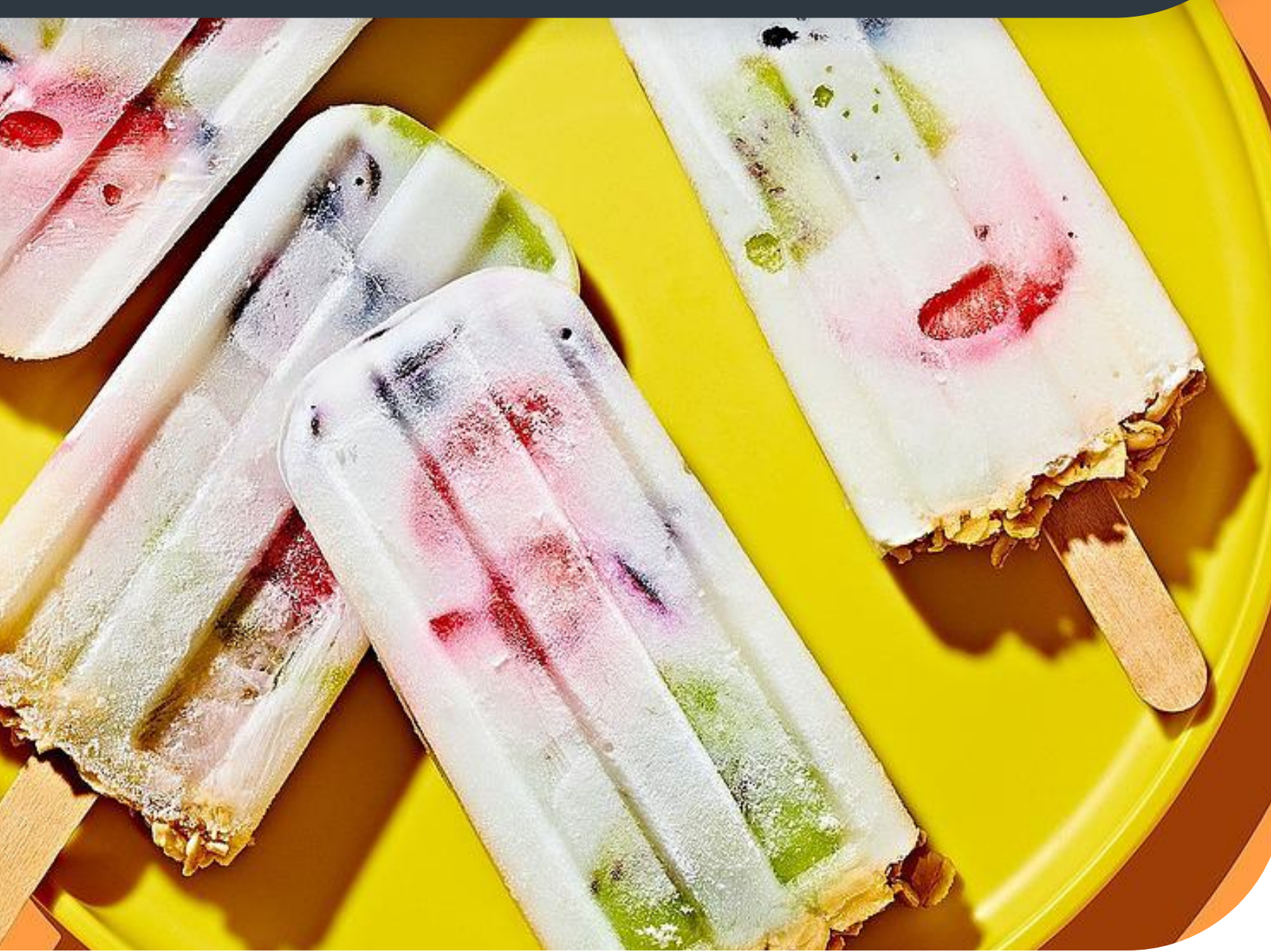
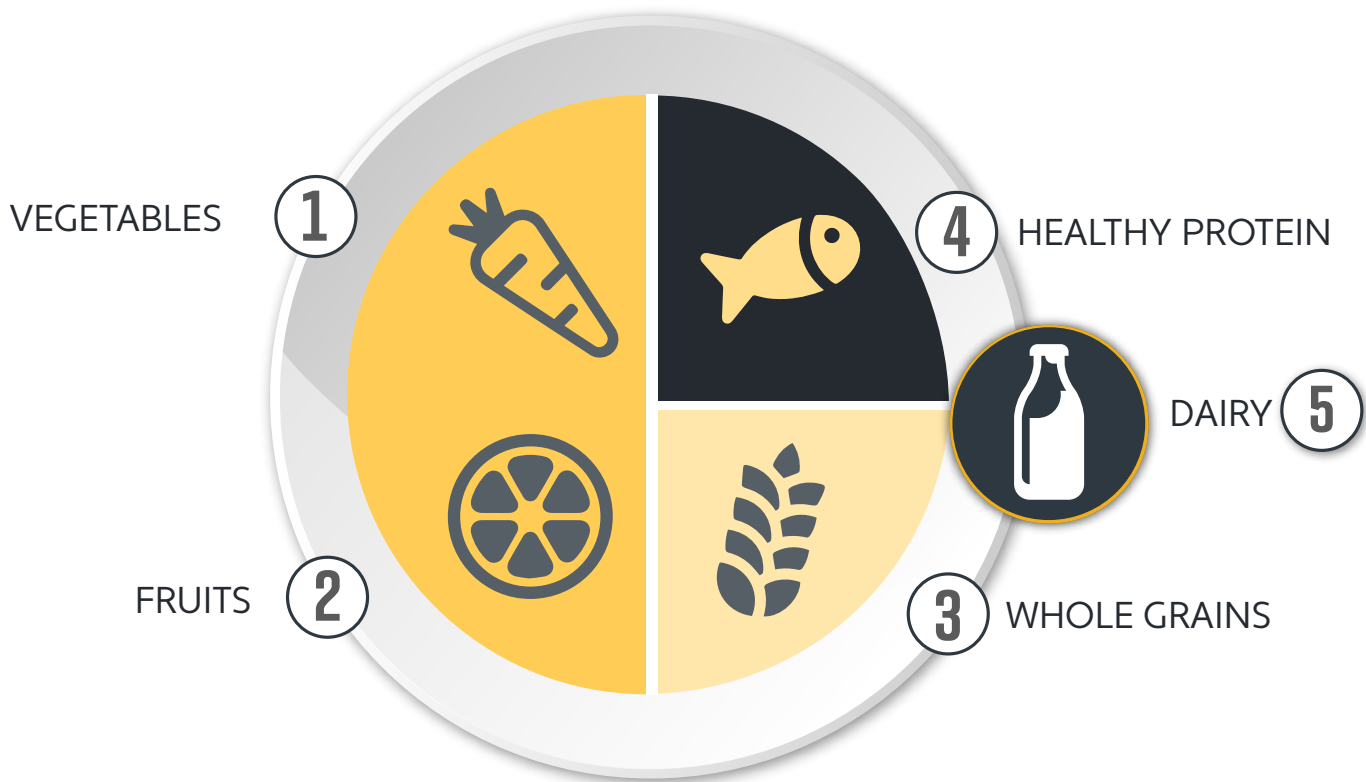




