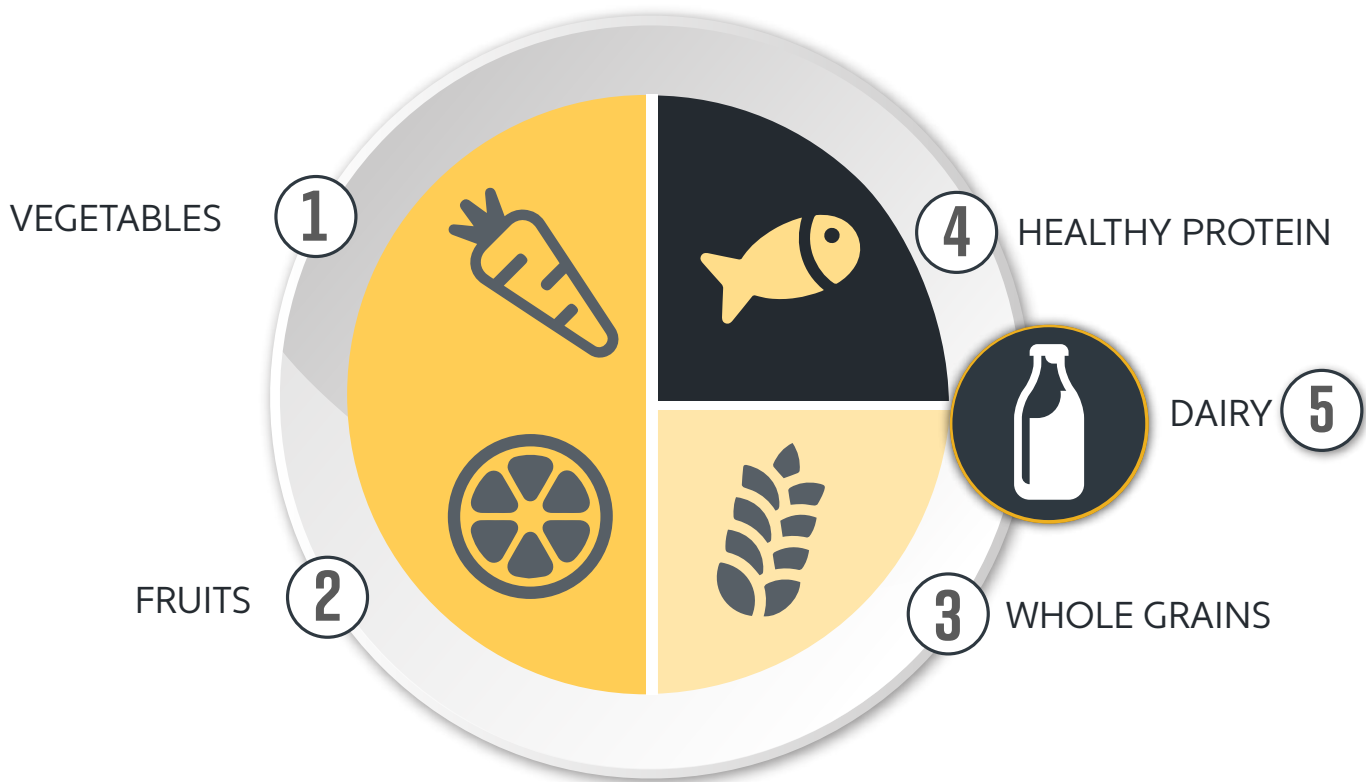




HEART MEAL PLAN

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

Garlic Roasted Salmon and Brussels Sprouts

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, preferably chardonnay
2 pounds wild-caught salmon fillet, skinned, cut into 6 portions
Lemon wedges, for serving

PREPARATION

Preheat oven to 450°.

Mince 2 garlic cloves and combine in a small bowl with oil, 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 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.

