

Quad City Hy-Vees and YMCAs  
*Family Makeover Challenge 2011*

WEEK TWO

	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
<b>Breakfast</b> whole grain fruit dairy protein	<ul style="list-style-type: none"> <li>○ Arnold's whole wheat bread</li> <li>○ fresh plum</li> <li>○ Hy-Vee peanut butter</li> <li>○ skim milk</li> </ul>	<ul style="list-style-type: none"> <li>○ Cascadian Farms granola</li> <li>○ fresh/frozen blueberries</li> <li>○ Kalona Organic Vanilla yogurt</li> </ul>	<ul style="list-style-type: none"> <li>○ Jimmy Dean D-Light breakfast sandwich</li> <li>○ orange</li> </ul>	<ul style="list-style-type: none"> <li>○ Hy-Vee eggs, scrambled</li> <li>○ 1 oz Colby Jack cheese</li> <li>○ Hy-Vee whole wheat tortilla</li> <li>○ Hy-Vee HealthMarket pineapple salsa</li> <li>○ peach</li> </ul>	<ul style="list-style-type: none"> <li>○ 100% whole wheat bagel thin, toasted</li> <li>○ fresh berries</li> <li>○ low-fat cream cheese</li> <li>○ drizzle of agave nectar</li> </ul>	<ul style="list-style-type: none"> <li>○ Hy-Vee instant flaxseed oatmeal</li> <li>○ skim milk</li> <li>○ frozen cherries</li> </ul>	<p><i>Make it a wrap!</i></p> <ul style="list-style-type: none"> <li>○ Hy-Vee whole wheat tortilla</li> <li>○ almond butter</li> <li>○ banana</li> <li>○ skim milk</li> </ul>
<b>Snack</b> grain	<ul style="list-style-type: none"> <li>○ Hy-Vee whole grain caramel rice cakes</li> </ul>	<ul style="list-style-type: none"> <li>○ Food Should Taste Good multi grain chips</li> </ul>	<ul style="list-style-type: none"> <li>○ Dr. Kracker™ crackers</li> </ul>	<ul style="list-style-type: none"> <li>○ Stacy's whole grain pita chips</li> </ul>	<ul style="list-style-type: none"> <li>○ Nature's Valley granola thin</li> </ul>	<ul style="list-style-type: none"> <li>○ Hy-Vee frosted bite-size shredded wheat</li> </ul>	<ul style="list-style-type: none"> <li>○ Reduced-fat popcorn</li> </ul>
<b>Lunch</b> whole grain vegetable dairy protein	<ul style="list-style-type: none"> <li>○ Full Circle Organic Chili</li> <li>○ celery sticks</li> <li>○ Hy-Vee woven wheat crackers</li> <li>○ skim milk</li> </ul>	<ul style="list-style-type: none"> <li>○ Hy-Vee rotisserie chicken</li> <li>○ steamed broccoli</li> <li>○ Take-N-Bake multigrain ciabatta rolls</li> </ul>	<ul style="list-style-type: none"> <li>○ Hy-Vee whole wheat pasta</li> <li>○ Midwest Country Fare Garden Vegetable spaghetti sauce</li> <li>○ Parmesan cheese</li> </ul>	<ul style="list-style-type: none"> <li>○ Gourmet Dining Garlic Chicken meal kit</li> <li>○ Hy-Vee frozen stir-fry vegetables</li> <li>○ skim milk</li> </ul>	<ul style="list-style-type: none"> <li>○ Smart Chicken™ breasts (seasoned with Mrs. Dash)</li> <li>○ green beans</li> <li>○ Uncle Ben's whole grain brown rice</li> <li>○ skim milk</li> </ul>	<ul style="list-style-type: none"> <li>○ Ocean Eclipse single-portion salmon or tilapia</li> <li>○ Bird's Eye vegetables</li> <li>○ Noosa yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>○ Hy-Vee Italian Tuscano pepperoni pizza</li> <li>○ baby carrots</li> <li>○ Bolthouse yogurt ranch dressing</li> </ul>
<b>Snack</b> fruit	<ul style="list-style-type: none"> <li>○ Honeycrisp apple</li> </ul>	<ul style="list-style-type: none"> <li>○ grapes</li> </ul>	<ul style="list-style-type: none"> <li>○ strawberries</li> </ul>	<ul style="list-style-type: none"> <li>○ Hy-Vee unsweetened applesauce</li> </ul>	<ul style="list-style-type: none"> <li>○ pear</li> </ul>	<ul style="list-style-type: none"> <li>○ peach</li> </ul>	<ul style="list-style-type: none"> <li>○ orange</li> </ul>
<b>Supper</b> whole grain vegetable dairy protein	<ul style="list-style-type: none"> <li>○ <i>Golden Delicious Applesauce</i></li> <li>○ Hy-Vee brown rice</li> <li>○ Ocean Eclipse salmon fillets</li> <li>○ skim milk</li> </ul>	<ul style="list-style-type: none"> <li>○ <i>Mango Glazed Chicken</i></li> <li>○ Hy-Vee green beans</li> <li>○ baked potato</li> <li>○ Noosa yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>○ Hy-Vee herb-roasted chicken</li> <li>○ steamed vegetable</li> <li>○ mashed potatoes</li> <li>○ skim milk</li> </ul>	<ul style="list-style-type: none"> <li>○ <i>Flavor-Bursting Shrimp Scampi</i></li> <li>○ Dole salad kit</li> <li>○ Baking Stone honey &amp; grain &amp; seed bread</li> <li>○ skim milk</li> </ul>	<ul style="list-style-type: none"> <li>○ <i>Hy-Vee Chinese beef &amp; broccoli</i></li> <li>○ skim milk</li> </ul>	<ul style="list-style-type: none"> <li>○ <i>Slow-Cooked Pot Roast with Vegetables</i></li> <li>○ Hy-Vee 100% multigrain bread</li> <li>○ Chobani Greek yogurt</li> </ul>	<ul style="list-style-type: none"> <li>○ <i>Green Grapes with Feta Cheese &amp; Honey</i></li> <li>○ Amana sirloin steaks</li> <li>○ whole wheat rolls</li> </ul>