PEDIATRIC MEAL PLAN

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

Cauliflower Mac and Cheese

INGREDIENTS

8 cups bite-size cauliflower florets (from 1-2 heads)
1¾ cups reduced-fat milk, divided
2 tablespoons cornstarch
2 cups shredded extra-sharp cheddar cheese
8 ounces reduced-fat cream cheese, cut into pieces
½ teaspoon salt
⅛ teaspoon ground pepper
Chopped fresh chives or parsley for garnish

PREPARATION

Cook cauliflower in a large pot of boiling water until just tender, 4 to 6 minutes. Drain.

Meanwhile, heat 1½ cups milk in a large heavy saucepan over medium-high heat until steaming. Whisk the remaining ¼ cup milk and cornstarch in a small bowl until smooth; add to the hot milk and cook, whisking constantly, until the sauce simmers and thickens, 2 to 3 minutes. Remove from heat and stir in cheddar and cream cheese until melted. Stir in salt and pepper. Add the cauliflower and stir to combine.

Garnish with chives (or parsley), if desired.

Active Time 25m

Total Time 25m

Serves 8

NUTRITION FACTS

Calories	247
Total Fat	17g
Saturated Fat	10g
Monounsaturated Fat	N/A
Cholesterol	53mg
Sodium	482mg
Carbohydrates	12g
Dietary Fiber	2g
Total Sugars	6g
Added Sugars	N/A
Protein	13g
Potassium	460mg



Memorial Hermann
Compass

Day 2



Fruit and Granola Breakfast Pops

INGREDIENTS

1½ cups plain kefir
2 tablespoons honey
¼ teaspoon almond extract
1½ cups sliced fruit, such as kiwi, blueberries and strawberries
6 tablespoons granola, divided

PREPARATION

Whisk kefir, honey and almond extract in a bowl. Divide fruit among six 3-ounce popsicle molds and pour in the kefir mixture.

Top each with 1 tablespoon granola and insert popsicle sticks.

Freeze until solid, about 3 hours.

