

# 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 points\*, 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:

- No Ads
- Full color pictures of most meals
- Exclusive Meal Makeover options
- Includes nutritional data & dietary exchanges
- Point values
- 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*\*Popular weight management programs that are based on points do not publish their calculation methods, therefore our point estimates are based on the following formula: (total calories/50) + (total fat/12) - (total fiber/5).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.*

**Hint:** Print menus in draft mode to save ink; print booklet style (2 pages/sheet) to save paper

## Busy Mom Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Penne Pasta Green Bean Casserole Italian Bread	Crustless Quiche Bacon or Sausage Cantaloupe Buttermilk Biscuits	Cheddar Chicken Spaghetti Yellow Squash and Onions	Lemon Pepper Grilled Tilapia Salad Creamed Peas Wild Rice	Mexican Meatball Soup Cornbread Leftover Salad

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### Monday:

Baked Penne Pasta  
Green Bean Casserole  
Italian Bread

Notes: I am adding 5 lbs. of ground beef to the grocery list. Cook all 5 lbs. and use 1 lb. tonight, and freeze the rest in freezer bags for future meals.

### Baked Penne Pasta

Yield: 6-8 Servings

2 tbsp olive oil	1/4 cup Parmesan cheese
1 lb. ground beef, browned (from freezer)	1 tsp oregano
3 tsp garlic, minced	1/2 tsp rosemary
3/4 cup spaghetti sauce	salt and pepper to taste
3/4 cup brown gravy	12 oz. penne pasta, cooked
1/2 cup half and half	1 cup mozzarella cheese, shredded

Cook beef, drain and rinse with hot water to remove excess fat. In a large fry pan, sauté garlic over low heat 1-2 minutes. Add all remaining ingredients except Mozzarella cheese and pasta. Simmer for 10 minutes. Add pasta and pour into a baking dish. Sprinkle Mozzarella cheese on top. Bake at 350°F for 25 minutes.

*Per Serving: 568 Cal (44% from Fat, 19% from Protein, 37% from Carb); 27 g Protein; 28 g Tot Fat; 11 g Sat Fat; 53 g Carb; 6 g Fiber; 3 g Sugar; 566 mg Sodium; 76 mg Cholesterol; Points = 12.9 Exchanges = 2½ Starch - 1 Milk - 2 Lean Meat - 4 Fat*

### Green Bean Casserole\*

Yield: 8 Servings

4 cans green beans	2 tsp ground pepper (or to your liking)
1 1/2 cups French onions	2 cans cream of mushroom soup
2 cups milk	

Mix green beans, milk, pepper, soup and 3/4 can of onions. Bake at 375°F for 35 minutes stirring frequently. Add the remainder of onions and bake 5 minutes.

*Per Serving: 244 Cal (51% from Fat, 9% from Protein, 40% from Carb); 5 g Protein; 14 g Tot Fat; 5 g Sat Fat; 24 g Carb; 4 g Fiber; 5 g Sugar; 1323 mg Sodium; 6 mg Cholesterol; Points = 5.3 Exchanges = 1½ Milk - 1 Other Carb - 3 Veg - 1 Fat*

## Busy Mom Menu

### \*Menus4Moms Substitution: Green Beans

Yield: 4 Servings

1 (16 oz.) pkg. frozen green beans  
1 Tbsp butter

salt and pepper

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

*Per Serving: 44 Cal (54% from Fat, 9% from Protein, 37% from Carb); 1 g Protein; 3 g Tot Fat; 1 g Sat Fat; 4 g Carb; 2 g Fiber; 1 g Sugar; 24 mg Sodium; 0 mg Cholesterol; Points = 0.7 Exchanges = 1 Veg - ½ Fat*

### 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; Points = 1.6 Exchanges = 1 Starch*



### Tuesday:

Crustless Quiche  
Bacon or Sausage  
Cantaloupe  
Buttermilk Biscuits

Notes: none

### Crustless Quiche\*

Yield: 4 Servings

5 eggs  
1/4 cup flour  
1/2 tsp salt  
1/2 tsp baking powder

1/4 cup melted butter  
1 cup cottage cheese  
1/2 lb. cheddar cheese, grated

Combine all ingredients and pour into a well-greased 9x9 pan. Bake at 400°F for 15 minutes. Reduce to 350°F and cook for 30-40 more minutes.

