

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

Greek Grilled Salmon Kebabs with Tzatziki and Green Beans

INGREDIENTS

½ cup lemon juice
5 tablespoons minced garlic, divided (about 10 cloves)
5 tablespoons chopped fresh Italian parsley, divided
4 tablespoons chopped fresh oregano or 4 teaspoons, dried
2 tablespoons extra-virgin olive oil, divided
1 teaspoon salt, divided
½ teaspoon ground pepper, divided
1 pound skinless salmon fillet, cut into 1-inch cubes
1½ cups low-fat plain Greek yogurt
1 English cucumber, grated (¾ cup)
4 tablespoons chopped fresh dill, divided
1 small yellow onion, diced (¾ cup)
1 15-ounce can no-salt-added diced tomatoes
1 pound thin green beans (French-style/haricots verts), trimmed

PREPARATION

Combine lemon juice, 2 tablespoons garlic, 4 tablespoons parsley, oregano, 1 tablespoon oil and ¼ teaspoon each salt and pepper in a large shallow dish. Add salmon; toss gently to coat. Cover and refrigerate for 30 minutes.

Meanwhile, combine yogurt and cucumber in a medium bowl. Stir in 2 tablespoons dill, 1 tablespoon garlic, and ¼ teaspoon salt. Refrigerate the tzatziki until ready to serve.

Heat the remaining 1 tablespoon oil in a large skillet over medium heat. Add onion; cook, stirring often, until translucent, 3 to 5 minutes. Stir in the remaining 2 tablespoons garlic; cook for 1 minute. Stir in tomatoes and the remaining 2 tablespoons dill, ½ teaspoon salt and ¼ teaspoon pepper. Bring to a boil over high heat. Add green beans; stir to coat.

Reduce heat to low, cover, and simmer until the beans are tender, 10 to 15 minutes. Remove from heat and set aside, covered.

Preheat grill to medium-high.

Remove the salmon from the marinade; scrape off any excess marinade. Carefully thread the fish onto 4 metal or wooden skewers.

Oil the grill rack. Grill the skewers until seared on the bottom, 2 to 3 minutes. Use potholders or oven mitts to turn the skewers over. Continue grilling, turning the skewers as needed, until the salmon is opaque in the center, 5 to 7 minutes total.

Transfer the green beans to a serving platter and sprinkle with the remaining 1 tablespoon parsley. Serve with the salmon and the tzatziki.

Active Time 20m

Total Time 1h

Serves 4

NUTRITION FACTS

Calories	319
Total Fat	12g
Saturated Fat	1g
Monounsaturated Fat	N/A
Cholesterol	27mg
Sodium	553mg
Carbohydrates	41g
Dietary Fiber	5g
Total Sugars	5g
Added Sugars	N/A
Protein	10g
Potassium	650mg



DAY TWO

Vegetarian Lo Mein with Shiitakes, Carrots and Bean Sprouts

INGREDIENTS

8 ounces fresh lo mein noodles or fresh or dried linguine pasta
2 teaspoons toasted sesame oil
3 tablespoons reduced-sodium soy sauce
2 teaspoons Sriracha
2 tablespoons vegetable oil, divided 2 tablespoons minced garlic
1 large carrot, halved lengthwise and cut into ¼-inch-thick half-moon slices (about 1 cup)
4 ounces fresh shiitake mushrooms, stems removed, caps sliced ¼-inch thick
1 cup thinly sliced celery
2 cups bean sprouts
3 tablespoons finely chopped fresh cilantro

PREPARATION

Bring a large pot of water to a boil. Cook noodles according to package directions. Drain, rinse with cold water and shake out excess water until the noodles are completely dry (pat noodles dry if needed). Transfer to a large bowl and toss with sesame oil; set aside. Combine soy sauce and Sriracha in a small bowl; set aside.

Heat a 14-inch flat-bottomed carbon-steel wok (or 12-inch stainless-steel skillet) over high heat until a drop of water vaporizes within 1 to 2 seconds of contact. Swirl in 1 tablespoon vegetable oil. Add garlic; stir-fry until just fragrant, about 10 seconds. Add carrot, mushrooms and celery; stir-fry until the celery is bright green and the vegetables have absorbed all the oil, about 1 minute.

Swirl in the remaining 1 tablespoon vegetable oil. Add bean sprouts, the noodles, and the soy sauce mixture; stir-fry until the noodles are heated through and the vegetables are tender-crisp, 1 to 2 minutes. Add cilantro and toss to combine.

