g Fiber; 2 g Sugar; 1022 mg Sodium; 41 mg Cholesterol; Units = 11.2; Exchanges = 1½ Starch - 2 Very Lean Meat - ½ Lean Meat - 6 Fat*

### \*Menus 4 Moms Substitution: Broiled Chicken

Yield: 4 Servings

4 boneless skinless chicken breast halves	1 tsp garlic salt
1 tsp olive oil	1/2 tsp pepper

Place chicken on large broiling pan and lightly baste with olive oil. Sprinkle garlic salt and pepper over chicken and broil 20 minutes or until juices are clear.

*Per Serving: 99 Cal (28% from Fat, 69% from Protein, 3% from Carb); 16 g Protein; 3 g Tot Fat; 1 g Sat Fat; 1 g Carb; 0 g Fiber; 0 g Sugar; 39 mg Sodium; 44 mg Cholesterol; Units = 2.2; Exchanges = 2 Very Lean Meat*

### Angel Hair Pasta

Yield: 4 Servings

1/2 lb angel hair pasta

Cook according to package directions.

*Per Serving: 90 Cal (5% from Fat, 15% from Protein, 80% from Carb); 3 g Protein; 1 g Tot Fat; 0 g Sat Fat; 17 g Carb; 1 g Fiber; 0 g Sugar; 1 mg Sodium; 0 mg Cholesterol; Units = 1.6; Exchanges = 1 Starch*

## Busy Mom Menu

### Mixed Vegetables

Yield: 4 Servings

4 cups frozen mixed vegetables, heated

Per Serving: 107 Cal (2% from Fat, 18% from Protein, 80% from Carb); 5 g Protein; 0 g Tot Fat; 0 g Sat Fat; 24 g Carb; 8 g Fiber; 0 g Sugar; 494 mg Sodium; 0 mg Cholesterol; Units = 1.4; Exchanges = 5 Veg

### 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



#### Tuesday:

Sausage Skillet Dinner

Salad

Vanilla Pudding Angel Food Cake

Notes:

1. Make a large salad tonight and save half for leftovers on Friday. Add any crunchy items and dressings to your salad right before serving each night to maintain crispness.

### Sausage Skillet Dinner\*

Yield: 6 Servings

2 Tbsp olive oil

1/4 cup bacon bits

4 potatoes, peeled and cubed

4 cups broccoli

1/2 cup onion, chopped

1 cup carrots, sliced

1/2 tsp salt

2/3 cup water

1 Lb Turkey Kielbasa, cut in 1/2" slices

In a large skillet, sauté vegetables in heated oil about 5 minutes. Add meat, salt and water. Cover, reduce heat and cook for about 10 minutes or until vegetables reach desired tenderness.

adapted from [Cooks.com](http://Cooks.com)

Per Serving: 349 Cal (48% from Fat, 18% from Protein, 34% from Carb); 16 g Protein; 19 g Tot Fat; 6 g Sat Fat; 31 g Carb; 6 g Fiber; 4 g Sugar; 1258 mg Sodium; 53 mg Cholesterol; Units = 7.8; Exchanges = 1 Starch - 2 Veg - 1 1/2 Lean Meat - 3 Fat

### \*Menus 4 Moms Substitution: Cabbage Sausage Supper

Yield: 6 Servings

1 Lb smoked sausage/kielbasa cut in 1/2 inch slices

1/3 cup onion, cut into wedges

1 head cabbage, chopped

1/4 cup water

1/2 Lb carrots, cut into 1/2 inch slices

3 potatoes, peeled and cubed

Cook sausage and onion over medium heat until sausage is lightly browned. Add cabbage and water. Cover; cook on low 10 minutes. Stir in remaining vegetables. Cover and cook 20 minutes or until vegetables are tender.

Per Serving: 246 Cal (24% from Fat, 24% from Protein, 51% from Carb); 16 g Protein; 7 g Tot Fat; 0 g Sat Fat; 33 g Carb; 7 g Fiber; 11 g Sugar; 748 mg Sodium; 40 mg Cholesterol; Units = 4.7; Exchanges = 1 Starch - 1 Veg - 1 1/2 Lean Meat - 2 Fat

### Simple Salad

Yield: 4 Servings

2 cups leaf lettuce, chopped

1 cup tomato, chopped

1 cup baby carrots, chopped

1/2 cup cheddar cheese, shredded

1/2 cup croutons

salad dressing to taste

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



## Busy Mom Menu



### Thursday:

Pancakes  
Bacon  
Homemade Applesauce

#### Notes:

1. If you plan to serve the applesauce cold, be sure to make it in advance so it has time to chill.

2. I like to cook my bacon in the oven to avoid the messy cleanup of pan frying. If you've never tried bacon this way, just line a cookie sheet (the kind that HAS edges) with aluminum foil, arrange the bacon on the foil and bake at 350°F for about ten minutes. Take pan out of oven and turn over bacon with fork or tongs. Place pan back in oven for about 10 more minutes or until desired crispiness is reached.