Active Time 25m

Total Time 45m

Serves 6

NUTRITION FACTS

Calories	334
Total Fat	15g
Saturated Fat	3g
Monounsaturated Fat	9g
Cholesterol	6mg
Sodium	485mg
Carbohydrates	10g
Dietary Fiber	3g
Total Sugars	2g
Added Sugars	0g
Protein	33g
Potassium	921mg



Memorial Hermann
Compass[®]



Day 2

Spaghetti and Zucchini Noodle with Basil-Walnut Pesto

INGREDIENTS

4 medium zucchini or summer squash (2¼-2½ pounds)
1 teaspoon salt, divided
8 ounces whole-wheat spaghetti
2 cups packed basil leaves, coarsely chopped, plus more for garnish
½ cup walnut pieces, toasted
2 cloves garlic, halved
6 tablespoons olive oil, divided
¼ cup grated parmesan cheese
3 tablespoons lemon juice
½ teaspoon ground pepper

PREPARATION

Using a spiral vegetable slicer or peeler, cut zucchini (or summer squash) lengthwise into long, thin strands (stop when you reach the seeds). Place the strands in a colander and toss with ¼ teaspoon salt. Let drain for at least 15 minutes, then gently squeeze them to remove any excess moisture. Pile the strands on a cutting board and chop them once or twice to break them up.

Meanwhile bring a large pot of water to a boil. Cook spaghetti according to package directions. Reserve ½ cup of the cooking water, then drain. Combine basil, walnuts, garlic, 5 tablespoons oil, parmesan, lemon juice, pepper, and the remaining ¾ teaspoon salt in a mini food processor. Process until smooth. Transfer to a large bowl.

Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add the squash strands and cook, stirring, until warmed and slightly tender, about 3 minutes. Transfer to the bowl with the pesto. Add the spaghetti and gently toss to combine. If the mixture seems dry, add the reserved cooking water a little at a time. Garnish with additional basil, if desired.

Active Time 45m

Total Time 45m

Serves 6

NUTRITION FACTS

Calories	366
Total Fat	23g
Saturated Fat	3g
Monounsaturated Fat	11g
Cholesterol	2mg
Sodium	461mg
Carbohydrates	36g
Dietary Fiber	6g
Total Sugars	5g
Added Sugars	N/A
Protein	11g
Potassium	711mg



Memorial Hermann
Compass



Day 3

Roasted Beet Salad

INGREDIENTS

1½ pounds baby beets with greens attached
1 head garlic
4 tablespoons extra-virgin olive oil, divided
¾ teaspoon kosher salt, divided
1 cup distilled white vinegar
¼ cup sugar
½ cup finely chopped toasted walnut
¼ cup finely chopped red onion
¼ cup chopped fresh dill

PREPARATION

Preheat oven to 325°.

Rinse beets well. Cut off the greens, then cut the leaves off the stalks. Set the leaves and stalks aside. Remove excess papery skin from garlic head without separating the cloves, then cut the head in half horizontally.

Toss the beets, garlic, 2 tablespoons oil and ½ teaspoon salt in a small baking pan, such as a bread pan. Cover with foil. Roast until tender, 1 to 1¼ hours. Let cool slightly.

Whisk vinegar and sugar in a medium bowl. Squeeze the garlic cloves out of their skins into the bowl. Peel and dice the beets; add to the bowl. Let marinate at room temperature for at least 2 hours and up to 1 day.

Finely chop the beet stalks and very thinly slice the greens; place in a large bowl. Scoop the beets from the pickling liquid with a slotted spoon and add to the bowl. Drizzle the beet mixture with ¼ cup of the pickling liquid. Add walnuts, onion, dill, the remaining 2 tablespoons oil and ¼ teaspoon salt and gently toss to combine.

