



WEEK FOUR

resolution

MEMORIAL
HERMANN



We're in the home stretch now! Make extra bean and cheese burritos and stash some in the freezer for extra dinners or lunches. Just leave out the cilantro if you plan to freeze. If you don't have oregano for the salmon, it's okay to leave it out entirely. And feel free to substitute halibut, cod or Arctic char for the salmon or green beans for the Brussels sprouts.

Roast chicken with sweet potatoes will be your new weeknight savior, it only takes 15 minutes to prep! If you don't feel like making the green bean casserole, just toss a big salad and you're good to go. Leftover chicken can be used in the fried rice on Thursday and for Friday night's stuffed shells, try to find a store-bought marinara without added sugar.

MONDAY

Bean and Cheese Burritos and Romaine Tossed with Creamy Cilantro-Avocado Dressing



TUESDAY

Garlic Roasted Salmon and Brussels Sprouts



WEDNESDAY

Roast Chicken Sweet Potatoes and Gluten-free Green Bean Casserole



THURSDAY

Cauliflower Chicken Fried "Rice"



FRIDAY

Spinach & Cheese Stuffed Shells



PLATE METHOD SUGGESTIONS

MONDAY

breakfast

Turkey sausage patty, whole grain english muffin, watermelon

lunch

Turkey taco lettuce wraps, rice, grilled onions/peppers

snack

Corn and black bean salsa, jicama sticks/chips

TUESDAY

breakfast

Veggie/egg omelet, grapes, roasted breakfast potatoes

lunch

Salmon, quinoa, mixed berries, brussels sprouts

snack

Cottage cheese, peaches, bell pepper slices

WEDNESDAY

breakfast

Scrambled eggs, whole grain toast, orange

lunch

Light tuna salad with whole grain crackers, cucumbers, grapes

snack

Carrots, celery, hummus, whole grain pretzels

THURSDAY

breakfast

Greek yogurt, mixed berries, unsweetened granola

lunch

Veggie burger with whole grain bun, cauliflower tots, orange

snack

Light chicken salad, whole grain crackers, grapes

FRIDAY

breakfast

Oatmeal with milk, peanut butter, banana

lunch

Baked chicken breast, green beans, carrots, mashed potatoes

snack

Boiled egg, mini bell peppers, popcorn

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

SHOPPING LIST WEEK FOUR

PRODUCE	
<input type="checkbox"/>	Avocado, 1
<input type="checkbox"/>	Brussels sprouts, 6 cups
<input type="checkbox"/>	Cilantro, 2 bunches
<input type="checkbox"/>	Garlic, 4 heads
<input type="checkbox"/>	Ginger, enough for 1 tablespoon
<input type="checkbox"/>	Grape tomatoes, 1 1/2 cups
<input type="checkbox"/>	Green beans, 2 pounds
<input type="checkbox"/>	Lemon, 1
<input type="checkbox"/>	Lime, 1
<input type="checkbox"/>	Mushrooms, 1 pound
<input type="checkbox"/>	Oregano
<input type="checkbox"/>	Red bell pepper, 1
<input type="checkbox"/>	Red onion, 1 large
<input type="checkbox"/>	Salad mix, 1 bag
<input type="checkbox"/>	Scallions, 9
<input type="checkbox"/>	Snow peas, enough for 1 cup
<input type="checkbox"/>	Spinach, 2 pounds (can be substituted for frozen)
<input type="checkbox"/>	Sweet potatoes, 2 medium
<input type="checkbox"/>	Thyme
<input type="checkbox"/>	White onions, 3 large
PROTIEN	
<input type="checkbox"/>	Bone-in chicken thighs, 1½ -2 pounds
<input type="checkbox"/>	Boneless, skinless chicken thighs, 1 pound
<input type="checkbox"/>	Wild-caught salmon fillet, 2 pounds
DAIRY	
<input type="checkbox"/>	Buttermilk, enough for 1 cup
<input type="checkbox"/>	Grated Parmesan cheese, enough for ½ cup
<input type="checkbox"/>	Half dozen eggs
<input type="checkbox"/>	Half gallon low-fat milk
<input type="checkbox"/>	Nonfat plain yogurt, enough for ½ cup
<input type="checkbox"/>	Part-skim ricotta cheese, enough for 2 cups
<input type="checkbox"/>	Sharp cheddar cheese, shredded, enough for 2 cups