## Pancakes

Yield: 6 Servings

2 eggs	1 tsp baking powder
1 1/2 cups buttermilk	1 tsp baking soda
1 tsp oil	2 tsp sugar
1 tsp salt	1 1/2 cups flour

In a small bowl, blend together first 3 ingredients. Set aside. In a larger bowl, mix together remaining ingredients. Add wet ingredients to dry ingredients; mix thoroughly. On a preheated skillet, pour about 1/4 cup of batter into pancake sized circles. Cook over medium heat until bubbles appear and begin to pop; flip pancake with spatula and cook on second side until golden.

*Per Serving: 177 Cal (18% from Fat, 17% from Protein, 65% from Carb); 8 g Protein; 3 g Tot Fat; 1 g Sat Fat; 29 g Carb; 1 g Fiber; 5 g Sugar; 775 mg Sodium; 81 mg Cholesterol; Units = 3.7; Exchanges = 1 1/2 Starch - 1 Fat*

## Bacon

Yield: 6-8 Servings

1 pkg. bacon

Cook according to package instructions or see notes above.

*Per Serving: 101 Cal (71% from Fat, 28% from Protein, 1% from Carb); 7 g Protein; 8 g Tot Fat; 3 g Sat Fat; 0 g Carb; 0 g Fiber; 0 g Sugar; 432 mg Sodium; 21 mg Cholesterol; Units = 2.7; Exchanges = 1 Lean Meat - 2 1/2 Fat*

## Homemade Applesauce

Yield: 6 Servings

5 Granny Smith apples, washed, peeled, cored and sliced	1 1/2 tsp vanilla
1/4 cup water	1 1/2 tsp sugar

Place all ingredients in a sauce pan and simmer until apples are tender, stirring occasionally. You may need to add more water if it cooks down. Serve hot as slices or mash and serve hot or cold applesauce.

*Per Serving: 58 Cal (2% from Fat, 2% from Protein, 96% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 15 g Carb; 1 g Fiber; 12 g Sugar; 0 mg Sodium; 0 mg Cholesterol; Units = 0.9; Exchanges = 1 Fruit*

## Busy Mom Menu



### Friday:

Spaghetti and Meatballs  
Leftover Salad  
Garlic Bread

#### Notes:

1. Start your sauce late in the morning in your slow cooker and let it simmer all afternoon. After preparing your sauce, cool it and freeze all but what is needed for the spaghetti in 2-cup portions in dated freezer bags for later use.
2. Next week we will restock our freezer with meatballs. If you do not still

have meatballs in your freezer for this week, you may want to make some tonight. I've included the recipe below just in case, but the ingredients are not on your grocery list. We will plan for that next week.

## Spaghetti with Meatballs

Yield: 8 Servings

1 (28 oz.) jar spaghetti sauce	1 tsp thyme
1 (14.5 oz.) tomatoes, peeled and diced	1/2 tsp bay leaf
1 (14.5 oz.) tomatoes, stewed	1 tsp oregano
1 (6 oz.) can tomato paste	1 tsp basil
1 cup onion (from freezer), thawed	1 lb. meatballs
2-3 tsp garlic, minced	8 oz. spaghetti, cooked according to pkg directions

Combine all ingredients except spaghetti noodles in a slow cooker and cook on low 4-5 hours. Serve over cooked spaghetti noodles.

*Nutritional content for meatballs not included; see meatball recipe for nutritional content.*

*Per Serving: 322 Cal (15% from Fat, 12% from Protein, 73% from Carb); 10 g Protein; 6 g Tot Fat; 1 g Sat Fat; 60 g Carb; 11 g Fiber; 10 g Sugar; 2234 mg Sodium; 0 mg Cholesterol; Units = 6.1; Exchanges = 1/2 Starch - 8 Veg - 1 1/2 Lean Meat - 2 Fat*

## Meatballs (ingredients not on grocery list)

Yield: 20 Servings

5 Lb ground beef	2 tsp salt
1 cup bread crumbs, Italian seasoned	2 tsp pepper
1/4 cup steak sauce (I like A1) or, Worcestershire sauce	1 tsp garlic salt
1 tsp basil	1 tsp onion powder

Mix ingredients together in large bowl with your hands. Add a little more steak sauce or Worcestershire sauce if the mixture is too dry or add more bread crumbs if mixture is too moist. Shape into 1 inch balls. Place on foil lined baking sheets (the kind with sides!); bake at 350°F for about 30 minutes, turning occasionally with tongs. Cool. Divide into 5 portions: 1 for tonight and 4 in labeled, freezer safe containers.

