

# ENDOCRINE HEALTH MEAL PLAN



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**Compass**<sup>®</sup>

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 **HEALTHY PROTEIN**  
Choose fish, poultry, beans and nuts. Limit red meat and cheese.
- 4 **WHOLE GRAINS**  
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 one

## One-Pot Garlicky Shrimp and Spinach

Shrimp, spinach and garlic brown and cook quickly for a simple one-pot weeknight dinner.

### INGREDIENTS

3 tablespoons extra-virgin olive oil, divided  
6 medium cloves garlic, sliced, divided  
1 pound spinach  
 $\frac{1}{4}$  teaspoon salt plus  $\frac{1}{8}$  teaspoon, divided  
 $\frac{1}{2}$  teaspoons lemon zest  
1 tablespoon lemon juice  
1 pound shrimp (21-30 count), peeled and deveined  
 $\frac{1}{4}$  teaspoon crushed red pepper  
1 tablespoon finely chopped fresh parsley

### PREPARATION

Heat 1 tablespoon oil in a large pot over medium heat. Add half the garlic and cook until beginning to brown, 1 to 2 minutes. Add spinach and  $\frac{1}{4}$  teaspoon salt and toss to coat.

Cook, stirring once or twice, until mostly wilted, 3 to 5 minutes. Remove from heat and stir in lemon juice. Transfer to a bowl and keep warm.

Increase heat to medium-high and add the remaining 2 tablespoons oil to the pot. Add the remaining garlic and cook until beginning to brown, 1 to 2 minutes. Add shrimp, crushed red pepper and the remaining  $\frac{1}{8}$  teaspoon salt; cook, stirring, until the shrimp are just cooked through, 3 to 5 minutes more.

Serve the shrimp over the spinach, sprinkled with lemon zest and parsley.

Active Time 25m

Total Time 25m

Serves 4

1 cup each

### NUTRITION FACTS

Calories 226

Total Fat 12g

Saturated Fat 2g

Monounsaturated Fat N/A

Cholesterol 183mg

Sodium 444mg

Carbohydrates 6g

Dietary Fiber 3g

Total Sugars 1g

Added Sugars N/A

Protein 26g

Potassium 963mg

Diabetic Exchanges:

3 Lean Protein,

2 Fat, 1 Vegetable



day one

## Easy Whole-Wheat Couscous

To add more flavor, swap reduced-sodium broth in for the water.

### INGREDIENTS

$\frac{2}{3}$  cup water  
 $\frac{1}{2}$  cup whole-wheat couscous

### PREPARATION

Bring water to a boil in a small saucepan over high heat.

Add couscous, stir and return to a simmer. Cover, remove from heat and let stand until the water is absorbed, about 5 minutes.

Fluff with a fork.

Active Time 5m

Total Time 10m

Serves 2

$\frac{3}{4}$  cups each

### NUTRITION FACTS

Calories 170

Total Fat 1g

Saturated Fat N/A

Monounsaturated Fat N/A

Cholesterol N/A

Sodium 2mg

Carbohydrates 37g

Dietary Fiber 6g

Total Sugars 1g

Added Sugars N/A

Protein 7g

Potassium 1mg

Diabetic Exchanges:

2 $\frac{1}{2}$  Starch



day two

## Lentil and Roasted Vegetable Salad with Green Goddess Dressing

This super green salad recipe uses miso to keep it vegetarian.

### INGREDIENTS

4 cups broccoli florets (about 8 ounces)  
2 cups trimmed and halved green beans (about 6 ounces)  
1 tablespoon extra-virgin olive oil  
½ teaspoon salt, divided  
½ teaspoon ground pepper, divided  
2½ cups water  
¾ cup French green lentils  
½ cup chopped fresh herbs, such as parsley, tarragon and chives  
⅓ cup mayonnaise  
¼ cup buttermilk  
1 tablespoon lemon juice  
1½ teaspoons white miso  
1 small clove garlic, quartered  
8 cups torn escarole or green leaf lettuce  
2 cups thinly sliced kale

### PREPARATION

Preheat oven to 400°.