SPICES / HERBS	
<input type="checkbox"/>	Chili powder
<input type="checkbox"/>	Dried thyme
<input type="checkbox"/>	Ground cumin
<input type="checkbox"/>	Ground nutmeg
CANNED GOODS	
<input type="checkbox"/>	Low-sodium pinto beans, 2 15-ounce cans
<input type="checkbox"/>	Marinara sauce, preferably low-sodium, enough for 3 cups
<input type="checkbox"/>	Pickled jalapeño peppers, enough for ¼ cup
CONDIMENTS	
<input type="checkbox"/>	Dijon or whole-grain mustard
<input type="checkbox"/>	Extra-virgin olive oil
<input type="checkbox"/>	Peanut oil, enough for 1 teaspoon
<input type="checkbox"/>	Sesame oil, enough for 1 teaspoon
<input type="checkbox"/>	Soy or tamari sauce
BAKERY	
<input type="checkbox"/>	8, 8-inch whole-wheat tortillas
<input type="checkbox"/>	Plain dry breadcrumbs, enough for ⅔ cup
FROZEN	
<input type="checkbox"/>	Cauliflower rice, enough for 4 cups
OTHER	
<input type="checkbox"/>	24 jumbo pasta shells
<input type="checkbox"/>	Canola oil cooking spray
<input type="checkbox"/>	Cornstarch, enough for 2 tablespoons
<input type="checkbox"/>	Gluten-free all-purpose flour, enough for ¼ cup
<input type="checkbox"/>	Pepper
<input type="checkbox"/>	Salt
<input type="checkbox"/>	Sugar
<input type="checkbox"/>	White wine, can be substituted for chicken stock

Some recipes may include peanuts, tree nuts, eggs and wheat. Please make note of dietary restrictions before preparing.



Easy Bean & Cheese Burritos

Serving Size: 1 burrito
Yield: 8 servings
Active Time: 20 minutes
Total Time: 25 minutes

MONDAY

Ingredients

1½ cups chopped grape tomatoes
4 scallions, chopped
¼ cup chopped pickled jalapeños
2 tablespoons chopped fresh cilantro
2 15-ounce cans low-sodium pinto beans,
rinsed
4 teaspoons chili powder
1 teaspoon ground cumin
2 cups shredded sharp cheddar cheese
8 8-inch whole-wheat tortillas,
at room temperature
1 teaspoon extra virgin olive oil

Instructions

Combine tomatoes, scallions, jalapeños and cilantro in a medium bowl.

Mash beans with chili powder and cumin in a large bowl with a fork or potato masher until almost smooth. Add cheese and the tomato mixture and stir until combined. Spread about ½ cup of the filling mixture on the bottom third of each tortilla. Roll snugly, tucking in the ends as you go.

Add 1 teaspoon extra virgin olive oil to a saute pan over medium heat. Add the rolled burrito to the hot pan, turning them occasionally until golden brown on all sides.

Nutrition

Calories: 336	Added Sugars: 0 g
Total Fat: 12 g	Protein: 15 g
Saturated Fat: 6 g	Sodium: 750 mg
Cholesterol: 28 mg	Potassium: 332 mg
Carbohydrates: 41 g	Folate: 65 mcg
Fiber: 7 g	Calcium: 349mg
Total Sugars: 4 g	Carbohydrate Servings: 2½



Romaine tossed with Creamy Cilantro-Avocado Dressing

Serving Size: 1 tablespoon
Yield: 16 servings
Active Time: 10 minutes
Total Time: 10 minutes

MONDAY

Ingredients

½ ripe avocado
¾ cup packed fresh cilantro
½ cup nonfat plain yogurt
2 scallions, chopped
1 clove garlic, quartered
1 tablespoon lime juice
½ teaspoon sugar
½ teaspoon salt
Bag of salad mix

Instructions

Place avocado, cilantro, yogurt, scallions, garlic, lime juice, sugar and salt in a blender; blend until smooth.

Toss dressing with the bag of salad mix.

Nutrition

Calories: 16
Total Fat: 1 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Carbohydrates: 2 g
Fiber: 0 g
Total Sugars: 1 g

Added Sugars: 0 g
Protein: 1 g
Sodium: 80 mg
Potassium: 61 mg
Folate: 8 mcg
Calcium: 18 mg
Carbohydrate Servings: 0



Garlic Roasted Salmon & Brussels Sprouts

Yield: 6 servings
Active Time: 25 minutes
Total Time: 45 minutes

TUESDAY

Ingredients

14 large cloves garlic, divided
¼ cup extra-virgin olive oil
2 tablespoons finely chopped fresh oregano, divided
1 teaspoon salt, divided
¾ teaspoon freshly ground pepper, divided
6 cups Brussels sprouts, trimmed and sliced
¾ cup white wine, or ¾ cup chicken stock
2 pounds wild-caught salmon fillet, skinned, cut into 6 portions
Lemon wedges, for serving

Instructions

Preheat oven to 450°.

Mince 2 garlic cloves and combine in a small bowl with oil, 1 tablespoon oregano, ½ teaspoon salt and ¼ teaspoon pepper. Halve the remaining garlic and toss with Brussels sprouts and 3 tablespoons of the seasoned oil in a large roasting pan. Roast, stirring once, for 15 minutes.

