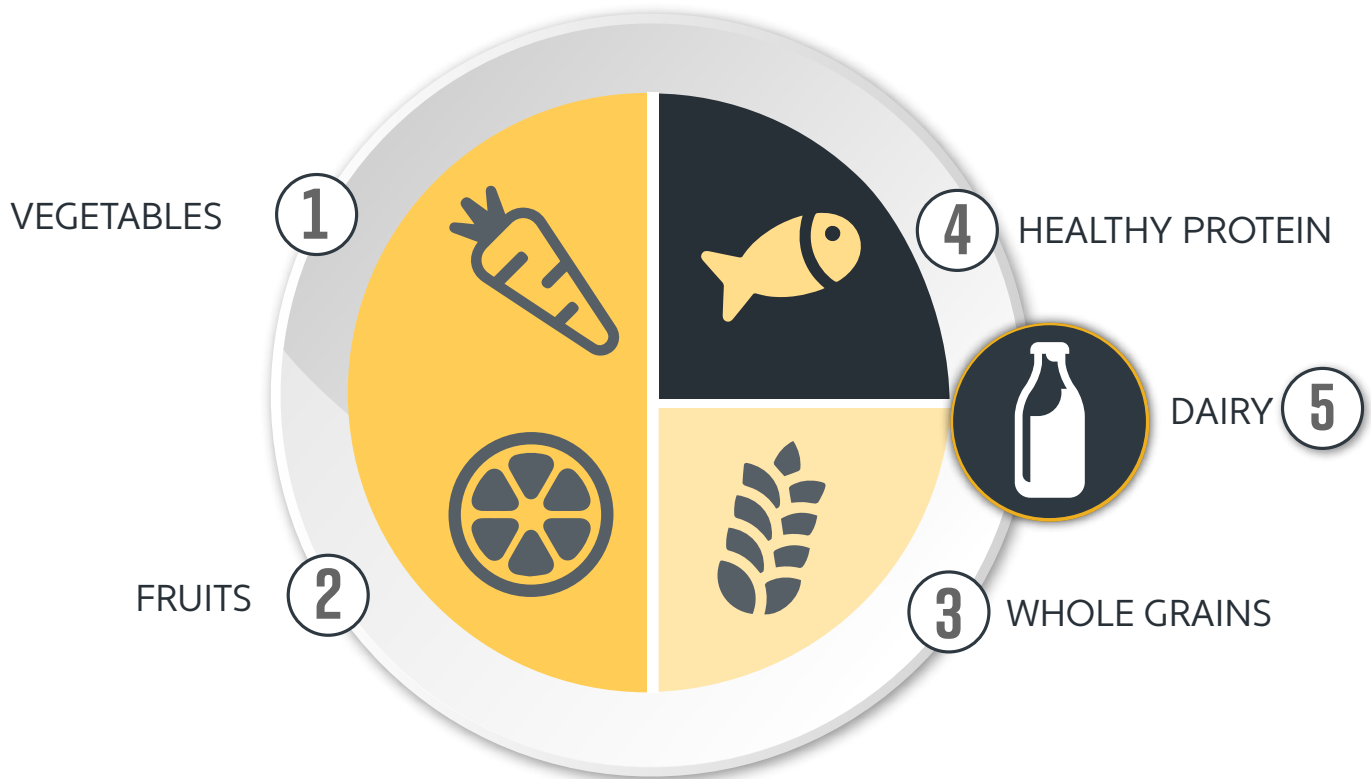




ENDOCRINOLOGY MEAL PLAN

This meal plan is based on a daily 2,000-calorie diet.

THE PLATE METHOD



1. VEGETABLES

The more vegetables—and the greater the variety—the better.

2. FRUITS

Eat plenty of fruits of all colors.

3. WHOLE GRAINS

Choose fish, poultry, beans and nuts.
Limit red meat and cheese.

4. HEALTHY PROTEIN

Eat a variety of whole grains.
Limit refined grains.

5. DAIRY

Choose skim or 1% milk and
limit to 1-2 servings per day.

