

Quad City Hy-Vees and YMCAs
Family Makeover Challenge 2011

WEEK FIVE

	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
Breakfast whole grain fruit dairy protein	<ul style="list-style-type: none"> ○ whole wheat mini bagel ○ low-fat cream cheese ○ strawberries ○ sprinkle of cinnamon ○ skim milk 	<p><u>Make a trail mix:</u></p> <ul style="list-style-type: none"> ○ Cheerios ○ raisins ○ almonds <p><u>And grab a:</u></p> <ul style="list-style-type: none"> ○ Carnation Breakfast Essentials (ready-to-drink) 	<p><u>Banana Mash-Up:</u></p> <ul style="list-style-type: none"> ○ banana ○ quick oats ○ skim milk ○ drizzle of syrup 	<ul style="list-style-type: none"> ○ whole wheat tortilla ○ Hy-Vee egg ○ shredded cheese ○ salsa 	<ul style="list-style-type: none"> ○ whole grain waffles ○ peanut butter ○ banana slices 	<ul style="list-style-type: none"> ○ Hy-Vee frosted bite-size shredded wheat ○ blueberries ○ skim milk 	<ul style="list-style-type: none"> ○ Greek yogurt ○ diced apple ○ Bear Naked Fit granola
Snack grain	<ul style="list-style-type: none"> ○ Kashi® Trail Mix Cookie 	<ul style="list-style-type: none"> ○ Nature Valley Almond Crunch Bar 	<ul style="list-style-type: none"> ○ Kashi® Sea Salt Pita Chips 	<ul style="list-style-type: none"> ○ Wheat Thins Fiber Select – Garden Vegetable 	<ul style="list-style-type: none"> ○ Hy-Vee Whole Grain Caramel Corn rice cakes 	<ul style="list-style-type: none"> ○ Hy-Vee graham crackers 	<ul style="list-style-type: none"> ○ Pretzel Goldfish
Lunch whole grain vegetable dairy protein	<ul style="list-style-type: none"> ○ whole wheat pasta ○ Ragu Traditional Pasta Sauce ○ asparagus ○ shredded cheddar cheese 	<p><u>Chicken Salad:</u></p> <ul style="list-style-type: none"> ○ Hy-Vee premium chicken breast ○ mayonnaise ○ pita pocket ○ carrot sticks ○ Hy-Vee light yogurt 	<ul style="list-style-type: none"> ○ Triscuits ○ cheddar cheese ○ Hy-Vee sliced low-sodium turkey ○ skim milk ○ assorted veggies, sliced 	<ul style="list-style-type: none"> ○ Hy-Vee Italian Tuscano cheese pizza ○ skim milk ○ lettuce salad with light French dressing 	<ul style="list-style-type: none"> ○ whole wheat tortilla ○ hummus ○ tomato slices ○ spinach leaves ○ low-fat cottage cheese 	<p><u>Leftovers:</u></p> <ul style="list-style-type: none"> ○ <i>Coca-Cola™ Pot Roast</i> ○ Hy-Vee stir-fry with noodles ○ skim milk 	<p><u>Grilled Cheese and Tomato Soup:</u></p> <ul style="list-style-type: none"> ○ whole wheat bread ○ cheese slice ○ Hy-Vee tomato soup ○ skim milk
Snack fruit	<ul style="list-style-type: none"> ○ kiwi 	<ul style="list-style-type: none"> ○ pear 	<ul style="list-style-type: none"> ○ banana 	<ul style="list-style-type: none"> ○ apple 	<ul style="list-style-type: none"> ○ grapes 	<ul style="list-style-type: none"> ○ unsweetened applesauce 	<ul style="list-style-type: none"> ○ peach
Supper whole grain vegetable dairy protein	<ul style="list-style-type: none"> ○ butterfly pork chops ○ broccoli ○ <i>Baked Stuffed Apples with Caramel Topping</i> ○ skim milk 	<ul style="list-style-type: none"> ○ lean chuck roast ○ baked potato ○ strawberries ○ skim milk 	<ul style="list-style-type: none"> ○ <i>Baked Italian Pasta</i> ○ lettuce salad ○ watermelon ○ skim milk 	<ul style="list-style-type: none"> ○ <i>Mustard-Glazed Salmon</i> ○ baby carrots ○ pear ○ skim milk 	<ul style="list-style-type: none"> ○ <i>Coca-Cola™ Pot Roast</i> ○ Sugar snap peas ○ mango ○ skim milk 	<ul style="list-style-type: none"> ○ chicken drumsticks ○ <i>Basmati Rice Salad</i> ○ grapes ○ skim milk 	<ul style="list-style-type: none"> ○ hamburger with bun ○ Brussels sprouts ○ apple ○ skim milk

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Baked Stuffed Apples with Caramel Topping – Serves 1

All you need

- 1 apple, washed and cored
- 1 tsp softened butter
- 1 tbsp brown sugar
- 1 pinch cinnamon
- 1 tbsp quick-cooking oats
- 2 tsp chopped walnuts
- 1 tbsp fat-free caramel sauce (optional)

All you do

1. Wash and core a whole apple. Set it in a small microwave-safe bowl.
2. In a separate small bowl, combine butter, brown sugar, cinnamon, oats and walnuts.
3. Spoon this mixture down into the cored apple.
4. Microwave on HIGH for about 4 minutes or until tender.
5. Let sit a couple of minutes before eating. Drizzle with caramel sauce if desired.