Add wine or chicken stock to the remaining oil mixture. Remove the pan from oven, stir the vegetables and place salmon on top. Drizzle with the wine mixture. Sprinkle with the remaining 1 tablespoon oregano and ½ teaspoon each salt and pepper. Bake until the salmon is just cooked through, 5 to 10 minutes more. Serve with lemon wedges.

Nutrition

Calories: 334
Total Fat: 15 g
Saturated Fat: 3 g
Cholesterol: 71 mg
Carbohydrates: 10 g
Fiber: 3 g
Total Sugars: 2 g

Added Sugars: 0 g
Protein: 33 g
Sodium: 485 mg
Potassium: 921 mg
Folate: 75 mcg
Calcium: 115 mg
Carbohydrate Servings: ½



Roast Chicken & Sweet Potatoes

Yield: 4 servings
Active Time: 15 minutes
Total Time: 45 minutes

WEDNESDAY

Ingredients

2 tablespoons whole-grain or Dijon mustard
2 tablespoons chopped fresh thyme or
2 teaspoons dried
2 tablespoons extra-virgin olive oil, divided
½ teaspoon salt, divided
½ teaspoon ground pepper, divided
1½–2 pounds bone-in chicken thighs
skin removed
2 medium sweet potatoes, peeled and
cut into 1-inch pieces
1 large red onion, cut into 1-inch wedges

Instructions

Position rack in lower third of oven; preheat to 450°. Place a large rimmed baking sheet in the oven to preheat.

Combine mustard, thyme, 1 tablespoon oil and ¼ teaspoon each salt and pepper in a small bowl; spread the mixture evenly on chicken.

Toss sweet potatoes and onion in a bowl with the remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper.

Carefully remove the baking sheet from the oven and spread the vegetables on it. Place the chicken on top of the vegetables.

Return the pan to the oven and roast, stirring the vegetables once halfway through, until the vegetables are tender and beginning to brown and an instant-read thermometer inserted into a chicken thigh registers 165°, 30 to 35 minutes.

Nutrition

Calories: 408	Added Sugars: 0 g
Total Fat: 17 g	Protein: 27 g
Saturated Fat: 4 g	Sodium: 554 mg
Cholesterol: 86 mg	Potassium: 636 mg
Carbohydrates: 34 g	Folate: 32 mcg
Fiber: 5 g	Calcium: 75 mg
Total Sugars: 12 g	Carbohydrate Servings: 2



Gluten-Free Green Bean Casserole

Serving Size: ½ cup
Yield: 12 servings
Active Time: 45 minutes
Total Time: 1 ¼ hours

WEDNESDAY

Ingredients

Canola oil cooking spray
1 large onion, divided
1 cup buttermilk
¼ cup gluten-free all-purpose flour
1 teaspoon ground pepper, divided
2 pounds green beans, trimmed and cut into 1-inch pieces
1 tablespoon extra-virgin olive oil
1 pound mushrooms, chopped
2 cloves garlic, minced
1½ teaspoons salt
¾ teaspoon dried thyme
1½ cups low-fat milk
¼ cup water
2 tablespoons cornstarch

Instructions

Preheat oven to 400°. Coat a rimmed baking sheet with cooking spray. Coat a 9-by-13-inch baking dish with cooking spray.

Cut onion in half; thinly slice one half and dice the other half. Combine the sliced onion in a small bowl with buttermilk; let stand for 10 minutes. (Set the diced onion aside.)

Drain the sliced onion (discard the buttermilk). Add gluten-free flour and 1/4 teaspoon pepper to the onion and toss to coat. Spread out on the prepared baking sheet and coat with cooking spray. Bake for 10 minutes. Stir and continue baking until the onion slices are golden brown, about 10 minutes more.

Meanwhile, bring 1 inch of water to a boil in a large pot fitted with a steamer basket. Add beans, cover and steam until tender-crisp, 3 to 4 minutes. Remove the beans and basket from the pot. Wipe the pot dry. Add oil and heat over medium heat. Add the diced onion and cook, stirring often, until softened, about 4 minutes. Stir in mushrooms, garlic, salt, thyme and the remaining ¾ teaspoon pepper; cook, stirring often, until the mushrooms are tender and the mushroom liquid is almost evaporated, 3 to 5 minutes.

Pour in milk and bring to a simmer. Combine water and cornstarch in a small bowl. When the milk is simmering, stir in the cornstarch mixture and cook, stirring, until thick enough to coat the back of a spoon, 1 to 2 minutes. Stir in the green beans. Transfer the mixture to the prepared baking dish. Top with the crispy onion slices. Bake the casserole until bubbling, 20 to 30 minutes.

