

HEART HEALTH MEAL PLAN



Memorial Hermann
Compass[®]

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

Seared Salmon with Green Peppercorn Sauce

Green peppercorns, lemon juice and butter top this seared salmon recipe.

INGREDIENTS

1¼ pounds wild salmon fillet, skinned and cut into 4 portions
¼ teaspoon plus a pinch of salt, divided
2 teaspoons canola oil
¼ cup lemon juice
4 teaspoons unsalted butter, cut into small pieces
1 teaspoon green peppercorns in vinegar, rinsed and crushed

PREPARATION

Sprinkle salmon pieces with ¼ teaspoon salt.

Heat oil in a large nonstick skillet over medium-high heat.

Add the salmon and cook until just opaque in the center, gently turning halfway, 4 to 7 minutes total.

Divide among 4 plates. Remove the pan from the heat and immediately add lemon juice, butter, peppercorns and the remaining pinch of salt; swirl the pan carefully to incorporate the butter into the sauce.

Top each portion of fish with sauce (about 2 teaspoons each).

Active Time 15m

Total Time 15m

Serves 4

NUTRITION FACTS

Calories 226

Total Fat 11g

Saturated Fat 4g

Monounsaturated Fat 4g

Cholesterol 76mg

Sodium 269mg

Carbohydrates 1g

Dietary Fiber 0g

Total Sugars 0g

Added Sugars 0g

Protein 28g

Potassium 543mg

Carbohydrate Servings 0

Diabetic Exchanges:

4½ lean meat, 1 fat



day two

Roasted Tofu and Peanut Noodle Salad

This vegetarian noodle salad is tossed with loads of veggies and ample peanut sauce.

INGREDIENTS

¼ cup lime juice
¼ cup reduced-sodium soy sauce
1 tablespoon canola oil
14- to 16-ounce package extra-firm water-packed tofu,
cut into half inch cubes
6 ounces whole-wheat spaghetti
½ cup smooth natural peanut butter
3 tablespoons water
3 cloves garlic minced
1 tablespoon minced fresh ginger
6 cups thinly sliced napa cabbage
1 medium orange bell pepper, thinly sliced
1 cup thinly sliced trimmed snow peas

PREPARATION

Position rack in lower third of oven; preheat to 450°F.

Coat a large baking sheet with cooking spray. Put a large pot of water on to boil for spaghetti.

Combine lime juice, soy sauce and oil in a large bowl. Stir in tofu; marinate, stirring frequently for 10 minutes.

Using a slotted spoon, transfer the tofu to the prepared baking sheet; reserve the marinade. Roast the tofu, stirring once halfway through, until golden brown, 16 to 18 minutes. Meanwhile, cook spaghetti according to package directions. Drain.

Whisk peanut butter, 3 tablespoons water, garlic and ginger into the reserved marinade. Add the spaghetti, cabbage, bell pepper and snow peas; toss to coat. Top with the tofu.

Active Time 40m

Total Time 40m

Serves 5

2 cups each

NUTRITION FACTS

Calories 423

Total Fat 21g

Saturated Fat 2g

Monounsaturated Fat 5g

Cholesterol 0mg

Sodium 546mg

Carbohydrates 42g

Dietary Fiber 8g

Total Sugars 7g

Added Sugars 0g

Protein 21g

Potassium 321mg

Carbohydrate Servings 2½

Diabetic Exchanges:

2 starch, 1 ½ vegetable,

1 medium-fat meat,

1 high-fat meat, 2 ½ fat



day three

Grilled Romaine with Avocado-Lime Dressing

Avocado makes the dressing extra-creamy without any cream.

INGREDIENTS

½ ripe avocado
5 tablespoons buttermilk
2 tablespoons lime juice
1 tablespoon extra-virgin olive oil
½ teaspoon ground cumin
½ teaspoon salt
3 romaine hearts (3-4 ounces each)
1 cup sliced cherry tomatoes
Freshly ground pepper to taste

PREPARATION

Preheat grill to medium-high.

Puree avocado, buttermilk, lime juice, oil, cumin and salt in a food processor or blender until smooth.

Oil the grill rack. Cut romaine hearts in half lengthwise, leaving root ends intact.

Grill the romaine, cut-side down, until lightly charred, 2 to 3 minutes.

Serve topped with the dressing, tomatoes and pepper.