Active Time 30m

Total Time 30m

Serves 4

1½ cup each

NUTRITION FACTS

Calories	319
Total Fat	12g
Saturated Fat	1g
Monounsaturated Fat	N/A
Cholesterol	27mg
Sodium	553mg
Carbohydrates	41g
Dietary Fiber	5g
Total Sugars	5g
Added Sugars	N/A
Protein	10g
Potassium	650mg



DAY THREE

Sheet-Pan Chicken Fajita Bowls

INGREDIENTS

2 teaspoons chili powder
2 teaspoons ground cumin
 $\frac{3}{4}$ teaspoon salt, divided
 $\frac{1}{2}$ teaspoon garlic powder
 $\frac{1}{2}$ teaspoon smoked paprika
 $\frac{1}{4}$ teaspoon ground pepper
2 tablespoons olive oil, divided
1 $\frac{1}{4}$ pounds chicken tenders
1 medium yellow onion, sliced

PREPARATION

Place a large rimmed baking sheet in the oven; preheat to 425°F.

Combine chili powder, cumin, $\frac{1}{2}$ teaspoon salt, garlic powder, paprika and ground pepper in a large bowl. Transfer 1 teaspoon of the spice mixture to a medium bowl and set aside.

Whisk 1 tablespoon oil into the remaining spice mixture in the large bowl. Add chicken, onion, and red and green bell peppers; toss to coat.

Remove the pan from the oven; coat with cooking spray. Spread the chicken mixture in an even layer on the pan.

Roast for 15 minutes.

1 medium red bell pepper, sliced
1 medium green bell pepper, sliced
4 cups chopped, stemmed kale
1 15-ounce can no-salt-added black beans, rinsed
 $\frac{1}{4}$ cup low-fat plain Greek yogurt
1 tablespoon lime juice
2 teaspoons water

Meanwhile, combine kale and black beans with the remaining $\frac{1}{4}$ teaspoon salt and 1 tablespoon olive oil in a large bowl; toss to coat.

Remove the pan from the oven. Stir the chicken and vegetables.

Spread kale and beans evenly over the top. Roast until the chicken is cooked through and the vegetables are tender, 5 to 7 minutes more.

Meanwhile, add yogurt, lime juice and water to the reserved spice mixture; stir to combine.

Divide the chicken and vegetable mixture among 4 bowls. Drizzle with the yogurt dressing and serve.

Active Time 20m

Total Time 40m

Serves 4

NUTRITION FACTS

Calories	343
Total Fat	10g
Saturated Fat	1g
Monounsaturated Fat	N/A
Cholesterol	71mg
Sodium	605mg
Carbohydrates	24g
Dietary Fiber	8g
Total Sugars	4g
Added Sugars	N/A
Protein	43g
Potassium	580mg



DAY FOUR

Salsa-Black Bean Burgers

INGREDIENTS

½ cup prepared salsa
2 15-ounce cans low-sodium black beans, rinsed
1 cup well-crushed tortilla chips
½ cup grated white onion
1 large egg, beaten
3 tablespoons mayonnaise
4 teaspoons chili powder
2 teaspoons ground cumin
¾ teaspoon salt
3 tablespoons avocado oil or canola oil, divided
8 whole-grain burger buns, toasted ½ cup prepared guacamole
8 tomato slices
1 cup sprouts
½ cup thinly sliced red onion

PREPARATION

Place salsa in a fine-mesh sieve and stir a few times to drain excess liquid. Mash beans with a potato masher in a large bowl until no whole ones remain. Stir in the drained salsa, tortilla chips, grated onion, egg, mayonnaise, chili powder, cumin and salt. Let stand 10 minutes.

Form the bean mixture into 8 burgers about 3 inches wide (⅓ cup each). Heat 1 ½ tablespoons oil in a large nonstick skillet over medium-high heat.

Reduce heat to medium, add 4 burgers and cook until browned and heated through, 3 to 4 minutes per side.

Repeat with the remaining oil and burgers. Serve the burgers on buns with guacamole, tomato slices, sprouts and red onion.

Active Time 20m

Total Time 30m

Serves 8

NUTRITION FACTS

Calories	404
Total Fat	18g
Saturated Fat	2g
Monounsaturated Fat	7g
Cholesterol	25mg
Sodium	689mg
Carbohydrates	50g
Dietary Fiber	11g
Total Sugars	6g
Added Sugars	0g
Protein	12g
Potassium	584mg



DAY FIVE

Turkish Seared Tuna with Bulgur and Chickpea Salad

INGREDIENTS

½ cup bulgur
¼ cup extra-virgin olive oil, divided
4 teaspoons grated lemon zest, divided
½ cup lemon juice, divided
½ teaspoon salt, divided
¼ teaspoon ground pepper
1 15-ounce can no-salt-added chickpeas

PREPARATION

Bring a kettle of water to a boil. Place bulgur in a large heatproof bowl. Add boiling water to cover by 2 inches. Let stand for 30 minutes. Drain any excess water.