Use as a guide for creating healthy, balanced meals, whether served on a plate or packed in a lunch box.

Remember, $\frac{1}{2}$ plate of vegetables and fruit, $\frac{1}{4}$ grains and $\frac{1}{4}$ protein.

The total number of calories a person needs each day varies depending on a person's age, sex, height, weight and level of physical activity. Estimates range from 1,600 to 2,400 calories per day for adult women and 2,000 to 3,000 calories per day for adult men.



Day 1

Salmon with Curried Yogurt and Cucumber Salad

INGREDIENTS

- 1¼ pounds salmon fillet, cut into 4 portions
- 2 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- ½ cup cucumber, sliced
- 2 tablespoons fresh cilantro, chopped
- 2 tablespoons minced shallot
- ½ cup low-fat plain yogurt
- 2 tablespoons lemon juice
- ¼ teaspoon curry powder

PREPARATION

Preheat grill to medium-high.

Brush salmon with 1 tablespoon oil and sprinkle with ¼ teaspoon each salt and pepper. Oil the grill rack. Grill the salmon, turning once, until just cooked through, about 6 minutes.

Meanwhile, combine cucumber, cilantro and shallot with the remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper in a medium bowl. Whisk yogurt, lemon juice, curry powder and the remaining ½ teaspoon each salt and pepper in a small bowl.

Serve the salmon with the yogurt sauce and the cucumber salad.

Active Time 20m
Total Time 20m

Serves 4

NUTRITION FACTS

Calories	258
Total Fat	13g
Saturated Fat	3g
Monounsaturated Fat	7g
Cholesterol	68mg
Sodium	383mg
Carbohydrates	4g
Dietary Fiber	0g
Total Sugars	3g
Added Sugars	N/A
Protein	30g
Potassium	650mg



Day 2

Green Veggie Bowl with Chicken and Lemon-Tahini Dressing

INGREDIENTS

¼ cup tahini
¼ cup cold water plus
2 tablespoons, divided
¼ cup lemon juice
½ teaspoon minced garlic plus
2 sliced garlic cloves, divided
¼ teaspoon ground cumin
½ teaspoon kosher salt, divided
1 cup green beans
1 small broccoli crown

4 4-ounce chicken cutlets,
trimmed
¼ teaspoon ground pepper
2 tablespoons extra-virgin olive
oil, divided
½ large red onion, sliced
4 cups kale, thinly sliced
2 cups cooked brown rice
¼ cup fresh cilantro, chopped

PREPARATION

Whisk tahini and ¼ cup water in a small bowl until smooth. Add lemon juice, minced garlic, cumin and ¼ teaspoon salt and whisk to combine. Set aside.

Trim green beans and cut in half. Break broccoli into florets. Measure 1 cup (reserve the rest for another use). Season chicken with the remaining ¼ teaspoon salt and pepper.

Heat 1 tablespoon oil in a large cast-iron skillet over medium heat. Add the chicken and cook until an instant-read thermometer registers 160°, 3 to 5 minutes per side. Transfer to a clean cutting board and tent with foil to keep warm.

Wipe out the pan and add the remaining 1 tablespoon oil. Add onion and cook, stirring occasionally, for 2 minutes. Add sliced garlic and cook for 30 seconds, then add the broccoli and green beans. Cook, stirring occasionally, for 2 minutes. Stir in kale and add the remaining 2 tablespoons water. Cover and steam until the vegetables are tender-crisp, 1 to 2 minutes.

To serve, slice the chicken; divide rice and the vegetables among 4 bowls and top with chicken. Drizzle with the reserved dressing and sprinkle with cilantro.

