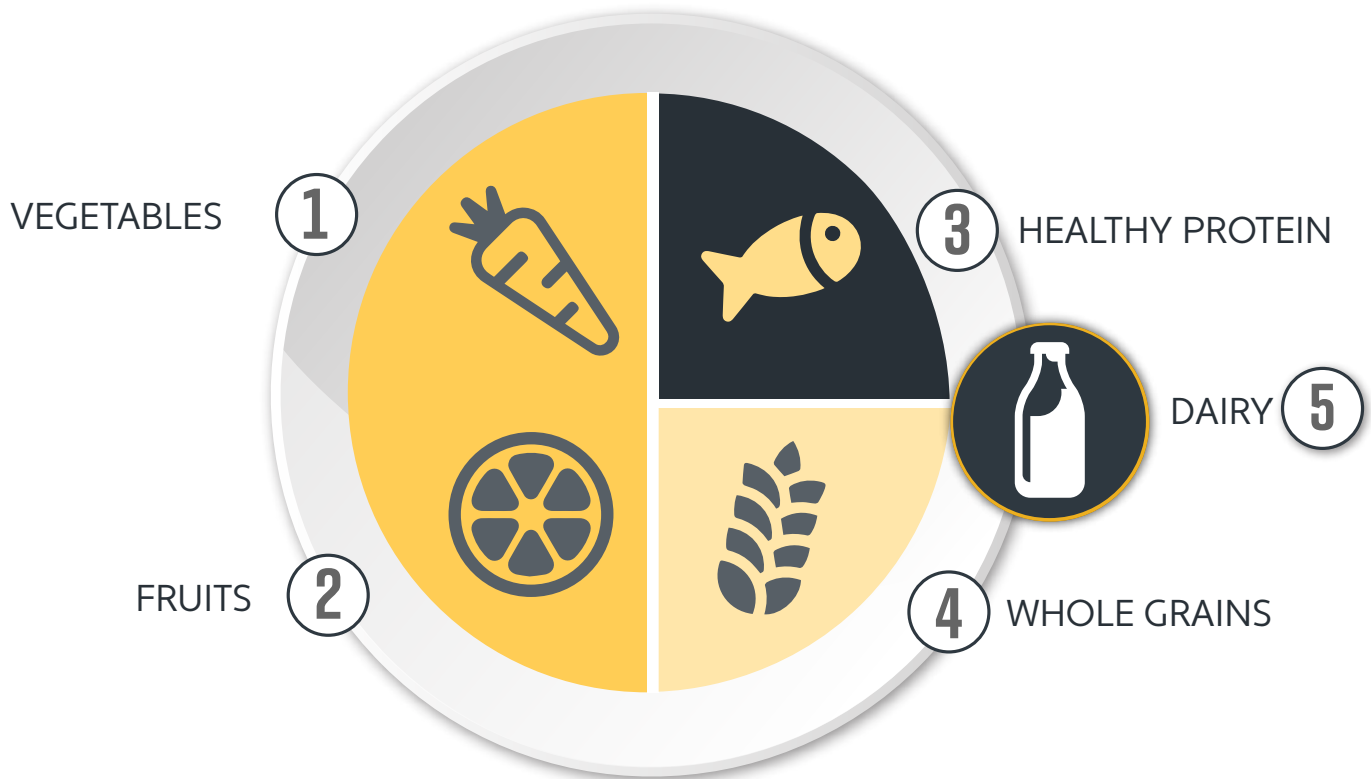




# PRIMARY CARE MEAL PLAN

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. 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 1



## Chicken Enchilada–Stuffed Spaghetti Squash

### INGREDIENTS

2 8-ounce boneless skinless chicken breasts  
1 2½- to 3-pound spaghetti squash,  
halved lengthwise and seeded  
1¼ cups red enchilada sauce, divided  
1 medium zucchini, diced  
1 cup shredded pepper jack cheese

### PREPARATION

Position racks in upper and lower thirds of oven; preheat to 450°.

Place chicken in a medium saucepan, add water to cover and bring to a boil. Cover, reduce heat to low and gently simmer until an instant-read thermometer inserted into the thickest part registers 165°, 10 to 15 minutes.

Transfer the chicken to a clean cutting board and shred with 2 forks. Transfer to a large bowl. Meanwhile, place squash cut-side down in a microwave-safe dish and add 2 tablespoons water.

Microwave, uncovered, on high until the flesh is tender, about 10 minutes. (Alternatively, place squash halves cut-side down on a rimmed baking sheet. Bake in a 400° oven until the squash is tender, 40 to 50 minutes.)

Use a fork to scrape the squash from the shells into the large bowl. Place the shells on a broiler-safe pan. Stir 1 cup enchilada sauce, zucchini, ½ teaspoon pepper and ¼ teaspoon salt into the squash and chicken. Divide the mixture between the shells; top with the remaining ¼ cup enchilada sauce and cheese.

