



week one

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MEMORIAL  
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# week one dinners



monday

THAI RED CURRY WITH VEGETABLES



tuesday

SOUTHWEST BEAN SOUP



wednesday

QUICK CHICKEN CORDON BLEU



thursday

MOROCCAN-STYLE STUFFED PEPPERS



friday

BREADCRUMB-CRUSTED COD



weekend

EASY | INTERMEDIATE | ADVANCED

*This program offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis or treatment. If you have any concerns or questions about your health, you should always consult with a physician.*



# shopping list



## PRODUCE

- ☐ Sweet potatoes, 1 lb
- ☐ Asparagus, 1 bunch
- ☐ Fresh or frozen lime leaves, 2 or lime zest, ¼ teaspoon
- ☐ Arugula, 2 cups
- ☐ Fresh basil leaves, ½ cup
- ☐ Onion, 1½ cups chopped
- ☐ Poblano peppers, 1 cup chopped
- ☐ Garlic, 7 cloves
- ☐ Fresh oregano, 1 tablespoon chopped
- ☐ Fresh corn, 1 cup kernels
- ☐ H-E-B® Fresh Kale Greens, 1 cup chopped
- ☐ Lime juice, 1 tablespoon
- ☐ Fresh parsley, 1 tablespoon chopped
- ☐ Bell peppers, 4 medium-to-large
- ☐ Currants, ½ cup
- ☐ Fresh mint, ¼ cup chopped plus more for garnish
- ☐ Orange, 1 teaspoon freshly grated zest
- ☐ Lemons, 1 tablespoon juice and 4 wedges for serving

## PROTEIN

- ☐ Mexican-style chorizo, ¾ cup chopped and cooked
- ☐ H-E-B® Natural Boneless Skinless Chicken Breasts, 4 boneless skinless (1¼-1½ lbs)
- ☐ Ham, ¼ cup chopped (about 1 ounce)
- ☐ Ground beef, 1 lb lean (90% or leaner)
- ☐ Cod, 1-1¼ pounds, skinned if desired, cut into 4 portions

## CONDIMENTS

- ☐ Low-fat mayonnaise, ¼ cup
- ☐ Thai red curry paste, 2 tablespoons
- ☐ Fish sauce, 1 tablespoon

## CANNED GOODS

- ☐ “Lite” coconut milk, 1 14-ounce can
- ☐ H-E-B® Black Beans, 1 15-ounce can
- ☐ Kidney beans, 1 15-ounce can

## DAIRY

- ☐ Gruyère or Swiss cheese, ⅓ cup shredded
- ☐ Reduced-fat cream cheese, 2 tablespoons
- ☐ Nonfat plain Greek yogurt, ¼ cup

## SPICES/HERBS

- ☐ Chili powder, 1 tablespoon
- ☐ Ground cumin
- ☐ Ground cinnamon
- ☐ Tarragon, 1 tablespoon chopped
- ☐ Cayenne pepper, ¼ tablespoon
- ☐ Fresh ground pepper
- ☐ Salt

## OTHER

- ☐ Extra-virgin Olive Oil
- ☐ Low-sodium chicken broth, 4 cups
- ☐ Whole-wheat breadcrumbs, enough for 1 cup
- ☐ Microwavable brown rice, 1 8- to 10-ounce bag
- ☐ Low-sodium vegetable juice, 2 ½ cups



# WEEK ONE PLATE METHOD SUGGESTIONS

monday

## BREAKFAST

Greek yogurt,  
mixed berries,  
unsweetened granola

## LUNCH

Baked chicken breast,  
green beans, carrots,  
mashed potatoes

## SNACK

Light chicken salad,  
whole grain  
crackers, grapes

tuesday

## BREAKFAST

Oatmeal with milk,  
peanut butter, banana

## LUNCH

Mixed greens salad  
with boiled egg,  
croutons,  
light dressing

## SNACK

Boiled egg,  
mini bell peppers,  
popcorn

wednesday

## BREAKFAST

Boiled eggs, apple,  
whole grain cereal

## LUNCH

Turkey taco lettuce  
wraps, rice, grilled  
onions/peppers

## SNACK

Light chicken salad,  
whole grain  
crackers, grapes

thursday

## BREAKFAST

Black beans with  
scrambled egg, salsa,  
whole grain tortilla, peach

## LUNCH

Salmon, quinoa,  
mixed berries,  
Brussels sprouts

## SNACK

Cottage cheese,  
peaches, bell  
pepper slices

friday

## BREAKFAST

Turkey sausage patty,  
whole grain english  
muffin, watermelon

## LUNCH

Light tuna salad with  
whole grain crackers,  
cucumbers, grapes

## SNACK

Snap peas,  
string cheese,  
cantaloupe

Since these meals are suggestions, the ingredients are not included in the weekly shopping list.