*\*Nutritional information based on 83% meat 17% fat ground beef*

*\*Adobo seasoning is not included in nutritional information*

*Per Serving: 296 Cal (61% from Fat, 31% from Protein, 8% from Carb); 22 g Protein; 20 g Tot Fat; 8 g Sat Fat; 6 g Carb; 0 g Fiber; 2 g Sugar; 447 mg Sodium; 78 mg Cholesterol; Units = 7.5; Exchanges = 3 Lean Meat - 2 Fat*

## Leftover Salad

## Garlic Bread

Yield: 8 Servings

2 fresh hoagie rolls, sliced loaf wise	3 tsp garlic, minced
1/2 cup butter	salt

Preheat oven to 350°F. Melt butter in a small saucepan. To the melted butter, add minced garlic and salt to taste. Dip one side of bread slices into garlic butter and place on cookie sheet in loaf form. Warm in oven until hot.

*Per Serving: 129 Cal (79% from Fat, 3% from Protein, 18% from Carb); 1 g Protein; 11 g Tot Fat; 2 g Sat Fat; 6 g Carb; 0 g Fiber; 0 g Sugar; 150 mg Sodium; 0 mg Cholesterol; Units = 3.4; Exchanges = 2 Fat*

## Busy Mom Menu

### Regular Grocery List: May 16-20, 2011

#### Baking Products

Angel Food Mix 16 Oz - Tu3 1@ 3.00  
 Pudding, vanilla (3.4 oz.) - Tu3 2@ 1.39

#### Bread

Hoagie Rolls - F3 1@ 2.69  
 Italian Bread - M4 1@ 2.50

#### Canned Fruit

Mandarin Orange Slices - W2 1@ 1.39  
 Pineapple Chunks - W2 1@ 2.00

#### Canned Vegetables

Diced Tomatoes - 14.5 oz. - F1 1@ 1.79  
 Stewed Tomatoes - F1 1@ 1.79  
 Tomato Paste - 6 oz. - F1 1@ 0.85

#### Cheese

Cheddar, Shredded - 2 cups - Tu2, F2 1@ 3.29  
 Feta - 4oz. - W1 1@ 2.99  
 Parmesan Cheese - 8 oz (bag) - M1, W1 1@ 2.99

#### Dairy/spreads

Butter Milk - Th1 1@ 1.69  
 Eggs - Th1 1@ 2.19  
 Milk - Tu3 1@ 3.99

#### Frozen Dessert

Frozen Whipped Topping, 8 oz - Tu3 1@ 2.39

#### Frozen Vegetables

Mixed Vegetables - M3 1@ 2.00

#### Fruit

Bag of Granny Smith Apples - Th3 1@ 3.99  
 Bananas - W2 1@ 0.78  
 Grapes - W2 1@ 3.29  
 Strawberries Bskt - W2 1@ 3.50

#### Meat

Bacon - Th2 1@ 4.29  
 Boneless chicken - 1 lb. - M1 7@ 4.69  
 Kielbasa, smoked (fully cooked) - Tu2 1@ 2.19

#### Pasta / Rice

Angel Hair Pasta - 16oz. - M2 1@ 1.39  
 Orecchiette pasta (or med. shells) - W1 1@ 1.79  
 Spaghetti- 16 oz. - F1 1@ 1.39

#### Produce

Baking Potatoes - 5 lb. bag - Tu1 1@ 4.00  
 Broccoli Bunch - Tu2 1@ 2.99  
 Carrots - Tu1, Tu2, F2 1@ 1.89  
 Garlic - F1, F3 1@ 0.89  
 Leaf Lettuce - Tu2, F2 1@ 1.99  
 Onion (1) - Tu1 1@ 0.99  
 Tomatoes, Ripe - Tu2, W1, F2 2@ 1.99  
 Yellow Bell Pepper - W1 1@ 2.49

#### Sauces

Spaghetti Sauce - 28 oz. - F1 1@ 1.59

#### Freezer Items

Cooked Chicken - Fr. Freezer - W1  
 Meatballs (from Freezer) - F1  
 Sautéed Onion (from freezer) - F1

#### Pantry Items

Baking Powder - Th1  
 Baking Soda - Th1  
 Balsamic Vinegar - W1  
 Basil - W1, F1  
 Bay Leaf - F1  
 Bread Crumbs - M1  
 Croutons - Tu2, F2  
 Flour - Th1  
 Garlic Powder - M1  
 Non-Stick Cooking Spray - M1  
 Olive Oil - Tu1, W1, Th1  
 Oregano - M1, F1  
 Pepper, Black - M1, W1  
 Salt - M1, Tu1, W1, Th1, F3  
 Sugar - Th1, Th3  
 Thyme - F1  
 Vanilla Extract - Th3