Toss broccoli and green beans with oil and ¼ teaspoon each salt and pepper on a large rimmed baking sheet. Roast, stirring once, until tender, about 20 minutes. Meanwhile, bring water and lentils to a boil in a medium saucepan over high heat. Reduce heat to a simmer, cover and cook until tender, about 25 minutes. Rinse and drain well.

Combine herbs, mayonnaise, buttermilk, lemon juice, miso, garlic and the remaining ¼ teaspoon each salt and pepper in a food processor or blender. Process until smooth.

Gently toss escarole (or lettuce) and kale with the roasted vegetables and lentils in a large bowl. Serve with the dressing.

Active Time 30m

Total Time 45m

Serves 4

2½ cups each

### NUTRITION FACTS

Calories 318

Total Fat 18g

Saturated Fat 3g

Monounsaturated Fat 6g

Cholesterol 8mg

Sodium 559mg

Carbohydrates 28g

Dietary Fiber 10g

Total Sugars 4g

Added Sugars 0g

Protein 12g

Potassium 765mg

Carbohydrate Servings 2

Diabetic Exchanges:

½ starch, 2 vegetable,

1 lean meat, 3½ fat



day three

## Sheet-Pan Chicken Sausage and Peppers

Colorful peppers and tomatoes and sweet onion make this sausage dinner pop.

### INGREDIENTS

- 4 medium red, yellow, orange and/or green sweet peppers, cut into 1-inch pieces
- 1 large sweet onion, cut into thin wedges
- 2 cups grape tomatoes
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 12-ounce package Italian-flavored cooked chicken sausage, bias-sliced into thirds
- 1 tablespoon snipped fresh oregano

### PREPARATION

Preheat oven to 425°. Coat a 15x10-inch baking pan with nonstick cooking spray. In the prepared pan combine peppers, onion and tomatoes.

Drizzle with oil and vinegar; toss gently to coat. Roast 30 minutes.

Push vegetables to one side, exposing about one-fourth of the pan. Place sausage in pan. Roast 10 to 15 minutes more or until vegetables are tender and sausage is heated through. Top with oregano.

Active Time 15m

Total Time 55m

Serves 4

1⅓ cups each

### NUTRITION FACTS

Calories 249

Total Fat 11g

Saturated Fat 3g

Monounsaturated Fat N/A

Cholesterol 65mg

Sodium 494mg

Carbohydrates 20g

Dietary Fiber 5g

Total Sugars 11g

Added Sugars N/A

Protein 18g

Potassium 574mg

Carbohydrate Servings 1

Diabetic Exchanges:

1½ lean meat, 2 fat,

3⅓ vegetable



## day three

### Easy Brown Rice

Here's the only recipe you need to make perfect brown rice every time.

#### INGREDIENTS

2½ cups water or broth  
1 cup brown rice

#### PREPARATION

Combine water (or broth) and rice in a medium saucepan.

Bring to a boil. Reduce heat to low, cover and simmer until tender and most of the liquid has been absorbed, 40 to 50 minutes.

Let stand 5 minutes, then fluff with a fork.

Active Time 5m

Total Time 1h

Serves 6

½ cup each

#### NUTRITION FACTS

Calories 113

Total Fat 1g

Saturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg

Sodium 5mg

Carbohydrates 24g

Dietary Fiber 1g

Total Sugars 0g

Added Sugars 0g

Protein 2g

Potassium 78mg

Carbohydrate Servings 1½

Diabetic Exchanges:

1½ starch



day four

## Smoky Maple-Mustard Salmon

It doesn't get much easier—or more delicious—than this speedy recipe for roast salmon.

### INGREDIENTS

3 tablespoons whole-grain or Dijon mustard  
1 tablespoon pure maple syrup  
 $\frac{1}{4}$  teaspoon smoked paprika or ground chipotle pepper  
 $\frac{1}{4}$  teaspoon ground pepper  
 $\frac{1}{8}$  teaspoon salt  
4 4-ounce skinless center-cut salmon fillets

### PREPARATION

Preheat oven to 450°. Line a baking sheet with foil and coat with cooking spray. Combine mustard, maple syrup, paprika (or chipotle), pepper and salt in a small bowl.

