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**Meal Planning Help: Meal Two**

**By Monica Resinger**

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One meal planning challenge for me has been to `lighten up' for my family's and my health. My husband and I were both raised on `meat and potatoes' so it has been a difficult change. But we are making gradual progress.

One way to lighten up is by substituting ground turkey for ground beef. To us, this is a huge taste difference and hard to get used to when we're used to the ground beef flavor. However, I have found recipes made especially for ground turkey and they are much better. The `Turkey Medallions With Orange Teriyaki Sauce' recipe you'll find below is one such recipe. It is delicious and is almost a complete meal by itself with the meat and vegetables. But to round the meal out and make it more filling, serve it with `Hawaiian Bread' (recipe below) or thickly sliced French bread from the local bakery that has been warmed in the oven. If you are trying to lighten up, go easy on the butter (if any at all).

The Meal: Turkey Medallions with Orange Teriyaki Sauce Your choice of bread

**Turkey Medallions with Orange Teriyaki Sauce**

2 Tsp olive oil  
1/2 of a small onion --- minced  
1 celery stalk --- minced  
1/2 Tsp Salt  
1/2 Tsp Ground Ginger  
1 Lb lean ground turkey  
2 Tsp prepared Horseradish  
chopped parsley  
6 small carrots cut in 1-inch pieces  
1/4 Lb Pea Pods  
1/3 C Orange Juice

## Meal Planning Help: Meal Two

1 Tbsp Teriyaki Sauce  
1 Tsp Flour  
Parsley Sprigs For Garnish

1. In 1 quart saucepan over medium high heat, in olive oil, cook celery, onion, salt & ground ginger till tender.
2. In medium bowl, mix ground turkey, vegetable mixture, horseradish & 1 tbsp chopped parsley till blended. Shape mixture into 8, 3–inch round medallions.
3. In 12" skillet over medium high heat, in 1 tbsp hot olive oil, cook medallions till golden brown on both sides & turkey loses pink color, about 10 minutes. Arrange on platter, keep warm.
4. Meanwhile, in 3–quart saucepan over high heat in 1" boiling water heat carrots to boiling. Reduce heat to low; cover & simmer 5 minutes or till tender–crisp. Stir in pea pods & cook, covered, 2 minutes. Drain. Arrange vegetables with turkey on platter. In a cup mix orange juice, teriyaki sauce, flour, 1 tbsp chopped parsley & 1/3 cup water till smooth; stir into skillet over high heat to boiling stirring to loosen bits. Boil 1 minute. Pour over medallions.

### **Hawaiian Bread for the bread machine**

This is for a 1 1/2 lb loaf

Mash 1 overripe banana in a 1 cup measuring cup. Finish filling with crushed pineapple.

1 egg  
1/4 cup milk  
1/2 tsp salt  
1/3 cup sugar  
1/2 cup potato flakes  
3 cups bread flour  
4 Tbsp margarine  
1 1/2 tsp quick yeast

Add ingredients according to your machine's instructions. Bake in bread machine on light.

Hope you enjoy this meal. In the meantime, keep your eyes open for Meal 3.

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Monica is a married, stay-at-home mom who is a freelance writer and publisher of three home and garden ezines. To read more of Monica's articles, go here:

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## **Eight Reasons Why Menu Planning Is A Terrible Idea**

**By Christine Steendahl**

Have you heard about meal planning lately? Families are busy and getting busier all the time. As families work on getting organized, many home managers are turning to meal planning as a way to eliminate the evening stress in their homes.

However, meal planning is not for everyone. Here are eight reasons why meal planning just may be a terrible idea for you and your family.

1. You enjoy eating unhealthy fast-food three to five times per week.
2. You love the taste of pre-packaged preservative packed frozen convenience food.
3. Spending \$200 and 2 hours at the grocery store, only to come home to discover that there is nothing to cook for dinner is one of your favorite things to do.
4. You enjoy the stress of running around like crazy at dinner time trying to figure out what to cook while your children and husband are hungry and crabby.
5. You like your food rut of spaghetti, hot dogs, pizza, repeat.
6. You have no other way to spend the extra \$100 you spend each week eating out.
7. You have nothing better to do at 5 o'clock every day then to go to the grocery store. It's enjoyable to daily spend extra money on groceries as additional items "fall" into your cart.
8. You have no desire to enjoy a home cooked meal around the dinner table with your family. You feel spending time with your family is a complete waste of time.

If you agree with the above statements please do not ever try meal planning - it is probably a terrible idea. On the other hand, if you possibly disagree with at least one of the above statements perhaps it is time to give menu planning a try!

If you would like a weekly menu plan delivered directly to your e-mail box we'd be happy to help.

Christine Steendahl Is The Founder Of Dine Without Whine - A Family Friendly Weekly Menu Planner. She Helps Families Eliminate The Dinner Hour Stress And Re-Discover The Pleasure Of The Dinner Hour! For A Free Sample Menu Visit

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