

PRIMARY CARE 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

Spanakopita-Loaded Potatoes

A healthy take on twice-baked potatoes with spinach, feta, garlic and oregano.

INGREDIENTS

4 medium russet potatoes (8-10 ounces each), scrubbed
1 tablespoon extra-virgin olive oil
1 cup diced onion
1 pound fresh spinach, finely chopped or 4 cups frozen
chopped spinach (thawed)
3 cloves garlic, minced
1 tablespoon chopped fresh oregano or 1 teaspoon dried
⅓ cup reduced-fat cream cheese
¾ teaspoon ground pepper
¼ teaspoon kosher salt
1 cup crumbled feta cheese, divided

PREPARATION

Preheat oven to 400°.

Pierce potatoes in several places with a fork. Bake directly on the center rack until tender, 50 to 60 minutes. Let stand until cool enough to handle.

Meanwhile, heat oil in a large pot over medium heat. Add onion and cook, stirring occasionally, until soft, 2 to 4 minutes. Add spinach, garlic and oregano; cook, stirring, until hot, about 4 minutes. Remove from heat. Reduce oven temperature to 375°.

Cut the potatoes in half and scoop the insides into a bowl. Place the skins in a 9-by-13-inch pan. Add cream cheese, pepper and salt to the bowl. Beat with a hand mixer or mash with a potato masher until smooth. Stir in the spinach mixture and ½ cup feta. Stuff each potato skin with about ¾ cup of the filling. Top each with 1 tablespoon of the remaining feta.

Bake until the filling is steaming and the feta is browned, 25 to 35 minutes.

Active Time 40m
Total Time 1h 45m

Serves 8
1 stuffed half each

NUTRITION FACTS

Calories 197
Total Fat 8g
Saturated Fat 4g
Monounsaturated Fat 3g
Cholesterol 24mg
Sodium 334mg
Carbohydrates 24g
Dietary Fiber 4g
Total Sugars 3g
Added Sugars 0g
Protein 8g
Potassium 857mg
Carbohydrate Servings 1 1/2



day two

Eggplant Tortilla Casserole

This comforting Tex-Mex casserole includes thinly sliced eggplant.

INGREDIENTS

- | | |
|-----------------------------------|---|
| 1 medium eggplant (about 1 pound) | 1 28-ounce can no-salt-added diced tomatoes |
| 2 tablespoons canola oil, divided | 2 15-ounce cans no-salt-added black beans, rinsed |
| 2 medium onions, thinly sliced | 2 4.5-ounce cans mild green chiles |
| 3 cloves garlic, minced | $\frac{1}{4}$ cup chopped fresh cilantro |
| 1 tablespoon chili powder | 1 cup shredded extra-sharp Cheddar cheese |
| 2 teaspoons dried oregano | |
| 1 teaspoon onion powder | |
| 1 teaspoon ground cumin | |
| 10 corn tortillas, quartered | |

PREPARATION

Preheat oven to 375°. Coat a large rimmed baking sheet and two 8-inch-square baking dishes with cooking spray.

Peel the eggplant; slice into $\frac{1}{4}$ -inch-thick rounds. Halve the rounds (or quarter, if large). Arrange in a single layer on the prepared baking sheet; brush 1 tablespoon oil over the eggplant. Bake, turning once, until the eggplant is just beginning to brown on the edges, 10 to 15 minutes. Let cool.

Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add onions and cook, stirring, until soft, about 10 minutes. Add garlic, chili powder, oregano, onion powder and cumin; continue cooking just until fragrant, about 30 seconds. Stir in tomatoes, beans, chiles and cilantro. Set aside.

To assemble the casseroles, cover the bottom of each baking dish with $\frac{1}{4}$ of the tortilla pieces. Spread 1 cup of the tomato-bean mixture over the tortillas, then sprinkle each with $\frac{1}{4}$ cup cheese. Top each with a layer of $\frac{1}{2}$ of the eggplant pieces, then layer each with 1 cup of the tomato-bean mixture. Divide the remaining tortilla pieces and remaining tomato-bean mixture between the casseroles, then sprinkle each with $\frac{1}{4}$ cup cheese. Cover both dishes with foil.

Label and freeze one casserole for up to 1 month. Bake the remaining casserole until bubbling, about 30 minutes.

Uncover and continue baking until the cheese is lightly browned, about 10 minutes more. Let stand for 5 minutes before cutting.

Active Time 30m

Total Time 1h 10m

Serves 8

1 4-inch square each

NUTRITION FACTS

Calories 304

Total Fat 10g

Saturated Fat 3g

Monounsaturated Fat N/A

Cholesterol 13mg

Sodium 250mg

Carbohydrates 41g

Dietary Fiber 10g

Total Sugars 8g

Added Sugars N/A

Protein 14g

Potassium 488mg



day three

Montreal-Style Hanger Steak and Sweet Potato Frites

Steak frites, a.k.a. steak and fries, is a French bistro staple.