Nutrition Facts: 210 calories, 8g fat, 3g saturated fat, 0g trans fat, 10mg cholesterol, 5mg sodium, 37g carbohydrates, 4g fiber, 28g sugar, 2g protein
Daily Values: 4% vitamin A, 10% vitamin C, 4% calcium, 4% iron

Baked Italian Pasta – Serves 8

All you need

- 1 (16 oz) bag Hy-Vee large elbow macaroni
- 1 tsp Grand Selections olive oil
- 1/2 cup chopped onion
- 3/4 cup chopped green bell pepper
- 1 clove garlic, minced
- 1 (8 oz) package sliced fresh mushrooms
- 1 (28 oz) can Hy-Vee Italian crushed tomatoes
- 1 (15 oz) can Hy-Vee tomato sauce
- 1/4 tsp Hy-Vee black pepper
- 1/2 cup Hy-Vee 1% milk cottage cheese
- 1-1/2 cups Hy-Vee 2% milk shredded mozzarella cheese, divided

All you do

1. Preheat oven to 375°F. Spray a 9-by-13-inch baking pan with non-stick cooking spray; set aside.
2. Prepare elbow macaroni according to package directions; drain and return to pot.
3. In a large skillet, heat olive oil over medium heat. Add onion, bell pepper, garlic and mushrooms; cook until tender. Add crushed tomatoes, tomato sauce and black pepper. Bring to a boil; reduce heat and simmer 15 minutes, stirring occasionally.
4. Combine tomato mixture, cottage cheese and 3/4 cup mozzarella with the pasta; pour into prepared pan. Sprinkle with remaining mozzarella. Cover and bake 20 minutes.

Nutrition Facts per serving: 330 calories, 5g fat, 2g saturated fat, 0g trans fat, 10mg cholesterol, 590mg sodium, 57g carbohydrates, 6g fiber, 7g sugar, 17g protein.
Daily Values: 30% vitamin A, 40% vitamin C, 20% calcium, 20% iron.

Mustard-Glazed Salmon – Serves 4

All you need

- 2 tbsp stone-ground mustard
- 2 tbsp Hy-Vee orange marmalade
- ¼ tsp Hy-Vee salt
- 4 (4 oz each) salmon fillets

All you do

1. Combine mustard, orange marmalade and salt in a small bowl. Set aside.
2. Place salmon fillets skin-side-down on a greased baking pan. Spread each fillet with mustard mixture.
3. Bake in a 425-degree oven for 12-15 minutes or until fish flakes easily with a fork.

Nutrition Facts per serving: 170 calories, 5g fat, 1g saturated fat, 0 g trans fat, 50 mg cholesterol, 330 mg sodium, 7 g carbohydrates, 0 g fiber, 6 g sugar, 23 g protein.
Daily Values: 2% vitamin A, 0% vitamin C, 2 % calcium, 2% iron.

Coca-Cola™ Pot Roast – Serves 8

All you need

- 1 (2.5 pound) lean chuck roast
- 1 envelope Hy-Vee onion soup mix
- 1 (12 ounce) can Coca-Cola™*
- 2 tbsp Hy-Vee flour
- 1/4 cup cold water

All you do

1. Place chuck roast in a greased slow cooker. Sprinkle onion soup mix over roast. Pour Coca-Cola™ on top.
2. Cover and cook on LOW for 8 hours or until roast is tender.
3. Remove roast from slow cooker. Pour cooking liquid into a saucepan; skim off and discard fat. Bring cooking liquid to a simmer. Whisk together flour and water and whisk into cooking liquid. Simmer for 5 to 10 minutes or until desired consistency is reached. Gravy will thicken upon standing.
4. Serve roast with gravy.
5. *Variation: Use Diet Coke™ instead of Coca-Cola™.

Nutrition facts per serving (using regular Coca-Cola™): 220 calories, 6g fat, 2.5g saturated fat, 0g trans fat, 60mg cholesterol, 360mg sodium, 9g carbohydrate, 1g fiber, 5g sugar, 29g protein. Daily values: 0% vitamin A, 0% vitamin C, 2% calcium, 15% iron.

Basmati Rice Salad – serves 6

All you need

- 2 cups prepared basmati rice
- ½ cup balsamic vinaigrette salad dressing
- ¼ cup chopped green onion
- ¼ cup Hy-Vee dried cranberries
- 2 tbsp Hy-Vee slivered almonds, toasted
- 1 tbsp Hy-Vee sugar

All you do

- Stir all ingredients together in a medium bowl. Cover and refrigerate 2 hours or until ready to serve.

Nutrition Facts per serving: 160 calories, 4 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 300 mg sodium, 30 g carbohydrates, 1 g fiber, 6 g sugar, 2 g protein.
Daily Values: 0% vitamin A, 2% vitamin C, 2% calcium, 2% iron.