monday

THAI RED CURRY WITH VEGETABLES

- 1 14-ounce can “lite” coconut milk, divided
- 2 tablespoons Thai red curry paste, or to taste
- 1 pound sweet potatoes, peeled and cut into 1½-inch cubes
- 2 cups water
- 1 bunch asparagus trimmed and cut into 2-inch lengths
- 2 fresh cayenne chiles or bird chiles, cut into long strips (optional)
- 2 whole lime leaves (fresh or frozen) or 2 teaspoons lime zest
- 2 cups coarsely chopped dandelion greens or arugula
- ½ cup fresh basil leaves, preferably Thai basil
- 1 tablespoon fish sauce

Heat a wide heavy pot over medium-high heat. Add about 2 tablespoons coconut milk and curry paste, stirring to dissolve it. Cook, stirring, until aromatic, 30 seconds to 1 minute. Add 1 cup of the coconut milk and cook for 1 minute, then add sweet potatoes. Stir to coat the pieces and cook, stirring frequently, for 3 minutes more.

Add water and bring to a boil. Cook until the sweet potatoes are almost cooked through, about 5 minutes. Add the remaining coconut milk, asparagus, chiles (if using) and lime leaves (or lime zest); cook for 1 minute. Stir in dandelion greens (or arugula), basil and fish sauce until well combined. Continue cooking until the asparagus is just tender, 1 to 2 minutes more. Remove lime leaves, if necessary, before serving.

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Serves 4  
Active Time 30m  
Total Time 30m

NUTRITION FACTS

Amount Per Serving:  
Calories: 180  
Total Fat: 7g  
Saturated Fat: 5g  
Monounsaturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 506mg  
Carbohydrates: 25g  
Dietary Fiber: 4g  
Total Sugars: 9g  
Added Sugars: 0g  
Protein: 5g  
Potassium: 433mg





tuesday

## SOUTHWEST BEAN SOUP

2 tablespoons extra-virgin olive oil  
1½ cups chopped onion  
1 cup chopped poblano peppers  
2 cloves garlic, minced  
1 tablespoon chili powder  
1 tablespoon chopped fresh oregano or 1 teaspoon dried  
¼ teaspoon salt  
4 cups low-sodium chicken broth  
15-ounce can black beans, rinsed  
15-ounce can kidney beans, rinsed  
¾ cup chopped cooked Mexican-style chorizo  
1 cup corn kernels, fresh or frozen  
1 cup chopped kale  
1 tablespoon lime juice

Heat oil in a large pot over medium-high heat. Add onion, poblanos and garlic; cook, stirring occasionally, until the vegetables start to soften, 3 to 4 minutes. Stir in chili powder, oregano and salt; cook, stirring for 1 minute.

Add broth, black beans and kidney beans; bring to a boil. Reduce heat to a simmer, stir in chorizo; cover and cook until the vegetables are tender, about 10 minutes.

Stir in corn, kale and lime juice. Cover and cook 5 minutes more.

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Serves 6

Active Time: 30m

Total Time: 30m

## NUTRITION FACTS

Amount per serving:

Calories: 258

Total Fat: 9g

Saturated Fat: 2g

Monounsaturated Fat: 4g

Cholesterol: 12mg

Sodium: 444mg

Carbohydrates: 32g

Dietary Fiber: 9g

Total Sugars: 6g

Added Sugars: 0g

Protein: 14g

Potassium: 606mg



wednesday

## QUICK CHICKEN CORDON BLEU

4 boneless, skinless chicken breasts (1¼-1½ pounds),  
trimmed and tenders removed  
½ teaspoon freshly ground pepper, divided  
¼ teaspoon salt  
⅓ cup shredded Gruyère or Swiss cheese  
2 tablespoons reduced-fat cream cheese  
¼ cup coarse dry whole-wheat breadcrumbs  
1 tablespoon chopped fresh parsley or thyme  
4 teaspoons extra-virgin olive oil, divided  
1 cup chopped ham (about 1 ounce)

Preheat oven to 400°F.

Sprinkle chicken with ¼ teaspoon pepper and salt. Combine cheese and cream cheese in a bowl. Combine the remaining ¼ teaspoon pepper with breadcrumbs, parsley (or thyme) and 2 teaspoons oil in another bowl.

Heat the remaining 2 teaspoons oil in large, ovenproof nonstick skillet over medium heat. Cook the chicken until browned on both sides, about 2 minutes per side. Move the chicken to the center so all pieces are touching. Spread with the cheese mixture, sprinkle with ham, then top with the breadcrumb mixture.