Active Time 30m

Total Time 30m

Serves 4

NUTRITION FACTS

Calories	452
Total Fat	18g
Saturated Fat	2g
Monounsaturated Fat	9g
Cholesterol	65mg
Sodium	361mg
Carbohydrates	42g
Dietary Fiber	5g
Total Sugars	3g
Added Sugars	0g
Protein	35g
Potassium	320mg



Day 3

Sheet-Pan Maple-Mustard Pork Chops and Carrots

INGREDIENTS

4 tablespoons extra-virgin olive oil, divided
1 tablespoon whole-grain mustard
1 tablespoon maple syrup
4 5-ounce bone-in, center-cut pork chops (½ inch thick)
1½ pounds rainbow carrots, cut diagonally into ¼ inch slices
2 teaspoons garlic, finely chopped
1 teaspoon peeled fresh ginger, coarsely chopped
½ teaspoon ground turmeric
¾ teaspoon kosher salt
¾ teaspoon ground pepper
¼ cup chopped flat-leaf parsley

PREPARATION

Position a rack in the lower third of the oven and preheat to 450°.

Whisk 1 tablespoon oil, mustard and maple syrup in a small bowl. Place pork chops on one side of a rimmed baking sheet. Brush the tops with the oil mixture. Place carrots on the other side and drizzle with the remaining 3 tablespoons oil. Sprinkle garlic, ginger and turmeric on the carrots and toss to coat. Season everything with salt and pepper. Roast for 10 minutes.

Turn broiler to high. Broil until an instant-read thermometer inserted in the thickest part of a chop without touching the bone registers 145°, about 4 minutes. Continue cooking the carrots, if needed, until tender and glazed, 2 to 5 minutes more.

Serve sprinkled with parsley.

Active Time 10m

Total Time 30m

Serves 4

NUTRITION FACTS

Calories	376
Total Fat	21g
Saturated Fat	4g
Monounsaturated Fat	13g
Cholesterol	72mg
Sodium	603mg
Carbohydrates	21g
Dietary Fiber	5g
Total Sugars	11g
Added Sugars	N/A
Protein	25g
Potassium	893mg

Day 4

Chicken and Kale Taco Salad with Jalapeño-Avocado Ranch

INGREDIENTS

1 ripe avocado
1/3 cup ranch dressing
2 tablespoons pickled jalapeños, chopped
1 tablespoon white-wine vinegar
1 teaspoon ground pepper
8 cups kale, shredded
2 cups cooked chicken breast, shredded
1 1/2 cups tortilla chips
1 cup canned black beans, rinsed
1/2 cup mango, chopped
1/4 cup Cheddar cheese, shredded
1/4 cup diced red onion
Lime wedges & crushed red pepper for serving

PREPARATION

Combine avocado, ranch dressing, jalapeños, vinegar and pepper in a food processor. Pulse until smooth.

Toss kale, chicken, tortilla chips, beans, mango, cheese and onion with the avocado mixture in a large bowl.

Serve with lime wedges and crushed red pepper, if desired.

Active Time 25m

Total Time 25m

Serves 4

NUTRITION FACTS

Calories	429
Total Fat	23g
Saturated Fat	5g
Monounsaturated Fat	9g
Cholesterol	0mg
Sodium	407mg
Carbohydrates	27g
Dietary Fiber	8g
Total Sugars	7g
Added Sugars	0g
Protein	30g
Potassium	818mg



Day 5

Hearty Chickpea and Spinach Stew

INGREDIENTS

2 15-ounce cans low-sodium chickpeas, rinsed, divided
1 tablespoon olive oil
12 ounces 93%-lean ground turkey
½ teaspoon dried oregano
½ teaspoon fennel seeds, crushed
½ teaspoon crushed red pepper
1 medium onion, chopped (1 cup)
2 medium carrots, diced (¾ cup)
4 cloves garlic, minced, or ½ teaspoon garlic powder
3 tablespoons tomato paste
1 32-ounce carton low-sodium chicken broth (4 cups)
¼ teaspoon ground pepper
⅛ teaspoon salt
3 cups individually quick-frozen spinach (8 ounces)
¼ cup grated parmesan cheese (optional)

PREPARATION

Mash 1 can chickpeas with a potato masher or fork. Set aside.

