



# WEEK THREE

REBALANCE YOUR WORKOUT ROUTINE

resolution

MEMORIAL<sup>®</sup>  
HERMANN

# WEEK THREE DINNERS



## Monday

VEGETABLE SOUP



## Tuesday

SALSA VERDE  
CHICKEN



## Wednesday

PARCHMENT PAPER  
FISH PACKETS



## Thursday

LAMB RAGU



## Friday

SMASHED POTATOS  
WITH RAGU

*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.*

# Dinner Shopping List



## PRODUCE

- Aromatics of your choosing (onion, shallot, garlic or leeks), ½ cup
- Carrot, 1
- Celery, 1 stalk
- Cherry tomatoes (optional)
- Fresh herbs (optional: basil, dill, chives or parsley)
- Frozen or fresh vegetables of your choosing (broccoli, cauliflower, kale, spinach, zucchini, turnips, parsnips, potatoes, green beans, etc), 1-2 pounds
- H-E-B® Chopped Salad Kit
- H-E-B® Fresh Pico de Gallo and/or H-E-B® Guacamole
- Lemon, 1
- New or other small waxy potatoes, 2 pounds
- Roasted veggies or H-E-B® Chopped Caesar Salad Kit

## PROTEIN

- Boneless skinless chicken breasts or thighs or a combination of both, 1 ½ pounds
- Fresh fish (snapper, flounder, cod, grouper, halibut, swordfish, salmon, Artic char), (4) 6-ounce fillets
- Ground lamb, beef or turkey, 1 pound

## CONDIMENTS

- Salsa Verde, (1) 12-oz. jar

## CANNED GOODS

- Crushed tomatoes, whole tomatoes or diced tomatoes, (1) 28-oz. can
- Vegetable or chicken stock, 4-6 cups
- White beans (optional: (1) 14-oz. can)
- Whole or chopped tomatoes, (1) 28-oz. can

## SPICES/HERBS

- Dried thyme, oregano or dried Italian seasoning
- Fresh or dried thyme, fresh or dried oregano, fresh or dried basil, paprika, cumin, etc.
- Freshly ground black pepper
- Garlic powder
- Ground cumin
- Kosher or sea salt
- Onion powder

## BAKERY

- H-E-B® Bakery Tortilla Chips

## OTHER

- Avocado oil
- Central Market® Quick Heat Quinoa and Bulgur
- Dry penne or orzo pasta, 1 pound
- Extra-virgin olive oil
- Parchment paper sheets or cooking bags
- Rice, wild rice or farro (optional: 1 cup)

## DAIRY

- Grated parmesan (optional)

*This list does not include bonus recipe.*



# Plate Method Suggestions

## Monday

### BREAKFAST

Boiled eggs, apple, whole grain cereal

### LUNCH

Mixed greens salad with boiled egg, croutons, light dressing

### SNACK

Almonds, Greek yogurt, mixed berries

## Tuesday

### BREAKFAST

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

### LUNCH

Turkey taco lettuce wraps, rice, grilled onions/peppers

### SNACK

Carrots, celery, hummus, whole grain pretzels

## Wednesday

### BREAKFAST

Turkey sausage patty, whole grain english muffin, watermelon

### LUNCH

Salmon, quinoa, mixed berries, brussels sprouts

### SNACK

Corn and black bean salsa, jicama sticks/chips

## Thursday

### BREAKFAST

Veggie/egg omelet, grapes, roasted breakfast potatoes

### LUNCH

Turkey sandwich with whole grain bread, carrots and celery

### SNACK

Cottage cheese, peaches, bell pepper slices

## Friday

### BREAKFAST

Scrambled eggs, whole grain toast, orange

### 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.



## VEGETABLE SOUP

1 to 2 pounds any kind of vegetables, frozen or fresh (broccoli, cauliflower, kale, spinach, zucchini, turnips, parsnips, potatoes, green beans, etc.)

