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**National Nutrition Month
Dietitian-Approved Dinner Meal Plan**

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93% Lean Ground Beef
USDA Choice Top Round Kabobs
USDA Choice Top Round
London Broil
USDA Choice Top Round Stir Fry
Boneless Center Cut Pork Chops

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**Economy -
Up to 25% Savings**

15 lbs. total approximate weight:
85% Lean Ground Beef
Boneless Center Cut Pork Chops
Boneless Pork Tenderloin
USDA Choice Bottom Round Roast
or Steaks
USDA Choice Top Round Beef
Cube Steaks

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19 lbs. total approximate weight:
80 - 81% Lean Fresh Beef Patties
USDA Choice Strip Loin Steaks
(NY Strip)
Pork Baby Back Ribs
(approx. 2 slabs)

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**Fix It and Forget It -
Up to 25% Savings**

15 lbs. total approximate weight:
USDA Choice Chuck Roast
USDA Choice Top Round Stew Meat
USDA Choice Top Round
London Broil
80% Lean Ground Beef Chili Meat

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PRODUCE *Quick Tips*



BOK



CHOY

SELECTION:

- Fresh bok choy is a leafy green vegetable that can be found in the produce section year round. The most familiar varieties of bok choy include the standard variety which grows between 12" to 24" and baby bok choy which is sweeter and grows no more than 10".
- Whichever variety you choose look for stiff, elongated white stalks with crisp green leaves.
- Avoid stalks with orange spots or wilted leaves with black soft spots.

STORAGE:

- Because of its tender leaves, bok choy is best prepared immediately after purchase.
- Store unwashed bok choy in an open plastic container in the crisper section of your refrigerator for no more than 2-4 days and rinse well only before preparation (Excess moisture increases the perishability of bok choy).
- After rinsing bok choy before meal preparation, dry the leaves well to remove moisture and cut about an inch off the bottom of toughest portion of the stalk.

NUTRITION/HEALTH/WELLNESS:

- One shredded cup of bok choy contains only 9 calories and is rich with vitamins A, C, and K.
- Bok choy contains very high amounts of beta carotene and folates. Folates support a healthy cardiovascular system and promote healthy cellular growth during pregnancy which is essential to the baby's development.
- Bok choy is nutrient dense with a broad range of antioxidants that promote healthy oxygenation and support anti-inflammatory responses for the immune system.

FUN FACTS:

- The name bok choy originates from the Chinese inspired by the shape of the leaf which resembles a spoon.
- The first origins of bok choy originated in Egypt and later from Asia and China where it was first cultivated as an important food crop more than 1500 years ago.
- Although bok choy is most commonly associated with Chinese cuisine, Caribbean cuisine infused with bok choy can be found extensively on menus and in markets endearingly referred to as 'joy choy'.



Stir Fried Bok Choy with Soy Sauce



Teriyaki Salmon with Bok Choy



Thai Fried Cod Fish Fillet with Bok Choy



Jolly Time® Butter
Flavored Microwave
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Size Candies 4 oz.
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Snickers® 2.8 oz. Select
Varieties Candy Bar
SAVE 21%



M&M's® Caramel
Chocolate Candies 2.83 oz.
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Oscar Mayer® 16 oz.
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Lunchables® 9.3 - 9.5 oz.
Select Varieties
Lunch Combinations
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Sargento® 12 ct. Select
Varieties Reduced Fat
Cheese Snacks
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Boston Market®
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Gorton's® Popcorn
Shrimp 14 oz.
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PRODUCE STAND



Steamed Baby Bok Choy with a Garlicky Ginger Drizzle



Source: Defense Commissary Agency



Directions:

1. Steam bok choy for five minutes. For those that do not have a steamer, this can be done by placing the bok choy in a microwave safe dish and then adding 2 tbsp. of water. Cover and microwave on high for 2 to 3 minutes. Also, a large deep pan can be used. Just add about four cups of water. Bring it to a boil. Place a heat resistant colander in the pan being sure the water doesn't touch it, and then placing the bok choy in the colander. Cover and "steam" for 5 minutes.
2. While the bok choy is steaming, quickly prepare the sauce for the "drizzle". Heat the oil over medium heat in a sauce pan. Add the onion and cook, until they become translucent. Add the garlic, stirring constantly for 1 minute to prevent the garlic from burning. Add the remaining ingredients and cook until heated through. (1-2 minutes).
3. Place 2 halves of the bok choy on a plate and using a spoon, drizzle the sauce over the bok choy.