*Per Serving: 463 Cal (67% from Fat, 26% from Protein, 7% from Carb); 30 g Protein; 34 g Tot Fat; 16 g Sat Fat; 8 g Carb; 0 g Fiber; 2 g Sugar; 923 mg Sodium; 358 mg Cholesterol; Points = 12.1 Exchanges = ½ Starch - 4 Lean Meat - 10 Fat*

### \*Menus 4 Moms Makeover: Crustless Quiche

Yield: 4 Servings

5 eggs  
1/4 cup flour  
1/2 tsp salt  
1/2 tsp baking powder

1/4 cup melted butter  
1 cup fat free cottage cheese  
1/2 Lb low fat cheddar cheese,  
grated

Combine all ingredients and pour into a well-greased 9x9 pan. Bake at 400°F for 15 minutes. Reduce to 350°F and cook for 30-40 more minutes.

*Per Serving: 359 Cal (57% from Fat, 33% from Protein, 10% from Carb); 30 g Protein; 23 g Tot Fat; 7 g Sat Fat; 8 g Carb; 0 g Fiber; 2 g Sugar; 959 mg Sodium; 311 mg Cholesterol; Points = 9.0 Exchanges = ½ Starch - 1 Milk - 4 Lean Meat - 4 Fat*

## Busy Mom Menu

### Bacon

Yield: 6-8 Servings

*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.*

1 pkg. bacon

*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; Points = 2.7 Exchanges = 1 Lean Meat - 2½ Fat*

### Cantaloupe

Yield: 6 Servings

3 cups cantaloupe, seeded and sliced

*Per Serving: 40 Cal (5% from Fat, 9% from Protein, 87% from Carb); 1 g Protein; 0 g Tot Fat; 0 g Sat Fat; 10 g Carb; 1 g Fiber; 9 g Sugar; 19 mg Sodium; 0 mg Cholesterol; Points = 0.6 Exchanges = ½ Fruit*

### Buttermilk Biscuits

Yield: 24 Servings

4 cups self-rising flour  
1/2 cup butter

1 1/2 cups buttermilk

Combine flour and butter, cutting with a fork. Stir in buttermilk. Add more flour if too wet, more buttermilk if too dry. When dough is rolling consistency, knead a few times and turn out onto a floured surface. Roll out and cut with a biscuit cutter or upside down glass. Bake half of the biscuits on cookie sheet at 475°F until brown. Place the other half of the biscuits on a cookie sheet or other flat pan and put in the freezer until frozen. Before going to bed or early the next morning, bag the biscuits in a dated freezer bag for later use. If cooking thawed biscuits, follow normal cooking instructions. To cook frozen biscuits, extend cooking time. Serve hot biscuits with butter and jelly.

*Per Serving: 114 Cal (33% from Fat, 9% from Protein, 57% from Carb); 3 g Protein; 4 g Tot Fat; 3 g Sat Fat; 16 g Carb; 1 g Fiber; 1 g Sugar; 308 mg Sodium; 11 mg Cholesterol; Points = 2.5 Exchanges = 1 Other Carb - 1 Fat*

## Busy Mom Menu



### Wednesday:

Cheddar Chicken Spaghetti  
Yellow Squash and Onions

Notes: *none*

### Cheddar Chicken Spaghetti

Yield: 8 Servings

2 cups spaghetti, broken in half	1 cup milk
2 cups chicken, cooked, cubed (from freezer)	1 Tbsp pimentos, diced (optional)
2 cups shredded cheddar cheese, divided	1 can green chilies (optional)
1 can cream of chicken soup, undiluted	1 Tbsp tarragon
	1/4 tsp salt
	1/4 tsp pepper

Cook spaghetti according to package directions. Meanwhile, in a bowl, combine the chicken, 1 cup cheese, soup, milk, pimentos, green chilies, tarragon, salt and pepper. Drain spaghetti, add to the chicken mixture and toss to coat. Transfer to a greased 13 x 9 x 2 baking dish. Sprinkle with the remaining cheese. Bake, uncovered at 350°F for 20-25 minutes or until heated through.