Bake until the chicken is no longer pink in the center and an instant-read thermometer registers 165°F, 5 to 7 minutes.

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Serves 4

Active Time: 35m

Total Time: 35m

## NUTRITION FACTS

Amount per serving:

Calories: 245

Total Fat: 12g

Saturated Fat: 4g

Monounsaturated Fat: 6g

Cholesterol: 82mg

Sodium: 314mg

Carbohydrates: 4g

Dietary Fiber: 1g

Total Sugars: 1g

Added Sugars: 0g

Protein: 28g

Potassium: 216mg





thursday

## MOROCCAN-STYLE STUFFED PEPPERS

1 8- to 10-ounce bag microwavable brown rice  
or 1 2/3 cups cooked brown rice  
4 medium-to-large bell peppers, tops cut off and seeded  
1 pound lean (90% or leaner) ground beef  
4 cloves garlic, minced  
½ cup currants  
2 teaspoons ground cumin  
1 teaspoon ground cinnamon  
2½ cups low-sodium vegetable juice, divided  
1 cup chopped fresh mint, plus more for garnish  
1 teaspoon freshly grated orange zest  
¾ teaspoon salt  
¼ teaspoon freshly ground pepper

Heat rice according to package directions. (If using cooked rice, skip to Step 2.) Place peppers upside-down in a microwave-safe round casserole dish just large enough to fit them. Add 1/2 inch water to the dish and cover with a lid or inverted dinner plate. Microwave on High until the peppers are tender but still hold their shape, 3 to 6 minutes. Drain the water and turn the peppers right-side up.

Meanwhile, cook beef and garlic in a large nonstick skillet over medium-high heat, breaking up the beef with a wooden spoon, until no longer pink, 4 to 6 minutes. Stir in currants, cumin and cinnamon; cook for 1 minute. Stir in the rice and cook for 30 seconds more.

Remove from the heat and stir in 1/2 cup vegetable juice, cup mint, orange zest, salt and pepper.

Spoon the beef mixture into the peppers. Pour the remaining 2 cups vegetable juice into the dish and cover. Microwave on High until the juice and filling are hot, 2 to 3 minutes. Serve the peppers with the sauce; garnish with mint, if desired.

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Serves 4

Active Time: 30m

Total Time: 30m

## NUTRITION FACTS

Amount per serving:

Calories: 451

Total Fat: 12g

Saturated Fat: 4g

Monounsaturated Fat: 4g

Cholesterol: 87mg

Sodium: 629mg

Carbohydrates: 48g

Dietary Fiber: 8g

Total Sugars: N/A

Added Sugars: 0g

Protein: 36g

Potassium: 1410mg





friday

## BREADCRUMB-CRUSTED COD

½ cup fine dry breadcrumbs, preferably whole-wheat  
1 clove garlic, minced  
2 tablespoons extra-virgin olive oil  
¼ cup nonfat plain Greek yogurt  
¼ cup low-fat mayonnaise  
1 tablespoon lemon juice  
1 tablespoon chopped fresh tarragon or 1 teaspoon dried  
⅓ teaspoon salt  
1-1¼ pounds cod, tuna, wild salmon or mahi-mahi,  
skinned if desired, if cut into 4 portions  
4 lemon wedges for serving

Preheat oven to 425°F. Coat a large baking sheet with cooking spray.

Combine breadcrumbs, garlic and oil in a small bowl. Combine yogurt, mayonnaise, lemon juice, tarragon and salt in another small bowl. Place fish on the prepared baking sheet. Spread 1 tablespoon of the yogurt sauce on each piece of fish, then pat 2 tablespoons of the breadcrumbs over it.

Bake the fish until opaque in the center and breadcrumbs are golden, about 15 minutes. Serve each portion with 1 tablespoon of the remaining sauce and a lemon wedge, if desired.

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Serves 4

Active Time: 15m

Total Time: 30m

## NUTRITION FACTS

Amount per serving:

Calories: 220

Total Fat: 10g

Saturated Fat: 1g

Monounsaturated Fat: 6g

Cholesterol: 48mg

Sodium: 268mg

Carbohydrates: 13g

Dietary Fiber: 2g

Total Sugars: 1g

Added Sugars: 1g

Protein: 18g

Potassium: 243mg



weekend

easy

## QUICK FETTUCCINE ALFREDO

8 ounces whole-wheat fettuccine  
1 tablespoon butter  
1 clove garlic minced  
 $\frac{3}{4}$  cup nonfat plain Greek yogurt  
 $\frac{3}{4}$  cup shredded Parmesan cheese divided  
1 tablespoon chopped fresh parsley  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon freshly ground pepper  
 $\frac{1}{8}$  teaspoon ground nutmeg

Cook pasta in a pot of boiling water according to package directions. Drain, reserving  $\frac{1}{2}$  cup of the cooking water.

