

Plan, Shop, Fix, and Eat



1. Plan

Plan meals for your family for a week, two weeks or longer—whatever works for you.



2. Shop

Make a list of all the food you will need for your meals. Shop for a week at a time and stick to your list.



3. Fix

Stick to your menu plan for your meals. Make simple healthy meals for your family.



4. Eat

Eat together as a family without the TV.

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INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

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Plan: Know What's for Dinner

MEALS TO REMEMBER

Sometimes the hardest part about fixing dinner is deciding what to make. List the meals you and your family enjoy to help you plan your week. Post the list in a handy spot like the inside door of a cabinet. Keep adding new favorites.

MAIN DISH

(chicken, beef, pork, fish, pasta, beans, tofu, etc.)

SIDE DISHES

(salad, vegetables, fruit, potatoes, rice, etc.)

Plan your dinners for the week. It will help with shopping and save time.

WHAT'S FOR DINNER?

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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Shop: Get the Best for Less

Eat Smart for Less

- Apple, 1 small
Cheese, 1 ounce
- Banana, 1 small
Peanut butter, 1 tablespoon
- Carrot and celery sticks (1 carrot, 1 rib celery)
Low-fat ranch dip, 2 tablespoons
- Applesauce, ½ cup
Graham crackers, 2 sheets
- Low-fat yogurt, 8-ounce cup
- Orange, 1 medium
- Pudding cup
- Popcorn, 3 cups
Orange juice spritzer (½ cup 100% juice with ½ cup club soda)
- Cereal, toasted oats, 1 cup
Low-fat milk, ½ cup
- Cucumber slices, ½ cup
Salsa, 4 tablespoons



Eating healthy does not have to be expensive. For about the cost of a soft drink, you can eat a healthy, quick and delicious snack. Most snacks on this page are less than the price of one soft drink from a vending machine.

USE UNIT PRICING TO SELECT THE BEST VALUE.



size of the package of food

price per ounce

price of the package of food

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Tomato Basil Soup

Makes 4 servings | Serving Size: 1 cup

 **Tips:** Transfer soup to shallow containers no more than 2 inches deep. Refrigerate promptly.

Nutrition information

Per Serving

101 Calories	
Total Fat	4 g
Saturated Fat	1 g
Protein	5 g
Total Carbohydrate	13 g
Dietary Fiber	3 g
Sodium	182 mg

Ingredients

- 1 onion (medium, chopped)
- 1 tablespoon olive oil
- 2 garlic clove (crushed, or ¼ teaspoon garlic powder)
- 1 can tomatoes (14½ ounce, drained and chopped)
- ⅛ teaspoon red pepper (ground, a pinch)
- 1 teaspoon basil (dried)
- 2 cups non-fat milk
- Salt and pepper (optional, to taste)

Directions

1. In a medium saucepan, cook onion in oil over medium heat, stirring frequently until golden brown, about 4 minutes.
2. Add garlic and cook 1 minute longer. Add chopped tomatoes.
3. Cook uncovered over medium heat for 10 minutes.
4. Spoon ¾ of mixture into food processor or blender container; puree until smooth. Return to saucepan.
5. Add red pepper, basil, and milk to the soup. Heat until hot but do not boil. Season to taste with salt and pepper (optional). Serve immediately.

MOVE MORE 

Park and Walk

This week, take every chance to park in the back of the parking lot and walk. Or park a couple of blocks away and take a short walk to get where you need to go. Walking is a great way to move more. For every 20 minutes of walking at a brisk pace, you burn 106 calories.



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Tuna Burgers

Makes 6 servings | Serving Size: 1 patty



Tips: Serve on whole-wheat buns. Add lettuce, tomato, cucumbers and shredded carrots as condiments to build a healthy burger. Tuna can be substituted with low-sodium canned chicken or salmon if preferred.



Ingredients

- 2 (4.5-ounce) cans low-sodium tuna, packed in water
- 1 cup breadcrumbs, divided
- 1 cup low-fat cheddar cheese, shredded
- 1 egg, lightly beaten
- ½ cup non-fat ranch salad dressing
- ¼ cup finely chopped onion
- Non-stick cooking spray
- Dash of chipotle (optional)

Directions

1. Drain tuna. Separate into flakes using a fork.
2. In a medium bowl, combine tuna, ½ cup breadcrumbs, cheese, egg, salad dressing and onion.
3. Form six patties; coat each side with remaining ½ cup breadcrumbs.
4. Spray non-stick skillet with cooking spray; heat to medium heat.
5. Cook patties 3–5 minutes on each side until golden brown and internal temperature of each patty reaches 160°F.



Nutrition information Per Serving

230 Calories
Total Fat 8 g
Saturated Fat 4 g
Protein 17 g
Total Carbohydrate 20 g
Dietary Fiber 3 g
Sodium 430 mg



Good Source of Calcium



Good Source of Iron

Recipe analyzed using very low-sodium tuna in water.

MOVE MORE



Park and Walk

Taking the parking space closest to the door is convenient, but you don't get any physical activity! When you go shopping, try parking at the back of the parking lot. It will only take you a few extra minutes and you will be adding steps to your day.