INGREDIENTS

2 pounds sweet potatoes, peeled
3 tablespoons extra-virgin olive oil, divided
1 teaspoon smoked paprika
1 teaspoon ground cumin
½ teaspoon salt
¼ teaspoon ground pepper
¼ cup nonfat plain yogurt
1 tablespoon finely crumbled blue cheese
1 tablespoon minced fresh chives, plus more for garnish
1–1½ pounds hanger or flat-iron steak, trimmed
2 teaspoons 25% Less Sodium Montreal steak seasoning

PREPARATION

Position racks in upper and lower thirds of oven; preheat to 450°.
Coat two large rimmed baking sheets with cooking spray.

Slice sweet potatoes crosswise into ¼ inch-thick slices. Cut each slice into ¼ inch-wide fries. Toss with 2 tablespoons oil in a large bowl; add paprika, cumin, salt and pepper and toss again. Divide the fries between the prepared baking sheets, spreading evenly. Bake on the upper and lower racks, stirring the fries and switching the pans halfway, until browned and tender, 25 to 28 minutes.

Meanwhile, combine yogurt, blue cheese and chives in a small bowl.

When the fries are halfway done, heat the remaining 1 tablespoon oil in a large cast-iron skillet over medium-high heat until hot but not smoking. Sprinkle steak with Montreal steak seasoning and cook, turning once, until browned on both sides, 2 to 4 minutes per side for medium. Let rest on a clean cutting board for 5 minutes. Slice crosswise into ½ inch-thick pieces and serve with the sweet potato fries and sauce, garnished with more chives, if desired.

Active Time 35m

Total Time 45m

Serves 4

3 ounces steak

1 cup fries and

1 tablespoon sauce each

NUTRITION FACTS

Calories 396

Total Fat 18g

Saturated Fat 5g

Monounsaturated Fat 11g

Cholesterol 67mg

Sodium 673mg

Carbohydrates 30g

Dietary Fiber 5g

Total Sugars 10g

Added Sugars 0g

Protein 27g

Potassium 991mg

Carbohydrate Servings 2



day four

Collards and Portobello Grilled Cheese

Turn this easy grilled cheese recipe into a healthy meal.

INGREDIENTS

4 tablespoons extra-virgin olive oil, divided
4 medium portobello mushroom caps, gills removed, sliced
1 small onion, thinly sliced
2 large cloves garlic, chopped
6 cups chopped collard greens
½ cup water
¼ teaspoon ground pepper
⅛ teaspoon salt
8 slices rye bread
4 slices Swiss cheese
4 tablespoons Dijonnaise

PREPARATION

Heat 2 tablespoons oil in a large skillet over medium-high heat. Add mushrooms and onion; cook, stirring occasionally, until starting to brown, 5 to 7 minutes. Add garlic and cook, stirring, for 30 seconds. Add collards and water; reduce heat to medium and cook, stirring occasionally, until the collards are tender, 5 to 7 minutes. Season with pepper and salt.

Preheat a panini maker.

Brush one side of each slice of bread with some of the remaining 2 tablespoons oil. Turn 4 pieces over and spread 1 tablespoon Dijonnaise on each. Top with one-fourth of the collards mixture (about ¾ cup), a slice of cheese and the remaining bread, oiled-side up.

Cook the sandwiches in the panini maker until golden brown and the cheese is melted.

Active Time 30m

Total Time 30m

Serves 4

1 sandwich each

NUTRITION FACTS

Calories 460

Total Fat 25g

Saturated Fat 7g

Monounsaturated Fat 14g

Cholesterol 26mg

Sodium 707mg

Carbohydrates 44g

Dietary Fiber 7g

Total Sugars 6g

Added Sugars 2g

Protein 17g

Potassium 575mg

Carbohydrate Servings 3



day five

Creamy Chicken, Brussels Sprouts and Mushrooms One-Pot Pasta

This is an easy pasta recipe that cooks chicken and vegetables right along with the noodles.

INGREDIENTS

8 ounces whole-wheat linguine or spaghetti
1 pound boneless, skinless chicken thighs
4 cups sliced mushrooms
2 cups sliced Brussels sprouts
1 medium onion, chopped
4 cloves garlic, thinly sliced
2 tablespoons herb and garlic cheese spread
1¼ teaspoons dried thyme
¾ teaspoon dried rosemary
¾ teaspoon salt
4 cups water
2 tablespoons chopped fresh chives

PREPARATION

Combine pasta, chicken, mushrooms, Brussels sprouts, onion, garlic, Boursin cheese, thyme, rosemary and salt in a large pot. Stir in water.

Bring to a boil over high heat. Boil, stirring frequently, until the pasta is cooked and the water has almost evaporated, 10 to 12 minutes.

