



week two

healthful cooking habits

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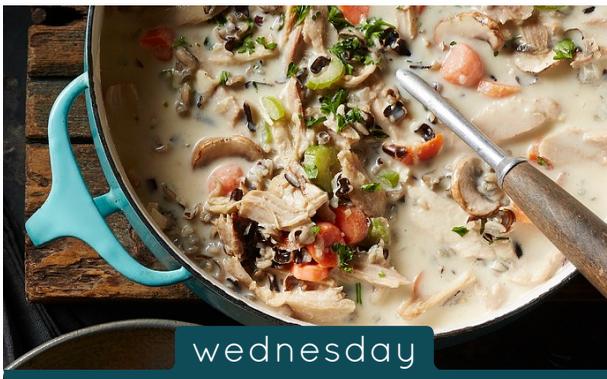
# week two dinners



VEGAN COCONUT CHICKPEA CURRY



ANCHO-HONEY PORK TENDERLOIN WITH CHEESE GRITS



CREAM OF TURKEY AND WILD RICE SOUP



EGGS IN TOMATO SAUCE WITH CHICKPEAS AND SPINACH



CURRIED SHRIMP AND POTATO KEBABS



EASY | INTERMEDIATE | ADVANCED

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# shopping list



## PRODUCE

- Chopped onion, 1
- Diced bell pepper, 1
- Baby spinach, enough for 8 cups or 10 ounces
- Medium zucchini, 1
- Limes, 2
- Scallions, 2
- Sliced mushrooms, 4 ounces
- Chopped celery, enough for  $\frac{3}{4}$  cups
- H-E-B® Fresh diced carrots, enough for  $\frac{3}{4}$  cups
- Chopped shallots, enough for  $\frac{1}{4}$  cup
- Garlic cloves, 5
- New potatoes, 12

## PROTEIN

- H-E-B® Natural Pork tenderloin, 1-1  $\frac{1}{4}$  lbs
- Shredded cooked chicken, 12 ounces
- Eggs, 4
- Peeled, deveined raw shrimp, 20

## CANNED GOODS

- 1 15-ounce can no-salt-added chickpeas
- 1 14-ounce can reduced-sodium chicken broth
- Crushed tomatoes, enough for 4 cups
- 1 15-ounce can no-salt-added chickpeas

## DAIRY

- H-E-B® New York Style Extra Sharp Cheddar Shredded Cheese, enough for  $\frac{3}{4}$  cup
- Reduced-fat sour cream, enough for  $\frac{1}{2}$  cup

- Heavy cream, enough for  $\frac{1}{4}$  cup
- Nonfat plain yogurt, enough for  $\frac{1}{2}$  cup

## SPICES/HERBS

- Ancho chile powder
- Onion powder
- Chopped, fresh parsley, enough for 2 tablespoons
- Chopped, fresh thyme, enough for 1 tablespoon
- Chopped, fresh cilantro, enough for 2 tablespoons
- Curry powder

## OTHER

- Canola oil
- 1 can prepared coconut curry simmer sauce
- Vegetable broth
- Pre-cooked brown rice, enough for 2 cups
- H-E-B® Raw & Unfiltered Texas Wildflower Honey, enough for  $\frac{1}{4}$  cup
- Reduced sodium soy sauce
- Salt
- Extra virgin olive oil
- Quick grits, enough for  $\frac{1}{2}$  cup
- Ground black pepper
- All purpose flour
- Reduced sodium chicken broth, enough for 4 cups
- Quick cooking or instant wild rice, enough for 1 cup



# WEEK TWO 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

## VEGAN COCONUT CHICKPEA CURRY

2 teaspoons avocado oil or canola oil  
1 cup chopped onion  
1 cup diced bell pepper  
1 medium zucchini, halved and sliced  
1 15-ounce can chickpeas, rinsed  
1 ½ cups prepared coconut curry simmer sauce  
½ cup vegetable broth  
4 cups baby spinach  
2 cups pre-cooked brown rice, heated according to package instructions

Heat oil in a large skillet over medium-high heat. Add onion, pepper and zucchini, cook, stirring often, until the vegetables begin to brown, 5 to 6 minutes.

Add chickpeas, simmer sauce and broth, bring to a simmer, stirring. Reduce heat to medium-low and simmer until the vegetables are tender, 4 to 6 minutes. Stir in spinach just before serving.