Tip:

Serve this dish alongside prepared brown rice and lightly salt and peppered prepared lean protein (chicken breast, ground turkey chicken, or pork loin, etc.).

Ingredients: 4 servings

- 4 bunches of baby bok choy, halved length wise, keep leaves intact
- 4 cloves of garlic, minced
- ½ tsp. ground ginger
- ½ white onion minced
- 1 tbsp. sesame oil
- 1 tbsp. olive oil
- 1 tbsp. soy sauce (optional)
- 1 tbsp. rice wine vinegar
- 3 tbsp. water



청경채
(Bok Choy)



Gorton's® Fish Sandwich Fillets 8 ct.
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Tyson® 25.5 oz. Select Varieties Any'tizers® Wyngz®
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Green Giant® Simply Steam™ Broccoli & Cheese Sauce 10 oz.
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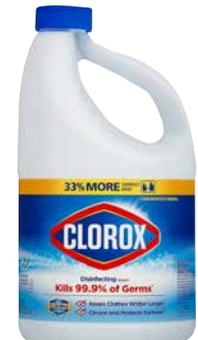
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Dawn® Ultra® 28 fl. oz. Select Varieties Dish Liquid
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Cascade® Platinum Power Dry® Dishwasher Rinse Aid 16 fl. oz.
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MEAT CASE



Easy Unrolled Stuffed Cabbage Skillet Dinner



Source: Defense Commissary Agency



Ingredients: 4 servings

- 1 cup instant brown rice
- 1 lb. lean ground beef, turkey, or pork
- 1 large white onion, finely chopped
- Dash of salt
- 1 tbsp. and 1 tsp. finely minced garlic, or 2 tsp. garlic powder
- 1 tbsp. Italian seasoning
- 1¼ tsp. paprika
- ¾ of medium head of green cabbage, chopped
- 1 (15 oz.) can tomato sauce
- 1 (14-15 oz.) can petite diced tomatoes
- 1½ cup shredded cheddar cheese
- Pepper to taste

Directions:

1. Begin cooking the instant brown rice according to package directions.
2. Meanwhile, in a large skillet, heat olive oil over medium-high heat and add the diced onions with a dash of salt. Continue cooking. Stir occasionally until the onions are tender (about 3 minutes).
3. Add the ground meat to the skillet to brown, stirring occasionally. Cook until there is barely any pink color present in the meat.
4. Add the spices to the cooked meat and mix well. Add the diced tomatoes and sauce, along with ½ cup of water. Once the sauce begins to bubble, add the chopped cabbage and cook for 3-5 minutes covered until the cabbage begins to wilt and shrinks in bulk. Turn the heat down to medium add the rice. Stir gently and cover. Cook until the cabbage is very tender (12-15 more minutes), stirring every 3 to 5 minutes. Remove the cover and sprinkle the top with cheddar cheese. Do not stir. Keep the cover off and continue cooking on low until the cheese melts and the mixture begins to thicken.
5. Remove from the heat and let it rest for 5 minutes before serving.

Tips:

- Mozzarella or Parmesan cheese is a tasty substitute for the cheddar.
- To save on calories and fat, consider omitting the cheese.

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Thinking Outside the Box!



Pressure Cooker Irish Stew

Save a Healthy 20%

The "Thinking Outside the Box" meals offer quick solutions for your busy lifestyle. You can feel confident in knowing they are healthy and economical. You'll also see tips and suggestions on how to use the leftover items after preparing your meal. They feature a key nutrient and align with the Dietary Guidelines for Americans and may even be a tastier and healthier version of a high-fat or high-calorie dish. Find the ingredients for the latest "Thinking Outside the Box" recipe, *Pressure Cooker Irish Stew*, at special savings at your commissary now!



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Swanson® Low Sodium Beef Broth 14.5 oz.
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Thinking Outside the Box!