Active Time 15m

Total Time 15m

Serves 6

½ Romaine heart each

NUTRITION FACTS

Calories 69

Total Fat 5g

Saturated Fat 1g

Monounsaturated Fat 3g

Cholesterol 1mg

Sodium 225mg

Carbohydrates 5g

Dietary Fiber 3g

Total Sugars 2g

Added Sugars 0g

Protein 2g

Potassium 305mg

Carbohydrate Servings ½

Diabetic Exchanges:

½ vegetable, 1 fat



day four

Provençal Baked Fish with Roasted Potatoes and Mushrooms

An easy 15 minute Mediterranean meal that can be made with halibut, grouper or cod.

INGREDIENTS

1 pound Yukon Gold or red potatoes, cubed
1 pound mushrooms (shiitake, cremini, oyster or other fresh mushrooms), sliced
2 tablespoons extra-virgin olive oil, divided
¼ teaspoon salt
¼ teaspoon ground pepper
2 cloves garlic, sliced
14 ounces halibut, grouper or cod fillet, cut into 4 portions
¼ cup lemon juice
1 teaspoon herbes de Provence
Fresh thyme for garnish

PREPARATION

Preheat oven to 425°F.

Toss potatoes, mushrooms, 1 tablespoon oil, salt and pepper in a large bowl. Transfer to a 9x13-inch baking dish.

Roast until the vegetables are just tender, 30 to 40 minutes.

Stir the vegetables, then stir in garlic. Place fish on top. Drizzle with lemon juice and the remaining 1 tablespoon oil. Sprinkle with herbes de Provence.

Bake until the fish is opaque in the center and flakes easily, 10 to 15 minutes.

Garnish with thyme, if desired.

Active Time 15m

Total Time 1h

Serves 4

1 Fish fillet and about
½ cup vegetables each

NUTRITION FACTS

Calories 276

Total Fat 9g

Saturated Fat 1g

Monounsaturated Fat N/A

Cholesterol 49mg

Sodium 219mg

Carbohydrates 25g

Dietary Fiber 3g

Total Sugars 3g

Added Sugars N/A

Protein 24g

Potassium 1435mg

Carbohydrate Servings 1½

Diabetic Exchanges:

2 lean protein, 1½ fat,

1 starch, 1 vegetable



day five

Lemon and Dill Chicken

Fresh lemon and dill create a quick Greek-inspired pan sauce for simple sautéed chicken breasts.

INGREDIENTS

4 boneless, skinless chicken breasts (1-1¼ pounds)
Salt & ground pepper to taste
3 teaspoons extra-virgin olive oil or canola oil, divided
¼ cup finely chopped onion
3 cloves garlic, minced
1 cup reduced-sodium chicken broth
2 teaspoons flour
2 tablespoons chopped fresh dill, divided
1 tablespoon lemon juice

PREPARATION

Season chicken breasts on both sides with salt and pepper. Heat 1½ teaspoons oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.

Reduce heat to medium. Add the remaining 1½ teaspoons oil to the pan. Add onion and garlic and cook, stirring, for 1 minute. Whisk broth, flour, 1 tablespoon dill and lemon juice in a measuring cup and add to pan. Cook, whisking, until slightly thickened, about 3 minutes.

Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes.

Transfer the chicken to a warmed platter. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tablespoon chopped fresh dill.

Active Time 30m

Total Time 30m

Serves 4

3 ounces chicken and
2½ tablespoons sauce
each

NUTRITION FACTS

Calories 170

Total Fat 6g

Saturated Fat 1g

Monounsaturated Fat 4g

Cholesterol 63mg

Sodium 339mg

Carbohydrates 3g

Dietary Fiber 0g

Total Sugars 1g

Added Sugars 0g

Protein 24g

Potassium 272mg

Carbohydrate Servings 0

Diabetic Exchanges:

4 lean meat, 1 fat



day six

Summer Skillet Vegetable and Egg Scramble

This skillet egg scramble makes a delicious and quick vegetarian meal.

INGREDIENTS

2 tablespoons olive oil
12 ounces baby potatoes, thinly sliced
4 cups thinly sliced vegetables, such as mushrooms, bell peppers, and/or zucchini
3 scallions, thinly sliced, green and white parts separated
1 teaspoon minced fresh herbs, such as rosemary or thyme
6 large eggs (or 4 large eggs plus 4 egg whites), lightly beaten
2 cups packed leafy greens, such as baby spinach or baby kale (2 ounces)
½ teaspoon salt

PREPARATION

Heat oil in a large cast-iron or nonstick skillet over medium heat. Add potatoes; cover and cook, stirring several times, until they begin to soften, about 8 minutes.