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Serves 4  
Active Time 20m  
Total Time 20m

## NUTRITION FACTS

Calories: 471  
Total Fat: 18g  
Saturated Fat: 8g  
Monounsaturated Fat: 2g  
Cholesterol: 4mg  
Sodium: 576mg  
Carbohydrates: 66g  
Dietary Fiber: 11g  
Total Sugars: 12g  
Added Sugars: 7g  
Protein: 11g  
Potassium: 489mg



tuesday

## ANCHO-HONEY PORK TENDERLOIN WITH CHEESE GRITS

- ¼ cup honey
- 2 teaspoons lime juice
- 2 teaspoons reduced-sodium soy sauce
- 1 teaspoon ancho chile powder
- ½ teaspoon onion powder, divided
- 1 pork tenderloin (1-1 ¼ pounds), trimmed
- ¼ teaspoon salt
- 1 tablespoon extra-virgin olive oil
- 1 14-ounce can reduced-sodium chicken broth
- ½ cup water
- ½ cup quick grits
- ¼ teaspoon freshly ground pepper
- ¾ cup shredded extra-sharp Cheddar cheese
- 2 scallions, sliced

Preheat oven to 425°F.

Whisk honey, lime juice, soy sauce, chile powder and ¼ teaspoon onion powder in a small bowl. Set aside.

Sprinkle pork all over with salt and the remaining ¼ teaspoon onion powder. Heat oil in a large ovenproof skillet over medium high heat. Add the pork and cook until brown on all sides, 4 to 5 minutes.

Transfer the skillet to the oven and roast for 10 minutes. Remove from the oven and brush with the reserved honey mixture. Return to the oven and roast until an instant-read thermometer inserted into the thickest part registers 145°F, 3 to 5 minutes more. Transfer the pork to a clean cutting board and let rest for 5 minutes.

Meanwhile, bring broth and water to a boil in a medium saucepan over medium-high heat. Whisk in grits and pepper. Reduce heat to medium-low, cover and cook, stirring occasionally, until thickened, 5 to 7 minutes. Remove from the heat and stir in cheese. Cover to keep warm.

Slice the pork. Serve the pork with the grits, sprinkled with scallions and drizzled with any remaining glaze from the skillet.

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Serves 4  
Active Time: 30m  
Total Time: 30m

## NUTRITION FACTS

Calories: 402  
Total Fat: 14g  
Saturated Fat: 5g  
Monounsaturated Fat: 6g  
Cholesterol: 1mg  
Sodium: 687mg  
Carbohydrates: 38g  
Dietary Fiber: 1g  
Total Sugars: 18g  
Added Sugars: 17g  
Protein: 32g  
Potassium: 639mg



wednesday

## CREAM OF TURKEY AND WILD RICE SOUP

- 1 tablespoon extra-virgin olive oil
- 2 cups sliced mushrooms (about 4 ounces)
- $\frac{3}{4}$  cup chopped celery
- $\frac{3}{4}$  cup chopped carrots
- $\frac{1}{4}$  cup chopped shallots
- $\frac{1}{4}$  cup all-purpose flour
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon freshly ground pepper
- 4 cups reduced-sodium chicken broth
- 1 cup quick-cooking or instant wild rice
- 3 cups shredded cooked chicken or turkey (12 ounces)
- $\frac{1}{2}$  cup reduced-fat sour cream
- 2 tablespoons chopped fresh parsley

Heat oil in a large saucepan over medium heat. Add mushrooms, celery, carrots and shallots and cook, stirring, until softened, about 5 minutes. Add flour, salt and pepper and cook, stirring, for 2 minutes more.

Add broth and bring to a boil, scraping up any browned bits. Add rice and reduce heat to a simmer. Cover and cook until the rice is tender, 5 to 7 minutes. Stir in turkey (or chicken), sour cream and parsley and cook until heated through, about 2 minutes more.