*Per Serving: 299 Cal (49% from Fat, 31% from Protein, 20% from Carb); 23 g Protein; 16 g Tot Fat; 9 g Sat Fat; 15 g Carb; 1 g Fiber; 2 g Sugar; 660 mg Sodium; 71 mg Cholesterol; Points = 7.2 Exchanges = 1 Starch - 1½ Very Lean Meat - 1 Lean Meat - 4 Fat*

### Yellow Squash and Onions

Yield: 6 Servings

4 summer squash (yellow squash)	2 Tbsp butter
1 cup onion, chopped	

Wash squash and slice into thin slices. Slice onion into thin slices. Melt butter in a large saucepan and add squash and onions. Sauté until squash is tender and onion is caramelized (turns sweet and brown). Salt to taste.

*Per Serving: 56 Cal (58% from Fat, 8% from Protein, 34% from Carb); 1 g Protein; 4 g Tot Fat; 1 g Sat Fat; 5 g Carb; 1 g Fiber; 3 g Sugar; 33 mg Sodium; 0 mg Cholesterol; Points = 1.2 Exchanges = 1 Veg - 1 Fat*



### Thursday:

Lemon Pepper Grilled Tilapia  
Salad  
Creamed Peas  
Wild Rice

Notes: Make enough salad tonight for leftovers tomorrow. Add crunchy items each night right before serving to keep from getting soggy.

## Busy Mom Menu

### Lemon Pepper Grilled Fish

Yield: 6 Servings

2 Lb tilapia or croaker, crappie, Bass, whiting (sea mullet), 1/2 cup vinegar	1/2 cup vegetable oil 1 Tbsp lemon pepper 1 Tbsp Adobo* or garlic salt
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Place fish in a shallow dish for marinating. Combine all other ingredients and pour over fish. Marinate 20 minutes. Grill over medium heat until flesh is white and flaky.

*Per Serving: 216 Cal (82% from Fat, 16% from Protein, 2% from Carb); 9 g Protein; 20 g Tot Fat; 3 g Sat Fat; 1 g Carb; 0 g Fiber; 0 g Sugar; 28 mg Sodium; 29 mg Cholesterol; Points = 5.9 Exchanges = 4 Very Lean Meat - 4 Fat*

### Simple Salad

Yield: 4 Servings

*The salad dressing is not included in the nutritional information.*

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

*Per Serving: 112 Cal (51% from Fat, 19% from Protein, 29% from Carb); 6 g Protein; 7 g Tot Fat; 4 g Sat Fat; 8 g Carb; 2 g Fiber; 3 g Sugar; 193 mg Sodium; 18 mg Cholesterol; Points = 2.4 Exchanges = 1 Veg - 1/2 Lean Meat - 2 Fat*

### Creamed Peas\*

Yield: 4 Servings

2 Tbsp butter 2 Tbsp flour 1 cup milk 1 tsp sugar 1/2 tsp salt	dash pepper 2 cups peas (use a 10 oz. box frozen or measure 2-cups from a bag of loose frozen)
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Melt the butter in a saucepan. Add flour and stir with a whisk for 1 minute. Do not brown the flour and butter mixture. Continue stirring constantly and add the milk gradually. Add salt, pepper, and sugar. Heat to a simmer and continue cooking, stirring constantly, for one minute. Add peas and heat to a simmer. Reduce heat and cover. Simmer for 3-5 minutes, or until peas are tender-crisp. Do not overcook.

*Per Serving: 201 Cal (27% from Fat, 19% from Protein, 53% from Carb); 10 g Protein; 6 g Tot Fat; 4 g Sat Fat; 27 g Carb; 8 g Fiber; 4 g Sugar; 819 mg Sodium; 16 mg Cholesterol; Points = 3.7 Exchanges = 1 1/2 Starch - 1 Fat*

### \*Menus4Moms Substitution: Buttered Peas

Yield: 5 Servings

1 (16 oz) Pkg. peas, frozen 1 Tbsp butter	salt and pepper, to taste
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Cook according to package directions. Drain. Add butter, salt and pepper to taste.

*Per Serving: 60 Cal (36% from Fat, 17% from Protein, 47% from Carb); 3 g Protein; 2 g Tot Fat; 1 g Sat Fat; 7 g Carb; 3 g Fiber; 2 g Sugar; 180 mg Sodium; 6 mg Cholesterol; Points = 0.8 Exchanges = 1/2 Starch - 1/2 Fat*

## Busy Mom Menu

### Wild Rice

Yield: 4 Servings

2 cups wild rice

Cook Rice according to package directions.