Place salmon fillets on the prepared baking sheet. Spread the mustard mixture evenly on the salmon. Roast until just cooked through, 8 to 12 minutes.

Active Time 5m

Total Time 15m

Serves 4

1 fillet each

### NUTRITION FACTS

Calories 148

Total Fat 4g

Saturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 53mg

Sodium 276mg

Carbohydrates 4g

Dietary Fiber 0g

Total Sugars 3g

Added Sugars 3g

Protein 23g

Potassium 434mg

Carbohydrate Servings 0

Diabetic Exchanges:

3 lean meat



day five

## Pork Paprikash with Cauliflower "Rice"

Finely chopped cauliflower makes a low-calorie, high-fiber substitute for rice.

### INGREDIENTS

- 1 1-pound pork tenderloin, trimmed
- 6 cups chopped cauliflower (1 ½ pounds)
- 2 tablespoons olive oil, divided
- ⅛ teaspoon salt plus ¼ teaspoon
- 1 medium onion, cut into thin wedges
- 1½ tablespoons paprika, plus more for garnish (optional)
- ½ teaspoon ground black pepper
- 1 14.5-ounce can no-salt-added diced tomatoes with basil, garlic and oregano, undrained
- 1 cup reduced-sodium chicken broth
- ¼ cup bottled mild banana peppers, finely chopped
- ⅓ cup light sour cream, plus 8 teaspoons for garnish
- 2 tablespoons all-purpose flour

### PREPARATION

Cut pork into bite-size pieces; set aside. Place cauliflower in a food processor. Cover and process with several on/off pulses until cauliflower is evenly chopped into rice-size pieces. In a very large nonstick skillet, heat 1 tablespoon oil over medium-high heat. Add cauliflower and ⅛ teaspoon salt. Cook 8 to 10 minutes or until golden brown flecks appear throughout, stirring occasionally. Meanwhile, in a large skillet, heat the remaining 1 tablespoon oil over medium-high heat. Add meat and onion; cook about 3 minutes or until meat is starting to brown, stirring occasionally. Sprinkle with 1½ tablespoons paprika, black pepper and the remaining ¼ teaspoon salt. Cook and stir 1 minute more. Add tomatoes, broth and banana peppers. Bring to a boil; reduce heat to medium-low. Cook, covered, 5 minutes. Increase heat to medium-high. Cook, uncovered, 4 to 6 minutes or until slightly thickened, stirring frequently. In a small bowl, stir together ⅓ cup sour cream and flour; stir into meat mixture. Cook and stir until thickened and bubbly. Serve meat mixture over cauliflower "rice." If desired, top each serving with 2 teaspoons sour cream and a sprinkle of paprika.

Active Time 30m

Total Time 30m

Serves 4

1¼ cups pork each

1 cup cauliflower rice

### NUTRITION FACTS

- Calories 319
- Total Fat 12g
- Saturated Fat 3g
- Monounsaturated Fat N/A
- Cholesterol 79mg
- Sodium 593mg
- Carbohydrates 24g
- Dietary Fiber 11g
- Total Sugars 11g
- Added Sugars N/A
- Protein 31g
- Potassium 1180mg
- Carbohydrate Servings 1½

### Diabetic Exchanges:

- 3 lean meat, ½ starch,
- 1½ fat, 3½ vegetable



## day six

### Roast Chicken with Parmesan-Herb Sauce

A store-bought rice blend and quick-cooking chicken breast get this recipe on the table fast.

#### INGREDIENTS

2 bone-in, skinless chicken breasts (12 ounces each)  
¾ teaspoon kosher salt, divided  
½ teaspoon ground pepper, divided  
3 tablespoons all-purpose flour  
4 tablespoons extra-virgin olive oil, divided  
2 bunches broccolini (8 ounces each)  
3 cloves garlic, minced, divided  
⅓ cup dry white wine  
1 cup low-sodium chicken broth  
¼ cup grated Parmesan cheese  
2 teaspoons chopped fresh thyme, divided  
2 cups cooked whole-grain rice blend