#### Refrig. Items

Bacon or Bacon Bits - Tu1  
 Butter - M1, F3  
 Salad Dressing - Tu2, F2

**Approximate Total: \$117.00**

Get the Shopping List software format for the regular version grocery list here:  
<http://www.menus4moms.com/kitchen/weeklymenu/2011/shoppinglist/110207.ITM>

*\*A word about the grocery lists: The prices on the grocery list are approximate and vary widely by location. We do not encourage people to pay the prices listed, but rather to shop bargains and stock up when items are inexpensive so that you can pull them from your pantry (including freezer) when you need them. For more information about this money-saving way of shopping, read [http://www.menus4moms.com/articles/pantry\\_list.php](http://www.menus4moms.com/articles/pantry_list.php) on Menus4Moms.com.*

## Busy Mom Menu

# Meal Makeovers Shopping List\*: May 16-20, 2011

\*Uses all makeover/substitution options on the menu

### Baking Products

Angel Food Mix 16 Oz - Tu3 1@ 3.00  
Pudding, vanilla (3.4 oz.) - Tu3 2@ 1.39

### Bread

Hoagie Rolls - F3 1@ 2.69  
Italian Bread - M4 1@ 2.50

### Canned Fruit

Mandarin Orange Slices - W2 1@ 1.39  
Pineapple Chunks - W2 1@ 2.00

### Canned Vegetables

Diced Tomatoes - 14.5 oz. - F1 1@ 1.79  
Stewed Tomatoes - F1 1@ 1.79  
Tomato Paste - 6 oz. - F1 1@ 0.85

### Cheese

Cheddar, Shredded - 2 cups - Tu2, F2 1@ 3.29  
Feta - 4oz. - W1 1@ 2.99  
Parmesan Cheese - 8 oz (bag) - W1 1@ 2.99

### Dairy/spreads

Butter Milk - Th1 1@ 1.69  
Eggs - Th1 1@ 2.19  
Milk - Tu3 1@ 3.99

### Frozen Dessert

Frozen Whipped Topping, 8 oz - Tu3 1@ 2.39

### Frozen Vegetables

Mixed Vegetables - M3 1@ 2.00

### Fruit

Bag of Granny Smith Apples - Th3 1@ 3.99  
Bananas - W2 1@ 0.78  
Grapes - W2 1@ 3.29  
Strawberries Bskt - W2 1@ 3.50

### Meat

Bacon - Th2 1@ 4.29  
Boneless chicken - 1 lb. - M1 7@ 4.69  
Kielbasa, smoked (fully cooked) - Tu1 1@ 2.19

### Pasta / Rice

Angel Hair Pasta - 16oz. - M2 1@ 1.39  
Orecchiette pasta (or med. shells) - W1 1@ 1.79  
Spaghetti- 16 oz. - F1 1@ 1.39

### Produce

Baking Potatoes - 5 lb. bag - Tu1 1@ 4.00  
Cabbage - Tu1 1@ 2.00  
Carrots - Tu1, Tu2, F2 1@ 1.89  
Garlic - F1, F3 1@ 0.89  
Leaf Lettuce - Tu2, F2 1@ 1.99  
Onion (1) - Tu1 1@ 0.99  
Tomatoes, Ripe - Tu2, W1, F2 2@ 1.99  
Yellow Bell Pepper - W1 1@ 2.49

### Sauces

Spaghetti Sauce - 28 oz. - F1 1@ 1.59

### Freezer Items

Cooked Chicken - Fr. Freezer - W1  
Meatballs (from Freezer) - F1  
Sautéed Onion (from freezer) - F1

### Pantry Items

Baking Powder - Th1  
Baking Soda - Th1  
Balsamic Vinegar - W1  
Basil - W1, F1  
Bay Leaf - F1  
Croutons - Tu2, F2  
Flour - Th1  
Garlic Salt - M1  
Olive Oil - M1, W1, Th1  
Oregano - F1  
Pepper, Black - M1, W1  
Salt - W1, Th1, F3  
Sugar - Th1, Th3  
Thyme - F1  
Vanilla Extract - Th3

### Refrig. Items

Butter - F3  
Salad Dressing - Tu2, F2

Approximate Total: \$116.00

Get the Shopping List software format for the Meal Makeover version grocery list here:  
[http://www.menus4moms.com/kitchen/weeklymenu/2011/shoppinglist/110207\\_makeover.ITM](http://www.menus4moms.com/kitchen/weeklymenu/2011/shoppinglist/110207_makeover.ITM)

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