Pressure Cooker Irish Stew

To lose weight, you need to be in a calorie deficit. No matter how many different diets are out there, at the end of the day, calories do matter. Ideally, a nutrient rich diet that can be maintained long-term and is adopted as a lifestyle is what should be the goal. No matter how many new diets are out there promoting the answer for weight loss, the answer truly is you still have to consume fewer calories than you burn off.

A healthy eating pattern is one that can be maintained to meet health and wellness goals and reduce the risk of chronic disease while meeting the nutrient needs of the body. It really isn't that complicated. Those that consume all of their calories from high sugar, high fat foods, but still remains in a calorie deficit, will still lose weight. But they won't be nourished with key vitamins, minerals, fiber and protein and may be consuming too much fat and sodium that increases the risk for chronic conditions such as heart disease and hypertension. Yet, those that consume only nutrient rich, "whole" or "health foods", but do so in a caloric surplus will gain weight and the excess calories will likely be stored as fat.

The key is balance. Adopting an eating pattern that is at the calorie level to meet your goal (maintaining, building muscle or losing fat). The choices of foods that are made to hit that calorie level are then what nourishes you and reduces your risk of chronic disease.

Not all produce has to be fresh. Consuming adequate amounts and a variety of different colors of fruits and vegetable is more important. The key is to choose a balance that works for you. Meet your needs with a combination of fresh, frozen and canned. Just be sure when choosing frozen and canned to select items with no added sugars or fats, and those that are low in sodium. Use whatever combination works for you to meet the recommendations.

Finally, a meal doesn't have to be separate components to be healthy. Often times when healthy meals are featured like in a magazine, it displays separate items neatly plated. Meals don't have to be like this to be healthy nor does one have to use a variety of cooking methods and lots of pan to create a nutritious meal. One pan dishes such as soups, stews, and casseroles, can be very nutritious, easy, and quick. The key is to do what works for your lifestyle.

This meal features a stew loaded with different types of vegetables and your choice of lean protein. It is quick, easy and one pot. Double the batch and freeze it, so you have it at the ready for quick dinners, when you are too tired to cook. It is lower in calories than most fast food choices, so it will assist with keeping your calorie intake in check. It will stick to your ribs and keep you feeling full.

Ingredients: 6 servings

- 1.5 lbs. raw meat cut large cubes (see notes)
- 3 tbsps. olive oil
- 12-14 oz. canned low-sodium crushed tomato
- 4-5 carrots, cut into large chunks
- 4 medium baking potatoes, cut into large cubes
- 3 stalks of celery, sliced thin.
- 2 medium white onion, diced
- 14 oz. low-sodium broth
- 12 oz. of beer, ale or additional low-sodium broth
- 3 tbsp. wine vinegar
- 4 garlic cloves, minced
- 4 bay leaves
- ½ tsp. pepper
- ½ tsp. salt
- ¾ cup fresh parsley chopped (optional)

Directions:

1. Begin heating the pressure cooker to medium-high heat, or use the sauté function.
2. Quickly mix the cubed meat with the olive oil, salt and pepper, toss to coat evenly.
3. In batches, sear the cubed meat on all sides. Do not cook through.
4. Remove the seared meat from the cooker, and add the garlic and onions. Stir continuously for about one minute to enrich the flavors. Do not let it burn.
5. Quickly add the broth, to de-glaze the pan, scrape the bottom of the pan to loosen the remnants.
6. Add back the cubed meat and the remaining ingredients, less the fresh parsley.
7. Place the lid on the cooker and set it for 14 minutes. If there is no timer, than let it come to pressure and then set a timer for 14 minutes (then turn off). Let the cooker sit for 10-15 minutes and then do a quick release according to the manufacturer's instructions.
8. Serve ¼ of the stew in a bowl, topped with a little fresh chopped parsley (optional), and a piece of whole wheat bakery bread along the side for dunking.

Notes:

- Any combination of stewed meat can be used. Best to choose leaner proteins such as boneless skinless chicken breast, pork loin, beef top round and/or lamb rump). Can use one type or mix it up. A little lamb mixed in or all lamb makes this dish the most authentic.
- This dish can be made on the stove top, follow steps 1-6 using a large Dutch oven or pot with a lid. Turn the heat down to medium to so the stew is at a simmer not a boil. Cover, and then let cook for about 1 hour. Remove lid and cook for an additional 30 minutes. Be sure while on the stove to stir occasionally and watch for burning.

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