*Per Serving: 51 Cal (3% from Fat, 15% from Protein, 82% from Carb); 2 g Protein; 0 g Tot Fat; 0 g Sat Fat; 11 g Carb; 1 g Fiber; 0 g Sugar; 2 mg Sodium; 0 mg Cholesterol; Points = 0.8 Exchanges = 1 Starch*



### Friday:

Mexican Meatball Soup  
Cornbread  
Leftover Salad

### Notes:

1. Using minced garlic in a jar makes this and other recipes easier to clean up.
2. Use last night's extra salad tonight, adding crunchy ingredients and salad dressing just before serving.

### Mexican Meatball Soup

Yield: 6 Servings

1 Lb frozen Italian meatballs (store-bought or homemade from freezer*)	3 cups beef broth
2/3 cup sautéed onion (from freezer)	2 cups salsa
2/3 cup sautéed green bell pepper (from freezer)	1 Tbsp chili powder
3 tsp garlic, minced	1/4 tsp ground cumin
	1 cup pasta shells
	2 cup cheddar cheese, shredded
	1/4 cup sour cream
	1 Tbsp fresh cilantro, chopped

Combine meatballs, onion, green pepper, garlic, beef broth, salsa, chili powder, and cumin in a crockpot. Cover and cook on low for 5-7 hours. Add pasta and seasonings, stir well, cover, and cook on low an additional hour or until pasta is tender. Garnish with cheese, sour cream, and cilantro.

*Per Serving: 358 Cal (48% from Fat, 33% from Protein, 19% from Carb); 30 g Protein; 19 g Tot Fat; 8 g Sat Fat; 17 g Carb; 3 g Fiber; 4 g Sugar; 1248 mg Sodium; 65 mg Cholesterol; Points = 8.2  
Exchanges = 1/2 Starch - 1 Milk - 1 1/2 Veg - 3 1/2 Lean Meat - 1 1/2 Fat*

### Cornbread

Yield: 4 Servings

1 cup cornmeal	1/4 cup olive oil
1 cup flour	1 cup milk
1/4 cup sugar	1 egg
3 tsp baking powder	1 can corn, drained
1 tsp salt	

Preheat oven to 425°F. Put half of the olive oil in a 9x9x2 cast iron skillet and preheat in oven without burning oil. Mix all remaining ingredients in a bowl. Pour batter into preheated cast iron skillet and bake for 20-25 minutes or until done.

*Per Serving: 399 Cal (7% from Fat, 11% from Protein, 81% from Carb); 11 g Protein; 3 g Tot Fat; 1 g Sat Fat; 82 g Carb; 4 g Fiber; 18 g Sugar; 1189 mg Sodium; 54 mg Cholesterol; Points = 7.5 Exchanges = 3 Starch - 1/2 Other Carb - 2 Veg - 1/2 Fat*

### Leftover Salad

## Busy Mom Menu

### Regular Grocery List: October 12-16, 2009

#### Bread

Italian Bread 1@ 2.50

#### Canned Vegetables

Canned Corn 14.5 oz 1@ 0.75  
Canned Green Beans - 15 oz. 4@ 1.00  
French onions (Durkee) - 6oz 2@ 2.00  
Pimiento - 4 oz 1@ 2.00

#### Cheese

Cheddar, Shredded - 2 cups 3@ 2.50  
Cottage Cheese, 8 oz 1@ 1.00  
Mozzarella - Shredded 8 oz. 1@ 2.00  
Parmesan Cheese - 8 oz (bag) 1@ 1.99

#### Dairy/spreads

Butter milk 1@ 2.00  
Eggs 1@ 2.00  
Half & Half - 8 oz. 1@ 2.00  
Milk 2% - Gallon 1@ 3.49

#### Ethnic Food

Green Chiles (diced) 1@ 1.00  
Salsa 1@ 2.00

#### Fish

Tilapia - 2 lbs. 1@ 6.00

#### Frozen Vegetables

Peas 1@ 1.50

#### Fruit

Cantaloupe 1@ 2.00

#### Meat

Bacon 1@ 2.50  
Ground Beef - 1 lb. 5@ 2.50

#### Pasta / Rice

Med. pasta shells (pref. WW) 1@ 1.50  
Penne pasta 12 oz. 1@ 1.50  
Spaghetti- 8 oz. 1@ 0.80  
Wild Rice Blend 1@ 2.00