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Serves 4  
Active Time: 35m  
Total Time: 35m

## NUTRITION FACTS

Amount per serving:  
Calories: 344  
Total Fat: 8g  
Saturated Fat: 3g  
Monounsaturated Fat: 4g  
Cholesterol: 82mg  
Sodium: 792mg  
Carbohydrates: 27g  
Dietary Fiber: 3g  
Total Sugars: N/A  
Added Sugars: 0g  
Protein: 35g  
Potassium: 782mg



thursday

## EGGS IN TOMATO SAUCE WITH CHICKPEAS AND SPINACH

2 tablespoons extra-virgin olive oil  
4 cups baby spinach, chopped (about 5 ounces)  
4 cloves garlic, sliced  
2 cups canned crushed tomatoes  
1 15-ounce can no-salt-added chickpeas, rinsed  
¼ cup heavy cream  
½ teaspoon salt  
4 large eggs  
1 tablespoon chopped fresh thyme  
½ teaspoon ground pepper

Heat oil in large skillet over medium heat. Add spinach and garlic. Cook, stirring, until the spinach has wilted and the garlic is beginning to brown, about 2 minutes.

Reduce heat to medium-low. Add tomatoes, chickpeas, cream and salt. Adjust heat to maintain a simmer. Crack an egg into a small bowl, taking care not to break the yolk. Make a well in the sauce roughly large enough to hold the egg and slip it in so that the yolk and most of the white is contained (some white may spread out).

Repeat with the remaining eggs, evenly spacing them around the pan. Sprinkle the sauce with thyme; cover and cook until the eggs reach desired doneness, 6 to 8 minutes for medium-set. Remove from the heat and sprinkle with pepper.

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Serves 4  
Active Time: 20m  
Total Time: 25m

## NUTRITION FACTS

Amount per serving:  
Calories: 323  
Total Fat: 18g  
Saturated Fat: 6g  
Monounsaturated Fat: 9g  
Cholesterol: 203mg  
Sodium: 628mg  
Carbohydrates: 26g  
Dietary Fiber: 6g  
Total Sugars: 6g  
Added Sugars: 0g  
Protein: 14g  
Potassium: 769mg



friday

## CURRIED SHRIMP AND POTATO KEBABS

12 new or baby potatoes  
3 tablespoons canola oil  
2 tablespoons chopped fresh cilantro  
1 tablespoon curry powder  
3 cloves garlic, minced  
¼ teaspoon salt  
20 peeled and deveined raw shrimp  
½ cup nonfat plain yogurt  
1 teaspoon lime juice

Preheat grill to medium.

Place potatoes in a microwavesafe container. Cover and microwave on high until just tender when pierced with a fork, 3 to 3½ minutes. Meanwhile, combine oil, cilantro, curry powder, garlic and salt in a large bowl. Reserve 2 tablespoons of the mixture in a small bowl. Add shrimp and the potatoes to the large bowl; toss to coat. Thread the shrimp and potatoes onto four 12 inch skewers.

Grill the kebabs, turning once, until the shrimp are pink and the potatoes are browned, 2 to 3 minutes per side. Stir yogurt and lime juice into the small bowl of reserved sauce.

Serve each kebab with 2 tablespoons sauce.

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Serves 4  
Active Time: 30m  
Total Time: 30m

## NUTRITION FACTS

Amount per serving:  
Calories: 246  
Total Fat: 12g  
Saturated Fat: 1g  
Monounsaturated Fat: 7g  
Cholesterol: 143mg  
Sodium: 342mg  
Carbohydrates: 15g  
Dietary Fiber: 1g  
Total Sugars: 2g  
Added Sugars: 0g  
Protein: 19g  
Potassium: 243mg



weekend

easy

## ORECCHIETTE WITH BROCCOLI RABE

2 teaspoons salt  
12 ounces orecchiette pasta (about 3½ cups)  
2 pounds broccoli rabe (about 2 bunches)  
¼ cup extra-virgin olive oil  
3 cloves garlic, chopped  
½ teaspoon crushed red pepper  
8 anchovy fillets, chopped  
1 pint cherry tomatoes, halved  
Freshly grated Parmesan cheese (optional)

Bring 2 quarts of water to a boil in a large pot. Stir in salt, add pasta and cook according to package instructions until just tender. Drain, reserving ½ cup of the water.

Meanwhile, thoroughly wash broccoli rabe and trim off tough ends. Chop into 2-inch lengths.

Leave some of the water clinging to the leaves and stems; this will help create a sauce.

Heat oil in a large skillet over medium heat until it starts to shimmer. Add garlic, crushed red pepper and anchovies, mashing the fillets until they dissolve. Add the broccoli rabe (you may have to do this in batches, stirring each batch a little until it wilts enough to add more).