Heat oil in a large pot over medium-high heat. Add turkey, oregano, fennel seeds, and crushed red pepper; cook, crumbling with a wooden spoon, until the turkey is no longer pink, 2 to 3 minutes. Add onion, carrots, and garlic (or garlic powder); cook, stirring often, until softened and fragrant, 3 to 4 minutes. Add tomato paste; cook, stirring, for 30 seconds.

Add broth, the mashed and whole chickpeas, pepper, and salt to the pot. Cover and bring to a simmer. Reduce heat to medium and cook, covered, at a brisk simmer until the vegetables are tender and the flavors have blended, about 10 minutes.

Add spinach and increase heat to medium-high. Cook, stirring, until the spinach is heated through, 1 to 2 minutes. Ladle the soup into bowls. Garnish each serving with tablespoon parmesan, if desired.

Active Time 20m

Total Time 30m

Serves 4

NUTRITION FACTS

Calories	439
Total Fat	17 g
Saturated Fat	3g
Monounsaturated Fat	7g
Cholesterol	63mg
Sodium	644mg
Carbohydrates	43g
Dietary Fiber	13g
Total Sugars	10 g
Added Sugars	N/A
Protein	35g
Potassium	1174mg

Day 6



Charred Shrimp, Pesto and Quinoa Bowls

INGREDIENTS

½ cup prepared pesto
2 tablespoons balsamic vinegar
1 tablespoon extra-virgin olive oil
½ teaspoon salt
¼ teaspoon ground pepper
1 pound peeled and deveined large shrimp (16-20 count), patted dry
4 cups arugula
2 cups cooked quinoa
1 cup halved cherry tomatoes
1 avocado, diced

PREPARATION

Whisk pesto, vinegar, oil, salt and pepper in a large bowl. Remove 4 tablespoons of the mixture to a small bowl; set both bowls aside.

Heat large cast-iron skillet over medium-high heat. Add shrimp and cook, stirring, until just cooked through with a slight char, 4 to 5 minutes. Remove to a plate.

Add arugula and quinoa to the large bowl with the vinaigrette and toss to coat. Divide the arugula mixture between 4 bowls. Top with tomatoes, avocado and shrimp.

Drizzle each bowl with 1 tablespoon of the reserved pesto mixture.

Active Time 25m

Total Time 25m

Serves 4

NUTRITION FACTS

Calories	429
Total Fat	22g
Saturated Fat	4g
Monounsaturated Fat	N/A
Cholesterol	188mg
Sodium	571mg
Carbohydrates	29g
Dietary Fiber	7g
Total Sugars	5g
Added Sugars	N/A
Protein	31g
Potassium	901mg



Day 7

Grilled Skirt Steak with Corn-Tomato Relish

INGREDIENTS

1 pound skirt steak or sirloin steak
¾ teaspoon kosher salt, divided
3 teaspoon ground pepper, divided
1 ear corn, husked
3 tablespoons extra-virgin olive oil, divided
½ cup halved cherry tomatoes
1 cup red onion, thinly sliced
2 tablespoons torn fresh basil
1½ tablespoons rice vinegar
1 serrano chile, seeded and minced

PREPARATION

Preheat grill to medium-high.

Sprinkle steak with ½ teaspoon each salt and pepper. Brush the steak and corn with 1 tablespoon oil.

Oil the grill rack. Grill the corn, turning occasionally, until lightly charred and tender, 8 to 10 minutes. Grill the steak, turning occasionally, to desired doneness, 6 to 8 minutes for medium-rare. Transfer the steak to a clean cutting board and let rest for 10 minutes.

Cut the kernels from the cob.

Combine in a medium bowl with tomatoes, onion, basil, vinegar, chile, the remaining 2 tablespoons oil and ¼ teaspoon each salt and pepper.

Slice the steak thinly against the grain. Serve with the relish.

Active Time 25m

Total Time 25m

Serves 6

NUTRITION FACTS

Calories	311
Total Fat	20g
Saturated Fat	5g
Monounsaturated Fat	13g
Cholesterol	74mg
Sodium	441mg
Carbohydrates	7g
Dietary Fiber	1g
Total Sugars	2g
Added Sugars	N/A
Protein	25g
Potassium	556mg