Remove from heat and let stand, stirring occasionally, for 5 minutes.

Serve sprinkled with chives.

Active Time 35m

Total Time 40m

Serves 5

1½ cups each

NUTRITION FACTS

Calories 353

Total Fat 10g

Saturated Fat 4g

Monounsaturated Fat 3g

Cholesterol 67mg

Sodium 461mg

Carbohydrates 42g

Dietary Fiber 8g

Total Sugars 4g

Added Sugars 0g

Protein 27g

Potassium 568mg

Carbohydrate Servings 3



day six

Flank Steak Gyro with Quick Pickles

This Greek-style sandwich has all the flavor of the traditional version.

INGREDIENTS

2 tablespoons extra-virgin olive oil, divided
¾ teaspoon ground coriander
¾ teaspoon ground cumin
¾ teaspoon dried thyme
1 teaspoon salt, divided
½ teaspoon ground pepper, divided
1 pound flank steak, trimmed
1 large red onion, sliced
1 cup water
½ cup white vinegar
1 teaspoon sugar
3 cups thinly sliced vegetables, such as turnips, cucumber and/or radishes
4 6-inch whole-wheat pitas, warmed
½ cup prepared tzatziki

PREPARATION

Position rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil.

Combine 1 tablespoon oil, coriander, cumin, thyme, ½ teaspoon salt and ¼ teaspoon pepper in a small bowl. Brush both sides of steak with the seasoned oil. Place on the prepared baking sheet. Toss onion with the remaining 1 tablespoon oil and the remaining ¼ teaspoon pepper in a bowl and scatter around the steak.

Broil, turning the steak and stirring the onion halfway through, until an instant-read thermometer inserted in the thickest part of the steak registers 145° and the onion is charred, 10 to 15 minutes.

Meanwhile, combine water, vinegar, sugar and the remaining ½ teaspoon salt in a medium saucepan. Bring to a boil. Add vegetables and cook for 1 minute. Remove from heat. Slice the steak and drain the vegetables. Serve in pita bread with the charred onion and tzatziki.

Active Time 30m

Total Time 30m

Serves 4

1 gyro each

NUTRITION FACTS

Calories 465

Total Fat 18g

Saturated Fat 5g

Monounsaturated Fat 8g

Cholesterol 75mg

Sodium 751mg

Carbohydrates 45g

Dietary Fiber 7g

Total Sugars 5g

Added Sugars 0g

Protein 33g

Potassium 722mg

Carbohydrate Servings 3



day seven

Kielbasa and Cabbage Soup

Use fresh cabbage and save the sauerkraut for a deliciously salty-sour garnish.

INGREDIENTS

8 ounces kielbasa
2 tablespoons extra-virgin olive oil
2 cups chopped onion
2 cups diced carrots
 $\frac{3}{4}$ cup diced celery
2 large cloves garlic, minced
8 cups quartered and thinly sliced cabbage (about 1 pound)
8 cups low-sodium chicken broth
4 cups diced, peeled russet potatoes

$\frac{1}{4}$ cup chopped fresh dill
 $1\frac{1}{2}$ teaspoons caraway seeds, toasted and ground
 $1\frac{1}{2}$ teaspoons smoked paprika
 $\frac{3}{4}$ teaspoon ground pepper
 $\frac{1}{2}$ teaspoon salt
2 tablespoons white-wine vinegar
Fresh sauerkraut and/or sour cream for garnish

Active Time 1h
Total Time 1h 30m

Serves 8
 $1\frac{1}{2}$ cups each

PREPARATION

Cut kielbasa in half lengthwise, then crosswise into $\frac{1}{4}$ -inch-thick slices. Cook in a large pot over medium-high heat, stirring, until browned and the fat has rendered, about 5 minutes. Transfer to a plate with a slotted spoon.

Add oil, onion, carrot and celery to the pot and cook, stirring often, until starting to brown, about 5 minutes. Reduce heat to medium and continue cooking, stirring often, until the vegetables are soft, about 4 minutes more. Add garlic and cook, stirring, for 1 minute. Add cabbage and cook, stirring occasionally, until slightly wilted, about 3 minutes.

Add broth, potatoes, dill, caraway, paprika, pepper and salt. Cover and bring to a boil. Reduce heat to maintain a simmer and cook, uncovered, until the potatoes are tender, about 30 minutes. Stir in vinegar and the kielbasa. Serve topped with sauerkraut and/or sour cream, if desired.

NUTRITION FACTS

Calories 222
Total Fat 7g
Saturated Fat 2g
Monounsaturated Fat 3g
Cholesterol 13mg
Sodium 509mg
Carbohydrates 31g
Dietary Fiber 5g
Total Sugars 7g
Added Sugars 0g
Protein 12g
Potassium 847mg
Carbohydrate Servings 2