Active Time 40m
Total Time 3h 15m

Serves 8

NUTRITION FACTS

Calories	135
Total Fat	10 g
Saturated Fat	1g
Monounsaturated Fat	4g
Cholesterol	0mg
Sodium	225mg
Carbohydrates	11g
Dietary Fiber	2g
Total Sugars	8g
Added Sugars	3g
Protein	2g
Potassium	235mg



Day 4

Seared Steak with Roasted Garlic Aioli

INGREDIENTS

1 small head garlic, roasted
¼ cup low-fat mayonnaise
1 teaspoon minced fresh rosemary
½ teaspoon freshly ground pepper, divided
⅛ teaspoon kosher salt plus ¼ teaspoon, divided
1 tablespoon extra-virgin olive oil
1-1¼ pounds boneless strip steaks (about 1 inch thick), trimmed

PREPARATION

To roast garlic, position rack in lower third of oven and preheat to 400°. Rub off the excess papery skin from a head of garlic without separating the cloves. Slice the tip off the head, exposing the cloves. Place the garlic on a piece of foil, drizzle with 1 teaspoon extra-virgin olive oil and wrap into a package. Place the package directly on the oven rack and roast until the garlic is very soft, 40 to 45 minutes. Unwrap and let cool.

When cool enough to handle, squeeze the roasted garlic pulp into a small bowl. Add mayonnaise, rosemary, ¼ teaspoon pepper and ⅛ teaspoon salt. Stir and gently mash together, leaving large pieces of garlic intact to create a chunky sauce.*

Pat steaks dry and cut into 4 equal portions. Sprinkle with the remaining ¼ teaspoon each salt and pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat until very hot, but not smoking. Add the steaks and cook until browned on the bottom, 2 to 4 minutes. Turn over, reduce heat to medium-low and cook to desired doneness, 3 to 5 minutes for medium-rare.

Serve the steaks with about 1½ tablespoons aioli each.

*Refrigerate in an airtight container for up to 3 days.

Active Time 30m
Total Time 1h 15m
Serves 4

NUTRITION FACTS

Calories	232
Total Fat	13g
Saturated Fat	3g
Monounsaturated Fat	6g
Cholesterol	1mg
Sodium	351mg
Carbohydrates	6g
Dietary Fiber	0g
Total Sugars	1g
Added Sugars	1g
Protein	23g
Potassium	311mg

Day 5



Orange and Black Pepper Shrimp Salad

INGREDIENTS

3 medium oranges
2 teaspoons whole black peppercorns, divided
2 cups loosely packed flat-leaf parsley leaves (about 1 large bunch), divided
4 tablespoons chopped toasted walnuts, divided
3 tablespoons walnut oil, divided
2 tablespoons red-wine vinegar
6 teaspoons capers, rinsed, divided

2 teaspoons Dijon mustard
2 teaspoons honey
1 small clove garlic, minced
¼ teaspoon salt
1 large head Treviso or small head radicchio, cut into bite-size pieces
½ small head romaine or heart of romaine, cut into bite-size pieces
3 cups arugula
1 pound peeled and deveined raw shrimp (21-25 per pound)

PREPARATION

With a sharp knife, remove the skin and white pith from oranges. Working over a bowl, cut the segments from their surrounding membranes. Squeeze juice into the bowl before discarding the membranes. Transfer the orange segments to another bowl with a slotted spoon and set aside.

Crush peppercorns with a mortar and pestle or place a in a small sealable bag and crush with a small heavy skillet, the smooth side of a meat mallet or a rolling pin. Pour ¼ cup of the orange juice from the bowl into a blender. Add ¼ teaspoon of the crushed pepper, 1 cup parsley, 3 tablespoons walnuts, 2 tablespoons oil, vinegar, 2 teaspoons capers, mustard, honey, garlic and salt; puree until smooth.

Combine Treviso (or radicchio), romaine, arugula and the remaining 1 cup parsley in a large bowl. Toss with ½ cup of the dressing.

Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Sprinkle shrimp with the remaining crushed pepper. Add the shrimp to the hot skillet and cook until bright pink and browned, 1 to 3 minutes per side.

Transfer the salad to a platter or 4 dinner plates. Top with the reserved orange segments, the shrimp and the remaining 4 teaspoons capers and 1 tablespoon walnuts.

Serve drizzled with the remaining dressing.

