



week two

healthful cooking habits

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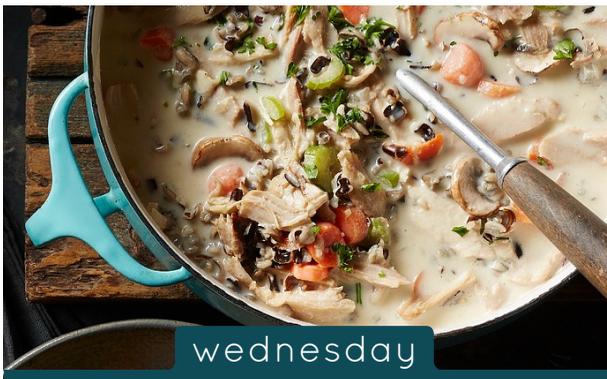
week two dinners



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

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

- 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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