Cook, stirring, until almost tender, 6 to 10 minutes. Add tomatoes and toss until they begin to soften, about 2 minutes. Add the pasta and toss to coat. If it's too dry, add a little of the reserved pasta water.

Serve immediately, garnished with Parmesan if desired.

Serves 6

Active Time: 30m

Total Time: 30m

## NUTRITION FACTS

Calories: 359

Total Fat: 12g

Saturated Fat: 2g

Monounsaturated Fat: 7g

Cholesterol: 5mg

Sodium: 388mg

Carbohydrates: 50g

Dietary Fiber: 7g

Total Sugars: 3g

Added Sugars: 0g

Protein: 15g

Potassium: 484mg

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weekend intermediate

## QUICK SHEPHERD'S PIE

1 pound Yukon Gold potatoes cut into 1-inch chunks  
¼ cup low-fat milk  
2 tablespoons butter  
½ teaspoon salt divided  
½ teaspoon freshly ground pepper divided  
1 tablespoon extra-virgin olive oil  
1 pound lean ground lamb  
1 medium onion finely chopped  
2 cups chopped carrots  
3 tablespoons all-purpose flour  
1 tablespoon chopped fresh oregano  
1 14-ounce can reduced-sodium chicken broth  
1 cup frozen corn, thawed

Bring 2 inches of water to a boil in large pot fitted with a steamer basket. Add potatoes and steam until tender, 10 to 12 minutes. Drain and return the potatoes to the pot. Add milk, butter and ¼ teaspoon each salt and pepper. Mash together to a chunky consistency. Cover to keep warm.

Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add lamb, onion, carrots and the remaining ¼ teaspoon each salt and pepper; cook, stirring, until the lamb is no longer pink, 6 to 8 minutes. Sprinkle flour and oregano over the mix and cook, stirring, for minute. Add broth and corn; bring to a simmer and cook, stirring, until thickened. 3 to 5 minutes more.

Ladle the lamb stew into 4 bowls and top with the potatoes.

Serves 4  
Active Time: 35m  
Total Time: 35m

## NUTRITION FACTS

Amount per serving:  
Calories: 410  
Total Fat: 16g  
Saturated Fat: 6g  
Monounsaturated Fat: 7g  
Cholesterol: 74mg  
Sodium: 630mg  
Carbohydrates: 43g  
Dietary Fiber: 5g  
Total Sugars: 7g  
Added Sugars: 0g  
Protein: 25g  
Potassium: 1167mg

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weekend

advanced

## FLANK STEAK GYROS WITH QUICK PICKLES

2 tablespoons extra-virgin olive oil, divided  
¾ teaspoon ground coriander  
¾ teaspoon ground cumin  
¾ teaspoon dried thyme  
1 teaspoon salt, divided  
½ teaspoon ground pepper, divided  
1 pound flank steak, trimmed  
1 large red onion, sliced  
1 cup water  
½ cup white vinegar  
1 teaspoon sugar  
3 cups thinly sliced vegetables, such as turnips, cucumber and/or radishes  
4 6-inch whole-wheat pitas, warmed  
½ cup prepared tzatziki

Position rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil.

Combine 1 tablespoon oil, coriander, cumin, thyme, ½ teaspoon salt and ¼ teaspoon pepper in a small bowl. Brush both sides of steak with the seasoned oil. Place on the prepared baking sheet. Toss onion with the remaining 1 tablespoon oil and the remaining ¼ teaspoon pepper in a bowl and scatter around the steak.

Broil, turning the steak and stirring the onion halfway through, until an instant-read thermometer inserted in the thickest part of the steak registers 145°F and the onion is charred, 10 to 15 minutes.

Meanwhile, combine water, vinegar, sugar and the remaining ½ teaspoon salt in a medium saucepan. Bring to a boil. Add vegetables and cook for 1 minute. Remove from heat.

Slice the steak and drain the vegetables. Serve in pita bread with the charred onion and tzatziki.

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Serves 4

Active Time: 30m

Total Time: 30m

## NUTRITION FACTS

Amount per serving:

Calories: 465

Total Fat: 18g

Saturated Fat: 5g

Monounsaturated Fat: 8g

Cholesterol: 75mg

Sodium: 751mg

Carbohydrates: 45g

Dietary Fiber: 7g

Total Sugars: 5g

Added Sugars: 0g

Protein: 33g

Potassium: 722mg



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