The Family Makeover Challenge 2011 is presented by the Quad City YMCAs and Hy-Vee stores. *Italicized supper recipes may be found on the back side of the menu and at [www.hy-vee.com](http://www.hy-vee.com).*

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**Golden Delicious Applesauce** (Serves 6)

**All you need**

- 5 Golden Delicious apples, peeled and cubed
- ½ cup Hy-Vee granulated sugar
- 3 tbsp Hy-Vee lemon juice
- ½ cup water
- 1 tsp Hy-Vee ground cinnamon
- 1 tsp Hy-Vee vanilla

**All you do**

1. In a microwave-safe bowl, combine apples, sugar, lemon juice and water. Microwave uncovered on HIGH for 15 minutes.
2. Mash with a potato masher until desired consistency is reached.
3. Stir in cinnamon and vanilla.

**Nutrition Facts** per serving: 140 calories, 0 g fat, 0 mg cholesterol, 0 mg sodium, 36 g carbohydrates, 4 g fiber, 30 g sugar, 0 g protein.

**Mango-Glazed Chicken** (Serves 4: 1 breast, ¼ c. sauce, ¾ c. rice)

**All you need**

- 1 mango, peeled, seeded, pureed
- 1 cup Hy-Vee orange juice
- ¼ cup Hy-Vee honey
- 2 tbsp Hy-Vee lemon juice
- 4 (6 oz each) boneless, skinless chicken breasts
- ¼ tsp Hy-Vee salt
- ¼ tsp Hy-Vee pepper
- 2 tsp Grand Selections olive oil
- 3 cups hot, cooked rice

**All you do**

1. Preheat oven to 350 degrees. To make glaze, combine pureed mango, orange juice, honey and lemon juice in a medium saucepan

over medium-high heat. Bring to a boil. Reduce heat to medium-low. Simmer for 10 minutes or until slightly thickened.

2. Season chicken breasts with salt and pepper. Heat olive oil in a large, oven-safe skillet over medium-high heat. Brown chicken breasts on each side.

3. Remove skillet from heat. Carefully pour glaze over the chicken breasts in skillet. Put skillet in oven; bake 10 minutes or until glaze is sticky and chicken breasts reach an internal temperature of 160°F.

4. Serve chicken breasts over hot, cooked rice. Spoon remaining glaze on top of each chicken breast.

**Slow-Cooked Pot Roast with Vegetables** (Serves 8)

**All you need**

- 1 (2.5 pound) chuck roast
- 2 cups water
- 1/2 (1 oz total) envelope Hy-Vee onion soup mix
- 2 pounds potatoes (about 4 medium), peeled and cut into chunks
- 1 (16 oz) bag carrot chips

**All you do**

1. Place roast in a greased slow cooker.
2. Mix together water and onion soup mix. Pour over roast.
3. Top roast with potatoes and carrots.
4. Cover and cook on LOW for 8 hours.

**Nutrition facts** per serving: 300 calories, 6g fat, 2.5g sat fat, 0g trans fat, 85mg cholesterol, 380mg sodium, 29g carbohydrate, 4g fiber, 4g sugar, 31g protein.

**Flavor-Bursting Shrimp Scampi** (Serves 4)

**All you need**

- 1 tbsp Grand Selections olive oil
- 1 lb large peeled and deveined shrimp
- 2 tsp Gourmet Garden™ garlic blend

- 2 tbsp fresh-squeezed lemon juice
- 1 tbsp Gourmet Garden™ basil herb blend
- ¼ tsp sea salt
- Hy-Vee linguine noodles, cooked, optional

**All you do**

1. Heat oil in a large skillet over medium-high heat. Add shrimp and garlic blend. Cook 5 minutes or until shrimp are done, stirring occasionally.
2. Stir in lemon juice, basil herb blend and salt. Serve hot with linguine if desired. *Recipe developed in the Hy-Vee Test Kitchen.*

**Nutrition Facts** per serving: 170 calories, 5 g fat, 1 g sat fat, 0 g trans fat, 170 mg cholesterol, 450 mg sodium, 3 g carbohydrates, 0 g fiber, 1 g sugar, 23 g protein.

**Green Grapes with Feta Cheese & Honey** (Serves 5)

**All you need**

- 4 oz feta cheese, crumbled
- 2 tsp Grand Selections extra-virgin olive oil
- 2 tsp Hy-Vee honey
- Hy-Vee freshly ground pepper to taste
- 2 1/2 cups green grapes (about 1 pound)
- 1 ripe but firm Bartlett or Anjou pear, cut into 1/2-inch wedges
- 6 to 8 fresh basil leaves, thinly sliced

**All you do**

1. Place feta in a small bowl. Drizzle with oil and honey. Add pepper and toss gently.
  2. Shortly before serving, halve grapes lengthwise. Gently toss grapes and pear slices. Scatter the feta over the fruit. Garnish with basil.
- To make ahead: Prepare step 1. Cover and refrigerate for up to 8 hours. *Source: adapted from Eating Well, Inc.*

**Nutrition facts** per serving: 157 calories, 7g fat, 4g saturated fat, 2g monounsaturated fat, 20mg cholesterol, 255mg sodium, 22g carbohydrate, 2g fiber, 4g protein, 205mg potassium.