Add sliced vegetables and scallion whites; cook uncovered, stirring occasionally, until the vegetables are tender and lightly browned, 8 to 10 minutes. Stir in herbs. Move the vegetable mixture to the perimeter of the pan.

Reduce heat to medium-low. Add eggs and scallion greens to the center of the pan. Cook, stirring, until the eggs are softly scrambled, about 2 minutes. Stir leafy greens into the eggs. Remove from heat and stir to combine well. Stir in salt.

Active Time 30m

Total Time 30m

Serves 4

1½ cups each

NUTRITION FACTS

Calories 256

Total Fat 14g

Saturated Fat 3g

Monounsaturated Fat 8g

Cholesterol 279mg

Sodium 431mg

Carbohydrates 20g

Dietary Fiber 3g

Total Sugars 5g

Added Sugars N/A

Protein 13g

Potassium 828mg



day seven

Hawaiian Steak Fajitas with Grilled Pineapple Salsa

This quick, healthy dinner recipe comes together in a flash.

INGREDIENTS

1 pound strip steak, trimmed
4 cups presliced fresh pepper-and-onion mix (about 12 ounces)
2 tablespoons extra-virgin olive oil
¼ teaspoon salt
¼ teaspoon ground pepper
2 slices prepeeled fresh pineapple (¾ inch thick; about 4 ounces)
3 tablespoons reduced-sodium teriyaki sauce
¼ cup pico de gallo or other fresh tomato salsa
8 corn tortillas, warmed

PREPARATION

Place a grill basket on one half of grill; preheat the grill to high.

Cut steak crosswise into ¼ inch-thick strips. Toss in a medium bowl with peppers and onions, oil, salt and pepper.

Place the steak and vegetables in the grill basket; grill, stirring once or twice, until the vegetables are soft and charred, 8 to 10 minutes. Oil the other side of the grill rack; place pineapple on the rack and grill, turning once, until slightly charred, about 2 minutes per side.

Transfer the steak and vegetables to a large bowl and toss with teriyaki sauce. Dice the pineapple and combine in a small bowl with pico de gallo (or salsa).

Serve the steak and vegetables on tortillas with the salsa.

Active Time 15m

Total Time 1h

Serves 4

2 tortillas, 1 cup fajita mixture and 3 tablespoons pineapple salsa each

NUTRITION FACTS

Calories 378

Total Fat 14g

Saturated Fat 3g

Monounsaturated Fat 8g

Cholesterol 61mg

Sodium 532mg

Carbohydrates 37g

Dietary Fiber 5g

Total Sugars 10g

Added Sugars 2g

Protein 27g

Potassium 612mg

Carbohydrate Servings 2½

Diabetic Exchanges:

1½ starch, 2 vegetable,

3 lean meat, 1½ fat



day seven

Mexican Grilled Corn

Serve the unadorned corn on a platter with small bowls of the sauce, cheese and lime on the side.

INGREDIENTS

2 tablespoons low-fat mayonnaise
2 tablespoons nonfat plain yogurt
½ teaspoon chili powder
4 ears corn, husked
4 tablespoons finely shredded Cotija or Parmesan cheese
1 lime, quartered

PREPARATION

Preheat grill to medium-high.

Combine mayonnaise, yogurt and chili powder in a small bowl.

Grill corn, turning occasionally, until marked and tender, 8 to 12 minutes total. Spread each ear with 1 tablespoon of the sauce and sprinkle with 1 tablespoon Cotija (or Parmesan).

Serve with lime wedges.

Active Time 25m

Total Time 25m

Serves 4

1 ear corn each

NUTRITION FACTS

Calories 141

Total Fat 5g

Saturated Fat 2g

Monounsaturated Fat 0g

Cholesterol 9mg

Sodium 198mg

Carbohydrates 22g

Dietary Fiber 2g

Total Sugars 7g

Added Sugars 0g

Protein 5g

Potassium 326mg

Carbohydrate Servings 1

Diabetic Exchanges:

1 starch, 1 fat