½ cup aromatics, such as onion, shallot, garlic or leeks

1 tbsp. avocado oil or olive oil

Salt and pepper

Spices or dried herbs: Fresh or dried thyme, fresh or dried oregano, fresh or dried basil, paprika, cumin, etc.

1 28-oz. can whole or chopped tomatoes

4 to 6 cups vegetable stock, chicken stock or water

Optional additions: 14-oz. can drained and rinsed white beans or 1 cup cooked grains such as rice, wild rice or farro

Choose any combination of 1 to 2 pounds of mixed vegetables. Choose what needs to be used up in your refrigerator. Almost any vegetable is delicious here. Use broccoli, cauliflower (florets or riced), greens, potatoes, etc.

Choose aromatics: Garlic, leeks, shallot, green onions, yellow, white or red onion. All you need is ½ cup, and it could be a combination of any two or just one of the above. The only caveat is using garlic alone, try to balance a couple garlic cloves with one of the other aromatics.

Chop the vegetables and aromatics. Cut the vegetables into even, bite-size pieces.

Heat oil until shimmering over medium heat in a Dutch oven or large soup pot.

Sauté the aromatics. Cook until softened and fragrant, about 5 minutes.

Add the vegetables. Sauté the vegetables and continue cooking for a couple minutes. Add a generous sprinkling of kosher or sea salt. The vegetables will soften slightly and caramelize around the edges.

Be sure to salt as you go. Season the vegetables well, especially if using low-sodium broth. Vegetables need salt and pepper, and you will intensify their flavor by seasoning them as they cook. If you are adding other spices or herbs, add them now. You can add about a half teaspoon each of cumin, chili powder, paprika or garlic powder.

Add the canned tomatoes and their juices and stock or water. Simmer, covered, until vegetables are cooked and softened, about 30 minutes. Taste the soup for seasoning and add optional garnish of grated parmesan, extra-virgin olive oil, crunchy salt or fresh herbs.

Serve with H-E-B® Chopped Salad kit.

**Yield: 6 servings**

### Amount Per Serving:

**Calories: 164**

**Total Fat: 4.7g**

**Saturated Fat: .9g**

**Cholesterol: 4.8mg**

**Sodium: 345mg**

**Potassium: 694mg**

**Carbohydrates: 22.7g**

**Dietary Fiber: 4.6g**

**Protein: 9.6g**

## NUTRITION FACTS

## SALSA VERDE CHICKEN

1½ pounds boneless skinless chicken  
(either breasts or thighs or a combination of both)  
¼ tsp. garlic powder  
⅛ tsp. ground cumin  
½ tsp. salt  
12-oz. jar Salsa Verde

### Slow Cooker Method:

Pat chicken dry with paper towels and season with garlic powder, cumin and salt. Place in the bottom of the slow cooker. Pour in the Salsa Verde and stir to combine. Cook on high for 2-3 hours or low for 4-5 hours.

Shred the chicken with two forks. Keep warm (in the slow cooker covered with a lid) until ready to serve in taco shells, tortillas or in a salad bowl.

### Electric Pressure Cooker Method:

Season chicken with garlic powder, cumin and salt and place in the bottom of the electric pressure cooker. Cover with Salsa Verde and stir to combine. Close the lid and cook on the poultry setting for 10 minutes. Make sure the vent on the lid is set to the sealing position. When it's finished cooking, use the quick release or let the steam release naturally. Shred the chicken with two forks and serve.

Serve with H-E-B® Bakery Tortilla Chips and H-E-B® Fresh Pico de Gallo and/or Guacamole.