Bake on the lower rack for 10 minutes. Move to the upper rack, turn the broiler to high and broil, watching carefully, until the cheese starts to brown, about 2 minutes. To serve, cut each shell in half.

Active Time 35m

Total Time 50m

Serves 4

### NUTRITION FACTS

|                     |       |
|---------------------|-------|
| Calories            | 512   |
| Total Fat           | 31g   |
| Saturated Fat       | 16g   |
| Monounsaturated Fat | 6g    |
| Cholesterol         | 1mg   |
| Sodium              | 594mg |
| Carbohydrates       | 20g   |
| Dietary Fiber       | 4g    |
| Total Sugars        | 7g    |
| Added Sugars        | 0g    |
| Protein             | 41g   |
| Potassium           | 856mg |



# Day 2

## Italian Zucchini-Topped Baked Potato

### INGREDIENTS

Nonstick cooking spray  
¼ cup chopped zucchini  
¼ cup canned no-salt-added diced tomatoes, undrained  
½ teaspoon Italian seasoning, crushed  
¼ cup shredded Italian-blend cheese (1 ounce)  
1 6-ounce russet potato, baked

### PREPARATION

Coat a small nonstick skillet with cooking spray.

Cook zucchini, tomatoes and Italian seasoning over medium heat until zucchini is tender, about 8 minutes. Stir in cheese.

Top potato with zucchini mixture.

Active Time 15m

Total Time 25m

Serves 1

### NUTRITION FACTS

|                     |        |
|---------------------|--------|
| Calories            | 281    |
| Total Fat           | 7g     |
| Saturated Fat       | 4g     |
| Monounsaturated Fat | N/A    |
| Cholesterol         | 20mg   |
| Sodium              | 274mg  |
| Carbohydrates       | 42g    |
| Dietary Fiber       | 5g     |
| Total Sugars        | N/A    |
| Added Sugars        | N/A    |
| Protein             | 12g    |
| Potassium           | 1009mg |



# Day 3

## Chili-Rubbed Tilapia with Asparagus and Lemon

### INGREDIENTS

2 pounds asparagus, tough ends trimmed, cut into 1-inch pieces  
2 tablespoons chili powder  
½ teaspoon garlic powder  
½ teaspoon salt, divided  
1 pound tilapia, Pacific sole or other firm white fish fillets  
2 tablespoons extra-virgin olive oil  
3 tablespoons lemon juice

### PREPARATION

Bring 1 inch of water to a boil in a large saucepan. Put asparagus in a steamer basket, place in the pan, cover and steam until tender-crisp, about 4 minutes. Transfer to a large plate, spreading out to cool.

Combine chili powder, garlic powder and ¼ teaspoon salt on a plate. Dredge fillets in the spice mixture to coat. Heat oil in a large nonstick skillet over medium-high heat. Add the fish and cook until just opaque in the center, gently turning halfway, 5 to 7 minutes total. Divide among 4 plates.

Immediately add lemon juice, the remaining ¼ teaspoon salt and asparagus to the pan and cook, stirring constantly, until the asparagus is coated and heated through, about 2 minutes. Serve the asparagus with the fish.

Active Time 20m

Total Time 20m

Serves 4

### NUTRITION FACTS

|                     |       |
|---------------------|-------|
| Calories            | 211   |
| Total Fat           | 10g   |
| Saturated Fat       | 2g    |
| Monounsaturated Fat | 6g    |
| Cholesterol         | 57mg  |
| Sodium              | 419mg |
| Carbohydrates       | 8g    |
| Dietary Fiber       | 4g    |
| Total Sugars        | 3g    |
| Added Sugars        | 0g    |
| Protein             | 26g   |
| Potassium           | 681mg |



# Day 4

## Hand-Chopped Steak Burgers with Caramelized Fennel

### INGREDIENTS

2 medium fennel bulbs with fronds (about 1½ pounds)  
1 pound boneless strip steak  
1 clove garlic, grated  
¾ teaspoon salt, divided  
2 tablespoons extra-virgin olive oil  
¼ cup red-wine vinegar  
1 tablespoon chopped fresh sage

### PREPARATION

Finely chop ½ cup fennel fronds and set aside (reserve remaining fronds for another use). Halve, core and thinly slice the bulbs.

Chop steak into ¼-inch pieces.

Combine in a medium bowl with garlic and ¼ teaspoon salt; mix well. Shape into 4 patties about ¾ inch thick. Heat oil in a large skillet over medium-high heat. Add the burgers and cook, turning once, until browned, 3 to 5 minutes for medium-rare. Transfer to a plate.