Active Time 10m
Total Time 3h 10m
Serves 6

NUTRITION FACTS

Calories	120
Total Fat	4g
Saturated Fat	2g
Monounsaturated Fat	N/A
Cholesterol	8mg
Sodium	41mg
Carbohydrates	18g
Dietary Fiber	2g
Total Sugars	12g
Added Sugars	6g
Protein	4g
Potassium	122mg



Memorial Hermann
Compass



Day 3

Everyone's Favorite Taco Soup

INGREDIENTS

1 tablespoon extra-virgin olive oil
1 cup chopped yellow onion
1 pound lean ground turkey breast
1 tablespoon tomato paste
1 1-ounce packet 25%-less-sodium taco seasoning
2½ cups water
1 cup frozen corn kernels
1 15-ounce can unsalted black beans, rinsed
1 15-ounce can unsalted pinto beans, rinsed
1 15-ounce can unsalted diced tomatoes, undrained
1 10-ounce can mild red enchilada sauce
3 cup shredded Mexican-blend cheese
6 tablespoons plain Greek-style yogurt
1 medium avocado, chopped
1½ cups tortilla chips, coarsely crushed
2 tablespoons fresh cilantro, chopped

PREPARATION

Heat oil in a large saucepan over medium-high heat. Add onion; cook, stirring occasionally, until translucent, about 4 minutes. Add turkey; cook, stirring often to crumble, until browned, about 5 minutes.

Stir in tomato paste and taco seasoning; cook, stirring constantly, until the turkey and onion are coated, about 1 minute. Stir in water, corn, black beans, pinto beans, tomatoes and enchilada sauce; bring to a boil over high heat. Reduce heat to medium-low and simmer until slightly thickened, about 10 minutes.

Divide the soup among 6 bowls; top evenly with cheese, yogurt, avocado, chips and cilantro.

Active Time 30m

Total Time 30m

Serves 6

NUTRITION FACTS

Calories	509
Total Fat	23g
Saturated Fat	6g
Monounsaturated Fat	10g
Cholesterol	71mg
Sodium	620mg
Carbohydrates	49g
Dietary Fiber	11g
Total Sugars	6g
Added Sugars	N/A
Protein	29g
Potassium	940mg



Memorial Hermann
Compass



Day 4

One-Pan Chicken Parmesan Pasta

INGREDIENTS

2 tablespoons extra-virgin olive oil, divided
¼ cup whole-wheat panko breadcrumbs
1 tablespoon plus 1 teaspoon minced garlic, divided
1 pound boneless, skinless chicken breast cut into ½ inch pieces
1 teaspoon Italian seasoning
¼ teaspoon salt
3 cups low-sodium chicken broth
1½ cup tomatoes, crushed
8 ounces whole-wheat penne pasta
½ cup shredded mozzarella cheese
¼ cup shredded Parmesan cheese
¼ cup chopped fresh basil

PREPARATION

Heat 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Add panko and 1 teaspoon garlic. Cook, stirring, until the panko is golden brown, 1 to 2 minutes. Transfer to a small bowl and set aside. Wipe out the pan.

Heat the remaining 1 tablespoon oil in the pan over medium-high heat. Add chicken, Italian seasoning, salt and the remaining 1 tablespoon garlic. Cook, stirring frequently, until the chicken is no longer pink on the outside, about 2 minutes. Add broth, tomatoes and penne. Bring to a boil and cook, uncovered, stirring frequently, until the penne is cooked and the sauce has reduced and thickened, 15 to 20 minutes.

Meanwhile, position an oven rack in the upper third of the oven. Preheat the broiler to high. When the pasta is cooked, sprinkle mozzarella over the penne mixture. Place the pan under the broiler; broil until the mozzarella is bubbling and beginning to brown, about 1 minute. Top with the panko mixture, Parmesan and basil.

Active Time 45m

Total Time 45m

Serves 4

NUTRITION FACTS

Calories	538
Total Fat	17 g
Saturated Fat	5g
Monounsaturated Fat	N/A
Cholesterol	77mg
Sodium	612mg
Carbohydrates	56g
Dietary Fiber	7g
Total Sugars	7g
Added Sugars	N/A
Protein	41g
Potassium	875mg

Day 5



PB&J Bistro Lunch Box

INGREDIENTS

1 slice whole-grain bread, halved
2 tablespoons natural peanut butter
1 tablespoon your favorite fruit jam
 $\frac{3}{4}$ cup low-fat plain Greek-style yogurt
 $\frac{1}{2}$ cup fresh mango, diced
Ground cinnamon for sprinkling
2 stalks celery, cut into 4-inch lengths
1 cup lightly salted popcorn

PREPARATION

Spread one bread half with peanut butter and the other with jam. Press the pieces together.