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Beefy Skillet Dinner

Makes 5 servings | Serving Size: 1 cup

 **Tip:** To reduce sodium even further, look for canned vegetables with no salt added.

Nutrition information

Per Serving

225 Calories

Total Fat 5 g

Saturated Fat 2 g

Protein 25 g

Total Carbohydrate 27 g

Dietary Fiber 3 g

Sodium 460 mg

 **Excellent Source of Vitamin C**

 **Good Source of Iron**

 **Good Source of Vitamin A**

 **Good Source of Fiber**

Recipe analyzed using extra-lean ground beef.

Ingredients

- 1 pound lean or extra-lean ground beef or turkey
- 3 tablespoons Easy Onion Soup Mix (recipe below)
- 1½ cups water
- ⅓ cup chopped onion
- 1 (8-ounce) can tomato sauce
- 1 (8-ounce) can corn, drained
- ¾ cup uncooked whole-wheat macaroni
- ½ cup reduced-fat cheddar cheese, shredded

Directions

1. For Easy Onion Soup Mix, combine the following ingredients. Measure 3 tablespoons for use in this recipe. Save remainder to add flavor to other recipes.
 - 1 teaspoon black pepper
 - 1 teaspoon garlic powder
 - 1 tablespoon cornstarch
 - 1 tablespoon onion flakes
 - 1 tablespoon onion powder
 - 1 teaspoon sodium-free beef bouillon
2. Brown ground beef or turkey in a large skillet. Drain. Return meat to skillet.
3. Stir in soup mix, water, onions, tomato sauce, corn and macaroni.
4. Bring mixture to a boil. Cover and simmer for 10 minutes.
5. Remove cover and simmer until macaroni is tender; stir occasionally. For recipe made with ground beef, temperature should reach 160°F. If made with ground turkey, the temperature should reach 165°F.
6. Top with cheese.

160°F

165°F

MOVE MORE 

Park and Walk

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Whole Meal Salad

Makes 1 serving | Serving Size: 1 salad



 **Tips:** Wash lettuce just before using by running cold water over leaves. Leaves can be difficult to clean, so immersing them in a bowl of cold water for a few minutes helps loosen sand and dirt.

Nutrition information

Per Serving

210 Calories	
Total Fat	8 g
Saturated Fat	1 g
Protein	13 g
Total Carbohydrate	22 g
Dietary Fiber	6 g
Sodium	420 mg

Ingredients

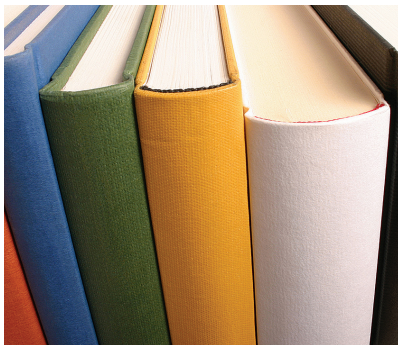
- 2 cups salad greens (romaine, spinach or mixture), washed
- 1 cup chopped vegetables and/or fruits, such as cucumber, frozen peas (thawed), onion, tomato, strawberries, avocado or carrots
- 1 ounce* chopped cooked chicken, beef or pork; 1 hard-cooked egg; or ¼ cup canned beans, drained
- 1 tablespoon chopped dried fruit, shredded cheese or chopped nuts
- 2 tablespoons low-fat salad dressing

* 1 ounce is about $\frac{1}{3}$ the size of a deck of playing cards.

Directions

1. Arrange greens on a large plate or in a bowl.
2. Add vegetables and/or fruits plus meat or beans.
3. Add dried fruit, cheese or nuts.
4. Add dressing.

MOVE MORE



Check It Out!

Visit your local library and check out a book on exercise. Or better yet, download an online video and follow along. Choose a video that the whole family will enjoy. *What day this week could you go to the library to see what they have to choose from?*

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Ramen Noodle Skillet

Makes 4 servings | Serving Size: 1¾ cup

Nutrition information

Per Serving

340 Calories

Total Fat 11 g

Saturated Fat 4 g

Protein 42 g

Total Carbohydrate 15 g

Dietary Fiber 2 g

Sodium 280 mg

Ingredients

- 2 teaspoons oil (canola or vegetable)
- 1 cup onion, chopped (about 1 medium onion)
- 1 carrot (chopped or sliced into small pieces)
- 2 cups frozen broccoli stir fry vegetable mixture, thawed
- 2 cups cooked meat or poultry (cut into bite-size pieces)
- 1 package (3 ounces) beef flavored instant ramen noodles (broken into pieces)
- 1 cup water or broth

Directions

1. Heat oil in a large skillet. Add onion and carrots and sauté until soft (about 5 minutes).
2. Thaw the broccoli mixture in the microwave and drain.
3. Add the broccoli and cooked meat to the skillet. Stir and heat (about 1-2 minutes).
4. Add the noodle seasonings to the water/broth and stir into the skillet.
5. Break apart the ramen noodles. Add to the skillet when the water/broth simmers. Stir to moisten the noodles. Cover the skillet and cook until done (about 2 minutes). Serve immediately.

Adapted from Spend Smart Eat Smart by Iowa State University Extension and Outreach.

MOVE MORE

Have a Family Parade

Have everyone get in a line and have a fun family parade. You can march, bounce, and skip along your parade routes through your house or out in the yard. *What day this week will you and your family have a parade?*



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