Melt butter in a large saucepan over medium heat. Add garlic and cook for 1 minute. Stir in the reserved pasta water and remove from heat. Whisk in yogurt,  $\frac{1}{2}$  cup Parmesan, parsley, salt, pepper and nutmeg. Add the fettuccine and combine well. Serve topped with the remaining  $\frac{1}{4}$  cup Parmesan.

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Serves 4

Active Time: 20m

Total Time: 20m

## NUTRITION FACTS

Calories: 312

Total Fat: 8g

Saturated Fat: 5g

Monounsaturated Fat: 2g

Cholesterol: 21mg

Sodium: 421mg

Carbohydrates: 45g

Dietary Fiber: 7g

Total Sugars: 4g

Added Sugars: 0g

Protein: 18g

Potassium: 207mg





## weekend intermediate

### QUICK PASTA BOLOGNESE

1 tablespoon extra-virgin olive oil  
1 medium onion, finely chopped  
2 medium carrots, finely chopped  
2 medium stalks celery, finely chopped  
3 cloves garlic, minced  
8 ounces whole-wheat rigatoni or penne (about 3 cups)  
8 ounces lean (93% or leaner) ground beef  
 $\frac{1}{3}$  cup dry red wine  
1 14-ounce can petite diced tomatoes  
2 tablespoons tomato paste  
 $\frac{1}{8}$  teaspoon ground nutmeg  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon freshly ground pepper

Heat oil in a large nonstick skillet over medium heat. Add onion, carrots, celery and garlic; cook, stirring occasionally, until just tender, 6 to 8 minutes.

Meanwhile, bring a large pot of water to a boil. Add pasta and cook according to package directions. Drain.

Add beef to the vegetables and cook, breaking up with a wooden spoon, until cooked through, 3 to 4 minutes. Increase heat to medium high, add wine and cook until almost evaporated, 1 to  $1\frac{1}{2}$  minutes. Stir in tomatoes, tomato paste and nutmeg; reduce heat to medium-low, cover and simmer, stirring occasionally, for 10 minutes. Remove from the heat and stir in salt and pepper. Serve the pasta with the sauce.

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Serves 4

Active Time: 30m

Total Time: 40m

### NUTRITION FACTS

Amount per serving:

Calories: 379

Total Fat: 9g

Saturated Fat: 2g

Monounsaturated Fat: 5g

Cholesterol: 1mg

Sodium: 404mg

Carbohydrates: 54g

Dietary Fiber: 8g

Total Sugars: 7g

Added Sugars: 0g

Protein: 22g

Potassium: 755mg



## weekend advanced

### QUICK RISOTTO WITH SHRIMP, CORN AND EDAMAME

1 tablespoon extra-virgin olive oil  
1 bunch scallions, sliced, white and green parts separated  
2 cups instant brown rice  
1 cup dry white wine  
2 cups reduced-sodium chicken broth  
1 pound peeled and deveined raw shrimp  
1 cup frozen shelled edamame  
1 cup frozen corn, thawed  
4 ounces reduced-fat cream cheese (Neufchâtel), cut into small pieces  
½ cup finely shredded Parmesan cheese  
¼ teaspoon freshly ground pepper

Heat oil in a large nonstick skillet over medium heat. Add scallion whites and rice; cook, stirring, 1 minute. Add wine and cook on medium-high until most of it is evaporated, 2 minutes. Add broth; return to a boil. Reduce heat, cover and simmer for 5 minutes. Place shrimp on the rice. Return to a simmer. Cover and cook until the shrimp are cooked through, 5 to 7 minutes.

Stir in edamame, corn and cream cheese until the cream cheese is incorporated. Simmer, uncovered, stirring occasionally, until most of the liquid is evaporated, 4 to 5 minutes more. Remove from heat; stir in Parmesan and pepper. Top with scallion greens.

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Serves 4

Active Time: 30m

Total Time: 30m

### NUTRITION FACTS

Amount per serving:

Calories: 497

Total Fat: 18g

Saturated Fat: 6g

Monounsaturated Fat: 6g

Cholesterol: 2mg

Sodium: 742mg

Carbohydrates: 43g

Dietary Fiber: 5g

Total Sugars: 5g

Added Sugars: 0g

Protein: 32g

Potassium: 694mg



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