Mix the bulgur with 2 tablespoons oil, 2 teaspoons lemon zest, ¼ cup lemon juice, ¼ teaspoon salt and pepper. Add chickpeas, parsley and mint; stir to combine. Set aside.

Heat the remaining 2 tablespoons oil in a large skillet over medium-high heat. Add tuna steaks and sear until lightly browned on one side, 2 to 3 minutes.

Flip the tuna and cook until lightly browned on the other side. Transfer to a plate.

¼ cup chopped fresh Italian parsley
¼ cup chopped fresh mint
1 pound tuna, cut into 4 steaks
1 medium yellow onion, thinly sliced
¼ cup chopped fresh dill

Reduce heat to medium. Add onion to the pan and cook, stirring occasionally, until translucent, about 5 minutes. Reduce heat to medium-low. Return the tuna steaks to the pan, cover and cook, flipping once, until the tuna begins to flake when tested with a fork (it will be slightly pink in the center), 3 to 4 minutes per side.

Meanwhile, combine dill with the remaining ¼ cup lemon juice and ¼ teaspoon salt in a small bowl.

Transfer the tuna to a serving platter. Spoon the onions over the tuna and drizzle with the lemon juice-dill mixture. Sprinkle with the remaining 2 teaspoons lemon zest and serve with the bulgur salad.

Active Time 15m

Total Time 45m

Serves 4

NUTRITION FACTS

Calories	459
Total Fat	16g
Saturated Fat	2g
Monounsaturated Fat	11g
Cholesterol	44mg
Sodium	557mg
Carbohydrates	43g
Dietary Fiber	8g
Total Sugars	2g
Added Sugars	N/A
Protein	36g
Potassium	882mg



DAY SIX

BBQ Chicken Tacos with Red Cabbage Slaw

INGREDIENTS

½ cup nonfat plain Greek yogurt
1 tablespoon sugar
1 tablespoon lemon juice
1 tablespoon cider vinegar
¾ teaspoon kosher salt
¼ teaspoon ground pepper
1 dash hot sauce
2 cups shredded red cabbage (½ head)
2 cups shredded cooked chicken breast (about 6 ounces)
½ cup light barbecue sauce
8 corn tortillas
1 bunch chopped cilantro for garnish

PREPARATION

Combine yogurt, sugar, lemon juice, vinegar, salt, pepper and hot sauce in a large bowl. Add cabbage and toss until fully coated.

Combine chicken and barbecue sauce in a medium microwavable bowl; toss until chicken is coated.

Microwave on high until heated through, about 1 minute.

Heat tortillas according to package directions. Fill each tortilla with ¼ cup of the chicken and top with 3 tablespoons of the slaw. Garnish with cilantro and serve.

Active Time 10m

Total Time 10m

Serves 4

2 tacos each

NUTRITION FACTS

Calories	275
Total Fat	4g
Saturated Fat	1g
Monounsaturated Fat	N/A
Cholesterol	60mg
Sodium	662mg
Carbohydrates	31g
Dietary Fiber	3g
Total Sugars	7g
Added Sugars	N/A
Protein	26g
Potassium	299mg



DAY SEVEN

Sweet and Sour Chicken

INGREDIENTS

- ¼ cup no-salt-added ketchup
- ¼ cup pineapple juice
- 3 tablespoons reduced-sodium soy sauce
- 1 tablespoon rice vinegar
- 2 teaspoons honey
- ¼ teaspoon salt
- ½ teaspoon ground pepper
- 2 tablespoons toasted sesame oil, divided
- 1 pound boneless, skinless chicken breasts, cut into bite-size pieces
- 8 ounces small broccoli florets
- 2 cups chopped red bell pepper
- 1 cup diagonally sliced scallions (1 inch)
- 3 cups cooked brown rice

PREPARATION

Whisk ketchup, pineapple juice, soy sauce, vinegar, honey, salt and pepper in a small bowl.

Heat 1 tablespoon oil in a large skillet over high heat. Add chicken and cook, turning occasionally, until browned on all sides, 4 to 5 minutes. Transfer to a plate.

Wipe the pan clean; return to high heat and add the remaining 1 tablespoon oil. Add broccoli and bell pepper; cook until charred, about 5 minutes. Add scallions and cook for 1 minute. Return the chicken to the pan and add the ketchup mixture.

Cook until bubbly and the sauce coats the chicken. Serve in shallow bowls over rice.

Active Time 20m
Total Time 20m
Serves 4
1 ½ cups each

NUTRITION FACTS	
Calories	436
Total Fat	11g
Saturated Fat	2g
Monounsaturated Fat	4g
Cholesterol	63mg
Sodium	628mg
Carbohydrates	54g
Dietary Fiber	6g
Total Sugars	12g
Added Sugars	6g
Protein	30g
Potassium	810mg