**Yield: 4-6 servings**

### Amount Per Serving:

**Calories: 128**

**Total Fat: 4g**

**Saturated Fat: 1g**

**Cholesterol: 51mg**

**Sodium: 954mg**

**Potassium: 362mg**

**Carbohydrates: 6g**

**Dietary Fiber: 0g**

**Protein: 16g**

## NUTRITION FACTS

# WEDNESDAY

## PARCHMENT PAPER FISH PACKETS

Optional fillings: cherry tomatoes, fresh herbs (basil, dill, chives, or parsley)  
4 (6-oz.) fillets fresh fish (snapper, flounder, cod, grouper, halibut, swordfish, salmon, Artic char)  
Kosher salt  
Freshly ground black pepper  
2 tbsp. extra-virgin olive oil  
1 lemon, quartered

Equipment:  
Parchment paper sheets or cooking bags

Preheat oven to 400°F. Divide the first 2 optional fillings, if you are using them, equally into 4 squares of parchment paper or place inside parchment paper bags. Add a fish fillet to each of the 4 cooking bags or parchment sheets. Sprinkle fish with salt and pepper; drizzle with olive oil and squeeze lemon on top. Add any optional toppings of your choice.

Bring parchment paper sides up over mixture; double fold the top and sides to seal, making packets. Place packets on a rimmed sheet pan.

Bake at 400°F for 15 to 20 minutes or until a thermometer registers 140°F to 145°F when inserted through paper into fish. Place each packet on a plate and cut open. Sprinkle fish with additional fresh herbs and lemon juice, if desired. Serve immediately.

Serve with Central Market® Quick Heat Quinoa and Bulgur.

**Yield: 4 servings**

### Amount Per Serving:

**Calories: 273**

**Total Fat: 17g**

**Saturated Fat: 3g**

**Cholesterol: 70mg**

**Sodium: 337mg**

**Potassium: 112mg**

**Carbohydrates: 3.1g**

**Dietary Fiber: 1g**

**Protein: 24.5g**

NUTRITION FACTS





## LAMB RAGU

1 tbsp. olive oil  
 1 carrot, diced  
 1 celery stalk, diced  
 1 tsp. onion powder  
 1 pound ground lamb (or beef or turkey)  
 1 tsp. dried thyme or oregano or dried Italian seasoning  
 1 28-oz. can crushed tomatoes, canned whole tomatoes (break them up with your hands when you add) or diced tomatoes work well too.  
 1 pound (dry) Penne or orzo pasta

In a large skillet over medium heat, warm the olive oil until it shimmers. Add the carrot and celery and sauté. Cook until the vegetables soften, about 3 minutes. Add the onion powder and stir.

Add the ground lamb and sauté until the meat loses its raw, red color. Sprinkle the meat generously with about ½ tsp. kosher salt, fresh ground pepper, and dried thyme. Stir to combine.

Add the tomatoes and stir the sauce to combine and let simmer on low, covered, for 30 minutes. Watch the sauce and if it starts to brown around the edges of the pan or looks dry, add 1/4 cup water, and stir, then cook uncovered until water reduces.

Taste the sauce for salt and adjust if necessary. Serve over pasta.

Save leftover ragu for Friday's smashed potatoes recipe.

**Yield: 4 servings**

### Amount Per Serving:

**Calories: 362**

**Total Fat: 17g**

**Saturated Fat: 3g**

**Cholesterol: 70mg**

**Sodium: 337mg**

**Potassium: 112mg**

**Carbohydrates: 3.1g**

**Dietary Fiber: 1g**

**Protein: 24.5g**

## NUTRITION FACTS



## SMASHED POTATOES WITH RAGU

2 pounds new or other small waxy potatoes  
 ¼ cup salt (for the water)  
 ⅓ cup extra-virgin olive oil, divided  
 Freshly ground black pepper  
 Optional: Top finished potatoes with mixed tender herbs, such as parsley, dill, cilantro, and/or basil

Place a rack in center of oven; preheat to 450°F. Place potatoes in a large pot and cover with water. Add salt and bring to a boil. Immediately reduce heat to medium-low, bring to a simmer, and cook until potatoes are just cooked through and pierced easily with a fork, about 15 minutes (time will vary depending on the size of your potatoes; be careful not to overcook as they'll fall apart when smashed). Drain and transfer potatoes to a rimmed baking sheet. Let cool slightly.