Nutrition

Calories: 82	Added Sugars: 0 g
Total Fat: 2 g	Protein: 4 g
Saturated Fat: 1 g	Sodium: 317 mg
Cholesterol: 2 mg	Potassium: 405 mg
Carbohydrates: 13 g	Folate: 39 mcg
Fiber: 3 g	Calcium: 87 mg
Total Sugars: 6 g	Carbohydrate Servings: 1



Cauliflower Chicken Fried “Rice”

Serving Size: 1 ¼ cups
Yield: 4 servings
Active Time: 35 minutes
Total Time: 35 minutes

THURSDAY

Ingredients

- 1 teaspoon peanut oil plus 2 tablespoons, divided
- 2 large eggs, beaten
- 3 scallions, thinly sliced, whites and greens separated
- 1 tablespoon grated fresh ginger
- 1 tablespoon minced garlic
- 1 pound boneless, skinless chicken thighs, trimmed and cut into ½-inch pieces
- ½ cup diced red bell pepper
- 1 cup snow peas, trimmed and halved
- 4 cups cauliflower rice
- 3 tablespoons reduced-sodium tamari or soy sauce
- 1 teaspoon sesame oil (optional)

Instructions

Heat 1 teaspoon oil in a large flat-bottomed carbon-steel wok or large heavy skillet over high heat. Add eggs and cook, without stirring, until fully cooked on one side, about 30 seconds. Flip and cook until just cooked through, about 15 seconds. Transfer to a cutting board and cut into ½-inch pieces.

Add 1 tablespoon oil to the pan along with scallion whites, ginger and garlic; cook, stirring, until the scallions have softened, about 30 seconds. Add chicken and cook, stirring, for 1 minute. Add bell pepper and snow peas; cook, stirring, until just tender, 2 to 4 minutes. Transfer everything to a large plate.

Add the remaining 1 tablespoon oil to the pan; add cauliflower rice and stir until beginning to soften, about 2 minutes. Return the chicken mixture and eggs to the pan; add tamari (or soy sauce) and sesame oil (if using) and stir until well combined. Garnish with scallion greens.

Nutrition

Calories: 304	Added Sugars: 0 g
Total Fat: 15 g	Protein: 30 g
Saturated Fat: 4 g	Sodium: 591 mg
Cholesterol: 200 mg	Potassium: 883 mg
Carbohydrates: 12 g	Folate: 124 mcg
Fiber: 4 g	Calcium: 75 mg
Total Sugars: 5 g	Carbohydrate Servings: 1



Spinach & Cheese Stuffed Shells

Yield: 6 servings
Active Time: 1 ¼ hours
Total Time: 2 hours

FRIDAY

Ingredients

24 jumbo pasta shells (8 ounces)
1½ teaspoons extra-virgin olive oil
2 onions, finely chopped
2 pounds fresh spinach, trimmed and washed,
or two 10-ounce packages frozen chopped
spinach, thawed and squeezed dry
2 cups part-skim ricotta cheese
¾ cup plain dry breadcrumbs
½ cup freshly grated Parmesan cheese,
divided
¼ teaspoon ground nutmeg
⅛ teaspoon salt
Freshly ground pepper to taste
1 large egg white, lightly beaten
3 cups prepared marinara sauce,
preferably low-sodium

Instructions

Preheat oven to 375°. Cook shells in a large pot of boiling water, stirring often, until just tender, about 15 minutes or according to package directions. Drain and rinse under cold water. Set aside.

Heat oil in a large nonstick skillet over medium-high heat. Add onions and cook, stirring occasionally, until softened, about 3 minutes. If using fresh spinach, add it in batches and toss with tongs until wilted. Drain in a colander, pressing out excess moisture with the back of a spoon. Let cool. If using thawed frozen spinach, add it to the onions and toss to mix well. Set aside.

Combine ricotta, breadcrumbs, ¼ cup Parmesan and nutmeg in a bowl; mix well. Add the reserved spinach and season with salt and pepper. Stir in egg white.

Stuff each of the reserved shells with a generous 2 tablespoons of the ricotta mixture. Spread 1 cup marinara sauce in the bottom of a 9-by-13-inch baking dish. Arrange the stuffed shells in a single layer. Top with the remaining 2 cups of the sauce and sprinkle with the remaining ¼ cup Parmesan cheese. Bake until the top is golden and the shells are heated through, about 30 minutes. (If the top browns too quickly, tent loosely with foil.) Let cool for 10 minutes before serving.

Nutrition

Calories: 438	Added Sugars: 3 g
Total Fat: 12 g	Protein: 25 g
Saturated Fat: 6 g	Sodium: 574 mg
Cholesterol: 31 mg	Potassium: 1121 mg
Carbohydrates: 59 g	Folate: 335 mcg
Fiber: 7 g	Calcium: 510 mg
Total Sugars: 9 g	Carbohydrate Servings: 4