Active Time 40m

Total Time 40m

Serves 4

NUTRITION FACTS

Calories	327
Total Fat	16g
Saturated Fat	2g
Monounsaturated Fat	3g
Cholesterol	183mg
Sodium	386mg
Carbohydrates	22g
Dietary Fiber	6g
Total Sugars	14g
Added Sugars	1g
Protein	27g
Potassium	959mg



Memorial Hermann
Compass

Day 6

Chicken Chili with Sweet Potatoes

INGREDIENTS

2 tablespoons extra-virgin olive oil
1 large onion, chopped
3 cloves garlic, minced
2 cups sweet potato (½-inch cubes)
1 medium green bell pepper, chopped
2 tablespoons chili powder
2 teaspoons ground cumin
1 teaspoon dried oregano
1 15-ounce can low-sodium cannellini beans, rinsed
2 cups low-sodium chicken broth or homemade chicken stock
1 cup frozen corn
2 cups cubed cooked chicken (½-inch; about 10 ounces)
¾ teaspoon salt
¼ teaspoon ground pepper
Sour cream, avocado and/or cilantro for garnish

PREPARATION

Heat oil in a large pot over medium-high heat. Add onion, garlic, sweet potato and bell pepper; cook, stirring occasionally, until the vegetables are slightly softened, 5 to 6 minutes. Stir in chili powder, cumin and oregano and cook, stirring, until fragrant, 1 minute.

Add beans and broth (or stock) and bring to a boil. Reduce heat, partially cover and simmer gently for 15 minutes.

Increase heat to medium-high and stir in corn; cook 1 minute. Add chicken and cook until heated through, 1 to 2 minutes more.

Remove from heat. Stir in salt and pepper. Serve topped with sour cream, avocado and/or cilantro, if desired.

Active Time 25m

Total Time 40m

Serves 5

NUTRITION FACTS

Calories	324
Total Fat	10g
Saturated Fat	2g
Monounsaturated Fat	5g
Cholesterol	0mg
Sodium	589mg
Carbohydrates	35g
Dietary Fiber	8g
Total Sugars	6g
Added Sugars	0g
Protein	26g
Potassium	793mg



Memorial Hermann
Compass



Day 7

Stuffed Delicata Squash

INGREDIENTS

2 small delicata squash (about 12 ounces each), halved and seeded
6 teaspoons extra-virgin olive oil, divided
½ teaspoon salt, divided
½ cup bulgur
1 cup water
1 small onion, chopped
8 ounces lean ground beef (90% or leaner)
2 tablespoons chili powder
½ cup nonfat or low-fat plain yogurt
4 teaspoons toasted pepitas

PREPARATION

Preheat oven to 425°F.

Brush the cut sides of the squash with 2 teaspoons oil and sprinkle with ¼ teaspoon salt. Place face down on a large baking sheet. Bake until tender and browned on the edges, 25 to 30 minutes.

Meanwhile, bring bulgur and water to a boil in a small saucepan. Reduce heat, cover and simmer until tender and most of the liquid is absorbed, about 10 minutes. Drain well.

Heat the remaining 4 teaspoons oil in a large skillet over medium heat. Add onion; cook, stirring, until beginning to brown, 4 to 5 minutes. Add beef, chili powder and the remaining ¼ teaspoon salt; cook, stirring and breaking up with a spoon, until the meat is cooked through, about 5 minutes. Stir in the bulgur and cook 1 minute. Stir in yogurt.

Spoon about ¾ cup filling into each squash half.

Serve sprinkled with pepitas.

Active Time 40m

Total Time 40m

Serves 4

NUTRITION FACTS

Calories	319
Total Fat	14g
Saturated Fat	3g
Monounsaturated Fat	8g
Cholesterol	1mg
Sodium	481mg
Carbohydrates	35g
Dietary Fiber	9g
Total Sugars	6g
Added Sugars	0g
Protein	18g
Potassium	843mg



Memorial Hermann
Compass[®]