Reduce heat to medium. Add the sliced fennel and cook, stirring occasionally, until lightly browned, 2 to 3 minutes. Add vinegar, sage and the remaining ½ teaspoon salt and cook, scraping any browned bits, until the liquid has evaporated and the fennel is just tender, 4 to 5 minutes. Remove from heat and stir in the reserved fennel fronds and any accumulated juices from the burgers.

Serve the fennel with the burgers.

Active Time 40m

Total Time 40m

Serves 4

### NUTRITION FACTS

|                     |       |
|---------------------|-------|
| Calories            | 321   |
| Total Fat           | 19g   |
| Saturated Fat       | 6g    |
| Monounsaturated Fat | 11g   |
| Cholesterol         | 81mg  |
| Sodium              | 560mg |
| Carbohydrates       | 10g   |
| Dietary Fiber       | 4g    |
| Total Sugars        | 5g    |
| Added Sugars        | 0g    |
| Protein             | 28g   |
| Potassium           | 879mg |



# Day 5

## Seared Salmon with Green Peppercorn Sauce

### 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 | N/A   |
| Cholesterol         | 76mg  |
| Sodium              | 269mg |
| Carbohydrates       | 1g    |
| Dietary Fiber       | 0g    |
| Total Sugars        | 0g    |
| Added Sugars        | 0g    |
| Protein             | 28g   |
| Potassium           | 543mg |



# Day 6

## Roasted Gnocchi and Brussels Sprouts with Meyer Lemon Vinaigrette

### INGREDIENTS

2 Meyer lemons  
1 pound Brussels sprouts, trimmed and quartered  
1 16-ounce package shelf-stable gnocchi  
1 cup thickly sliced shallots  
4 tablespoons extra-virgin olive oil, divided  
½ teaspoon ground pepper, divided  
¼ teaspoon salt, divided  
¼ cup slivered oil-packed sun-dried tomatoes

### PREPARATION

Preheat oven to 450°.

Slice and seed 1 lemon. Toss in a large bowl with Brussels sprouts, gnocchi, shallots, 2 tablespoons oil, ¼ teaspoon pepper and ⅛ teaspoon salt. Transfer to a large, rimmed baking sheet.

Roast, stirring once or twice, until the gnocchi are plump and the Brussels sprouts are tender, 18 to 20 minutes.

Squeeze juice from the remaining lemon. Return the gnocchi mixture to the bowl and toss with sun-dried tomatoes, the lemon juice and the remaining 2 tablespoons oil, ¼ teaspoon pepper and ⅛ teaspoon salt.

Active Time 15m

Total Time 35m

Serves 4

### NUTRITION FACTS

|                     |       |
|---------------------|-------|
| Calories            | 424   |
| Total Fat           | 16g   |
| Saturated Fat       | 2g    |
| Monounsaturated Fat | 11g   |
| Cholesterol         | 0mg   |
| Sodium              | 551mg |
| Carbohydrates       | 64g   |
| Dietary Fiber       | 7g    |
| Total Sugars        | 6g    |
| Added Sugars        | 0g    |
| Protein             | 11g   |
| Potassium           | 677mg |



# Day 7

## Roast Chicken and Sweet Potatoes

### INGREDIENTS

2 tablespoons whole-grain or Dijon mustard  
2 tablespoons chopped fresh thyme  
or 2 teaspoons dried  
2 tablespoons extra-virgin olive oil, divided  
½ teaspoon salt, divided  
½ teaspoon ground pepper, divided  
2 pounds bone-in chicken thighs, skin removed  
2 medium sweet potatoes, peeled and cut into 1-inch pieces  
1 large red onion, cut into 1-inch wedges

### PREPARATION

Position rack in lower third of oven; preheat to 450°. Place a large rimmed baking sheet in the oven to preheat.

Combine mustard, thyme, 1 tablespoon oil and ¼ teaspoon each salt and pepper in a small bowl; spread the mixture evenly on chicken.

Toss sweet potatoes and onion in a bowl with the remaining tablespoon oil and ¼ teaspoon each salt and pepper. Carefully remove the baking sheet from the oven and spread the vegetables on it. Place the chicken on top of the vegetables.

Return the pan to the oven and roast, stirring the vegetables once halfway through, until the vegetables are tender and beginning to brown and an instant-read thermometer inserted into a chicken thigh registers 165°, 30 to 35 minutes.

Active Time 15m

Total Time 45m

Serves 4

### NUTRITION FACTS

|                     |       |
|---------------------|-------|
| Calories            | 408   |
| Total Fat           | 17g   |
| Saturated Fat       | 4g    |
| Monounsaturated Fat | 9g    |
| Cholesterol         | 0mg   |
| Sodium              | 554mg |
| Carbohydrates       | 34g   |
| Dietary Fiber       | 5g    |
| Total Sugars        | 12g   |
| Added Sugars        | 0g    |
| Protein             | 27g   |
| Potassium           | 636mg |