#### Produce

Cilantro, Fresh 1@ 2.00  
Onion (1) 1@ 0.40

Tomatoes, Ripe 1@ 1.00  
Yellow Squash - 3 lbs. 1@ 3.00

#### Sauces

Spaghetti Sauce - 28 oz. 1@ 1.50

#### Soup

Beef Broth 2@ 0.89  
Brown Gravy 1@ 2.00  
Cr. Of Chicken 1@ 1.00  
Cr. Of Mushroom 2@ 1.00

#### Freezer Items

Cooked Chicken - Fr. Freezer  
Meatballs (from freezer)  
Peppers & onions (from freezer)

#### Pantry Items

Adobo  
Baking Powder  
Chili Powder  
Corn Meal  
Croutons  
Cumin  
Flour  
Lemon Pepper  
Non-Stick Cooking Spray  
Olive Oil  
Oregano  
Pepper, Black  
Rosemary, Dried  
Salt  
Self-rising Flour  
Sugar  
Tarragon  
Vegetable Oil (pref. light oil)  
Vinegar

#### Refrig. Items

Baby Carrots  
Butter  
Garlic Cloves  
Jelly  
Lettuce Leaves  
Salad Dressing  
Sour Cream

**Approximate Total: \$83.00**

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

<http://www.menus4moms.com/kitchen/weeklymenu/2009/shoppinglist/091012.ITM>

## Busy Mom Menu

### Meal Makeovers Shopping List\*: October 12-16, 2009

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

#### Bread

Italian Bread 1 @ 2.50

#### Canned Vegetables

Canned Corn 14.5 oz 1 @ 0.75

Pimiento - 4 oz 1 @ 2.00

#### Cheese

Cheddar, Shredded - 2 cups-Low 3 @ 2.50

Cottage Cheese, 8 oz- Fat Free 1 @ 1.00

Mozzarella - Shredded 8 oz. 1 @ 2.00

Parmesan Cheese - 8 oz (bag) 1 @ 1.99

#### Dairy/spreads

Butter milk 1 @ 2.00

Eggs 1 @ 2.00

Half & Half - 8 oz. 1 @ 2.00

#### Ethnic Food

Green Chiles (diced) 1 @ 1.00

Salsa 1 @ 2.00

#### Fish

Tilapia - 2 lbs. 1 @ 6.00

#### Frozen Vegetables

Green Beans 1 @ 2.50

Peas 1 @ 1.50

#### Fruit

Cantaloupe 1 @ 2.00

#### Meat

Bacon 1 @ 2.50

Ground Beef - 1 lb. 5 @ 2.50

#### Pasta / Rice

Med. pasta shells (pref. WW) 1 @ 1.50

Penne pasta 12 oz. 1 @ 1.50

Spaghetti- 8 oz. 1 @ 0.80

Wild Rice Blend 1 @ 2.00

#### Produce

Cilantro, Fresh 1 @ 2.00

Onion (1) 1 @ 0.40

Tomatoes, Ripe 1 @ 1.00

Yellow Squash - 3 lbs. 1 @ 3.00

#### Sauces

Spaghetti Sauce - 28 oz. 1 @ 1.50

#### Soup

Beef Broth 2 @ 0.89

Brown Gravy 1 @ 2.00

Cr. Of Chicken 1 @ 1.00

#### Freezer Items

Cooked Chicken - Fr. Freezer

Meatballs (from freezer)

Peppers & onions (from freezer)

#### Pantry Items

Adobo

Baking Powder

Chili Powder

Corn Meal

Croutons

Cumin

Flour

Lemon Pepper

Non-Stick Cooking Spray

Olive Oil

Oregano

Pepper, Black

Rosemary, Dried

Salt

Self-rising Flour

Sugar

Tarragon

Vegetable Oil (pref. light oil)

Vinegar

#### Refrig. Items

Baby Carrots

Butter

Garlic Cloves

Jelly

Lettuce Leaves

Milk

Salad Dressing

Sour Cream

**Approximate Total: \$72.00**

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

[http://www.menus4moms.com/kitchen/weeklymenu/2009/shoppinglist/091012\\_makeover.ITM](http://www.menus4moms.com/kitchen/weeklymenu/2009/shoppinglist/091012_makeover.ITM)