Place another rimmed baking sheet on top, then push down firmly to smash potatoes (alternately, use the bottom of a mug or measuring cup to smash each one individually). Drizzle ⅓ cup oil over potatoes, then toss to coat; season lightly with salt and black pepper.

Roast potatoes until crispy and golden brown, 35–40 minutes.

Top with leftover lamb ragu from Thursday's recipe.

Serve with a side of roasted veggies or H-E-B® Chopped Caesar Salad Kit.

**Yield: 4 servings**

### Amount Per Serving:

**Calories: 163**

**Total Fat: 10g**

**Saturated Fat: 1g**

**Cholesterol: 0mg**

**Sodium: 573mg**

**Potassium: 519mg**

**Carbohydrates: 19g**

**Dietary Fiber: 3g**

**Protein: 2g**

NUTRITION FACTS

# BONUS

## HOMEMADE SHAKSHUKA

By Rachel Lee

📷: @recipeswithrach

2 tsp. cooking oil  
5 eggs  
Chopped cilantro (optional)  
1 onion, diced  
1 red bell pepper, diced  
3 cloves of garlic, thinly sliced  
1 tsp. ground cumin  
1 tsp. paprika  
1 (28-oz) can diced tomatoes  
1 cup feta cheese

Add some vegetable oil to a cast iron skillet and turn the heat to medium. Wait 3 minutes to allow the pan to pre-heat.

Add in the garlic. Cook for 1-2 minutes, stirring occasionally. Then add the red bell pepper and diced onion. Cook until the onion is caramelized.

Add paprika, cumin and salt and pepper to taste. Stir with the vegetables.

Pour in the can of tomatoes and simmer until the tomatoes have thickened (10-15 min). Stir in the crumbled feta.

Make little wells in the shakshuka, and crack the eggs directly into the wells.

Transfer the skillet to the oven and bake at 375°F for 6-10 minutes.

Cook until the eggs are just set but still runny.

**Yield: 3-4 servings**

**Amount Per Serving:**

**Calories: 174**

**Total Fat: 14.2g**

**Saturated Fat: 7.6g**

**Cholesterol: 266mg**

**Sodium: 787mg**

**Potassium: 675mg**

**Carbohydrates: 19.5g**

**Dietary Fiber: 5.3g**

**Protein: 16g**

NUTRITION FACTS

LIVE WORKOUTS



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Thursday 6:30 a.m., CST

January 20

TUNE IN

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Tune in via [Facebook.com/MemorialHermann](https://www.facebook.com/MemorialHermann)

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# Stretch your limits with Michael Tsang

Friday, January 21,  
12:30 p.m., CST

Take a moment to rest and reset your body with a virtual stretching workshop led by Michael Tsang.

Take a moment to rest and reset your body with a virtual stretching workshop led by Michael Tsang, a physical therapist at Memorial Hermann Sports Medicine and Rehabilitation.

LEARN MORE

[memorialhermann.org/resolution/week3/events/stretch-your-limits](https://memorialhermann.org/resolution/week3/events/stretch-your-limits)

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# REBALANCE YOUR WORKOUT ROUTINE

Practice undistracted, mindful eating. Take note of your body while consuming food.

**3 ways you will  
mindfully eat**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What was your relationship with food like growing up?

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What is it like now?

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What do you notice about the relationship between your feelings and your eating habits?

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Do you find you eat more when your emotions are heightened (sad, stressed or anxious)?

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## WEEKLY GRATITUDE

**What are you  
thankful for?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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# REBALANCE YOUR WORKOUT ROUTINE

**What differences do you notice when emotionally eating versus eating for nutritional benefit?**

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**What are some of the healthy foods that you most enjoy eating?**

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**What differences do you notice when you eat mindfully versus when you eat quickly or distractedly?**

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