Place yogurt in a well of a 4-cup divided sealable container (or in a small sealable cup). Top with mango and sprinkle with cinnamon.

Arrange the sandwich, the yogurt mixture, celery and popcorn in the container.

Keep refrigerated until ready to eat.

Active Time 5m

Total Time 5m

Serves 1

NUTRITION FACTS

Calories	552
Total Fat	21g
Saturated Fat	5g
Monounsaturated Fat	N/A
Cholesterol	17mg
Sodium	331mg
Carbohydrates	59g
Dietary Fiber	8g
Total Sugars	32g
Added Sugars	12g
Protein	30g
Potassium	422mg



Memorial Hermann
Compass



Day 6

Tater Tot Casserole with Beef, Corn and Zucchini

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 pound lean ground beef
- 1 small onion, chopped
- 2 medium zucchini, shredded
- 1½ cups chopped tomatoes, divided
- 1 cup corn kernels
- 1 tablespoon chili powder
- 1 tablespoon Worcestershire sauce
- ¼ teaspoon salt
- 1 tablespoon all-purpose flour
- 1 cup shredded sharp cheddar cheese, divided
- 2 cups frozen tater or veggie tots
- Cooking spray
- Chopped chives for garnish

PREPARATION

Preheat oven to 450°.

Heat oil in a large ovenproof skillet over medium-high heat. Add beef and onion. Cook, breaking up the beef with a wooden spoon, until the onion is soft and the beef is no longer pink, about 5 minutes. Add zucchini, 1 cup tomatoes, corn, chili powder, Worcestershire and salt; cook, stirring, until the zucchini has begun to release its liquid, about 3 minutes. Sprinkle with flour and cook, stirring, until the liquid has thickened, about 1 minute more. Remove from heat.

Spread the mixture into an even layer. Sprinkle with ½ cup cheese and arrange tots evenly over the cheese. Coat the tots with cooking spray. Transfer the pan to the oven.

Bake for 15 minutes. Sprinkle with the remaining ½ cup cheese and bake until the cheese is melted and the tots are golden brown, about 5 minutes more. Top with the remaining ½ cup tomatoes and garnish with chives, if desired.

Active Time 30m
Total Time 45m
Serves 6

NUTRITION FACTS

Calories	382
Total Fat	23g
Saturated Fat	8g
Monounsaturated Fat	N/A
Cholesterol	68mg
Sodium	550mg
Carbohydrates	22g
Dietary Fiber	3g
Total Sugars	6g
Added Sugars	N/A
Protein	23g
Potassium	794mg



Memorial Hermann
Compass

Day 7



Fish Nuggets with Seasoned Sweet Potato Wedges

INGREDIENTS

4 teaspoons extra-virgin olive oil
1 teaspoon smoked paprika
½ teaspoon salt, divided
¼ teaspoon garlic powder
1½ pounds sweet potatoes, cut into wedges
1 cup panko breadcrumbs
¾ cup white whole-wheat flour
¾ teaspoon ground pepper, divided
2 large eggs
1 tablespoon finely chopped fresh parsley
1 teaspoon lemon zest
1 pound Pacific cod, cut into 1-inch pieces
Tartar sauce for serving

PREPARATION

Position racks in upper and lower thirds of oven; preheat to 425°. Line 2 large rimmed baking sheets with parchment paper or foil.

Combine oil, paprika, ¼ teaspoon salt and garlic powder in a large bowl. Add sweet potatoes and toss to coat. Spread the sweet potatoes on one of the prepared pans. Bake on the upper rack, flipping once, until lightly browned and tender, 25 to 35 minutes.

Meanwhile, toast panko, stirring frequently, in a medium skillet over medium-high heat until light golden brown, about 6 minutes.

Mix flour and ½ teaspoon pepper in a shallow dish. Lightly beat eggs, parsley and lemon zest in a separate dish. Transfer the panko to a third shallow dish and stir in the remaining ¼ teaspoon pepper.

Pat fish dry and sprinkle with the remaining ¼ teaspoon salt. Working with 2 pieces at a time, dip the fish in the flour mixture and shake off the excess. Dip in the egg mixture, letting the excess drip off, then coat with the panko and place on the prepared pan, spacing evenly. Bake the fish on the lower rack, flipping once, until it flakes easily, about 12 minutes.

Serve the fish with the sweet potatoes and tartar sauce, if desired.

Active Time 30m

Total Time 45m

Serves 4

NUTRITION FACTS

Calories	352
Total Fat	8g
Saturated Fat	2g
Monounsaturated Fat	N/A
Cholesterol	138mg
Sodium	678mg
Carbohydrates	47g
Dietary Fiber	6g
Total Sugars	8g
Added Sugars	N/A
Protein	23g
Potassium	613mg



Memorial Hermann
Compass