#### PREPARATION

Position a rack in lower third of oven; preheat to 425°.  
Cut each chicken breast in half crosswise on the diagonal into 2 roughly equal portions and sprinkle with ¼ teaspoon each salt and pepper. Place flour in a shallow dish and dredge chicken lightly; reserve the remaining flour. Heat 2 tablespoons oil in a large skillet over medium heat. Add the chicken, skinned-side down; cook until browned on the bottom, about 6 minutes. Transfer, skinned-side up, to a rimmed baking sheet. Reserve the skillet.  
Toss broccolini with the remaining 2 tablespoons oil, half the garlic and 1/4 teaspoon salt. Spread out on the other half of the baking sheet.  
Roast until the broccolini is tender and an instant-read thermometer inserted into the thickest part of the chicken registers 165°, 15 to 20 minutes.  
Meanwhile, whisk 4 teaspoons of the reserved flour and wine in a small bowl until combined. Place the skillet over medium heat, add the remaining garlic and cook, stirring, for 30 seconds. Add broth; bring to a boil over high heat. Add the wine mixture and cook, stirring frequently, until thickened and reduced to about 1 cup, 4 to 5 minutes. Add Parmesan, 1 teaspoon thyme and the remaining ¼ teaspoon each salt and pepper.  
To serve, divide the chicken, broccolini and rice among 4 dinner plates. Spoon the sauce over the chicken and sprinkle with the remaining 1 teaspoon thyme.

Active Time 40m

Total Time 40m

Serves 4

3 oz. chicken,  
1 cup broccolini, ½ cup rice,  
¼ cup sauce each

#### NUTRITION FACTS

Calories 473

Total Fat 20g

Saturated Fat 4g

Monounsaturated Fat 13g

Cholesterol 72mg

Sodium 417mg

Carbohydrates 35g

Dietary Fiber 3g

Total Sugars 3g

Added Sugars 0g

Protein 34g

Potassium 698mg

Carbohydrate Servings 2½

Diabetic Exchanges:

1½ starch, 1½ vegetable,

3½ lean meat, 3 fat



day seven

## Mushroom-Sauced Pork Chops

Mushroom soup and fresh mushrooms give earthy flavor to pork chops in this slow-cooker recipe.

### INGREDIENTS

4 pork loin chops, cut  $\frac{3}{4}$  inch thick (about 2 pounds)  
1 tablespoon cooking oil  
1 small onion, thinly sliced  
2 tablespoons quick-cooking tapioca  
1 10.75-ounce can reduced-fat and reduced-sodium condensed cream of mushroom soup  
 $\frac{1}{2}$  cup apple juice or apple cider  
 $1\frac{1}{2}$  teaspoons Worcestershire sauce  
2 teaspoons snipped fresh thyme or  $\frac{3}{4}$  teaspoon dried thyme, crushed  
 $\frac{1}{4}$  teaspoon garlic powder  
 $1\frac{1}{2}$  cups sliced fresh mushrooms  
Fresh thyme sprigs (optional)

### PREPARATION

Trim pork chops. Heat oil in a large skillet over medium heat. Add chops; cook until browned, turning to brown evenly. Drain off fat.

Place onion in a  $3\frac{1}{2}$  or 4-quart slow cooker. Add chops. Using a mortar and pestle, crush tapioca. In a medium bowl, combine tapioca, mushroom soup, apple juice (or cider), Worcestershire, thyme and garlic powder; stir in mushrooms. Pour over chops in slow cooker.

Cover and cook on low for 8 to 9 hours or on high for 4 to 4 $\frac{1}{2}$  hours.

If desired, garnish with thyme sprigs.

Active Time 25m

Total Time 8h 20m

Serves 6

### NUTRITION FACTS

Calories 222

Total Fat 7g

Saturated Fat 4g

Monounsaturated Fat N/A

Cholesterol 74mg

Sodium 233mg

Carbohydrates 17g

Dietary Fiber 1g

Total Sugars 4g

Added Sugars N/A

Protein 32g

Potassium 865mg

Carbohydrate Servings 1

Diabetic Exchanges

4 lean meat, 2 fat,

1 other carbohydrate,

$\frac{1}{2}$  vegetable