

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

Slow-Cooker Creamy Lentil Soup Freezer Pack

INGREDIENTS

- 1 cup green or brown lentils, picked over and rinsed
- 1 cup chopped onions
- 1 cup diced carrots
- 2 tablespoons finely chopped garlic
- 2 teaspoons ground coriander
- 2 bay leaves
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon ground pepper
- ¼ teaspoon cayenne pepper
- 4 cups reduced-sodium chicken broth or vegetable broth
- 2 cups coarsely chopped spinach
- 1 15-ounce can diced tomatoes
- ⅔ cup light coconut milk
- ¼ cup chopped fresh parsley
- 1 tablespoon white-wine vinegar
- ½ teaspoon salt

PREPARATION

To prepare freezer pack: Combine lentils, onions, carrots, garlic, coriander, bay leaves, cumin, oregano, pepper and cayenne in a sealable plastic bag. Seal and freeze for up to 6 months.

To prepare soup: Empty the freezer bag into a 6-quart slowcooker. Add broth. Cover and cook on high for 4 hours or low for 8 hours.

Discard bay leaves. Transfer half of the soup to a blender and puree. (Use caution when blending hot liquids.) Return the pureed soup to the slow cooker and stir in spinach, tomatoes, coconut milk, parsley, vinegar and salt; heat through.

Active Time 25m
Total Time 4h 25m
Serves 4

NUTRITION FACTS

Calories	320
Total Fat	6g
Saturated Fat	3g
Monounsaturated Fat	N/A
Cholesterol	N/A
Sodium	619mg
Carbohydrates	46g
Dietary Fiber	15g
Total Sugars	9g
Added Sugars	N/A
Protein	20g
Potassium	1000mg



DAY TWO

Greek Salad with Edamame

INGREDIENTS

¼ cup red-wine vinegar
3 tablespoons extra-virgin olive oil
¼ teaspoon salt
¼ teaspoon ground pepper
8 cups chopped romaine (about 2 romaine hearts)
16 ounces frozen shelled edamame (about 3 cups), thawed
1 cup halved cherry or grape tomatoes
½ European cucumber, sliced
½ cup crumbled feta cheese
¼ cup slivered fresh basil
¼ cup sliced Kalamata olives
¼ cup slivered red onion

PREPARATION

Whisk vinegar, oil, salt and pepper in a large bowl.

Add romaine, edamame, tomatoes, cucumber, feta, basil, olives and onion; toss to coat.

Active Time 20m

Total Time 20m

Serves 4

NUTRITION FACTS

Calories	344
Total Fat	23g
Saturated Fat	5g
Monounsaturated Fat	N/A
Cholesterol	17mg
Sodium	489mg
Carbohydrates	20g
Dietary Fiber	9g
Total Sugars	N/A
Added Sugars	N/A
Protein	17g
Potassium	908mg



DAY THREE

Chili-Cheese Nachos

INGREDIENTS

- 1 pound lean ground beef
- ¾ cup finely chopped white onion
- ½ cup finely chopped red bell pepper
- 4 cloves garlic, chopped
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 2 teaspoons dried oregano
- 1 teaspoon ground coriander
- 1 14-ounce can diced tomatoes
- ¼ cup water
- 8 ounces tortilla chips
- 2 cups shredded cheese, such as Cheddar or Pepper Jack

PREPARATION

Preheat oven to 350°F.

Cook beef, onion, bell pepper and garlic in a large skillet over medium-high heat, crumbling the beef with a spatula, until the meat is browned, 8 to 10 minutes. Stir in chili powder, cumin, oregano and coriander; cook, stirring, for 30 seconds. Add tomatoes (with their juice) and water and simmer for 5 minutes.

Top chips with the chili and cheese. Bake until the cheese is melted, about 7 minutes.

Active Time 30m
Total Time 30m
Serves 8

NUTRITION FACTS

Calories	384
Total Fat	22g
Saturated Fat	9g
Monounsaturated Fat	7g
Cholesterol	66mg
Sodium	425mg
Carbohydrates	25g
Dietary Fiber	4g
Total Sugars	3g
Added Sugars	0g
Protein	21g
Potassium	447mg



DAY FOUR

Black Bean-Quinoa Bowl

INGREDIENTS

$\frac{3}{4}$ cup canned black beans, rinsed
 $\frac{2}{3}$ cup cooked quinoa
 $\frac{1}{4}$ cup hummus
1 tablespoon lime juice
 $\frac{1}{4}$ medium avocado, diced
3 tablespoons pico de gallo
2 tablespoons chopped fresh cilantro

PREPARATION

Combine beans and quinoa in a bowl. Stir hummus and lime juice together in a small bowl; thin with water to desired consistency.

Drizzle the hummus dressing over the beans and quinoa. Top with avocado, pico de gallo and cilantro.

Active Time 10m

Total Time 10m

Serves 1

NUTRITION FACTS

Calories	500
Total Fat	16g
Saturated Fat	2g
Monounsaturated Fat	N/A
Cholesterol	N/A
Sodium	612mg
Carbohydrates	74g
Dietary Fiber	20g
Total Sugars	11g
Added Sugars	N/A
Protein	20g
Potassium	1086mg



DAY FIVE

Curry Chicken Salad Lettuce Wraps

INGREDIENTS

1 cup plain nonfat Greek yogurt
½ teaspoon curry powder
Pinch black pepper
6 ounces seedless red grapes, halved
4 ounces cooked chicken breast, chopped
½ cup chopped celery (1 stalk)
2 tablespoons slivered almonds, toasted
6 lettuce leaves
Honey (optional)

PREPARATION

In a medium bowl stir together yogurt, curry powder and pepper. Add grapes, chicken, celery and almonds; stir to combine.

Divide the chicken mixture among the lettuce leaves. To eat, wrap the lettuce around the chicken mixture. If desired, drizzle with honey before serving.

Active Time 15m

Total Time 15m

Serves 2

NUTRITION FACTS

Calories	219
Total Fat	5g
Saturated Fat	1g
Monounsaturated Fat	N/A
Cholesterol	37mg
Sodium	512mg
Carbohydrates	21g
Dietary Fiber	3g
Total Sugars	17g
Added Sugars	N/A
Protein	24g
Potassium	338mg



DAY SIX

Mixed Greens with Lentils and Sliced Apple

INGREDIENTS

1½ cups mixed salad greens
½ cup cooked lentils
1 apple, cored and sliced, divided
1½ tablespoons crumbled feta cheese
1 tablespoon red-wine vinegar
2 teaspoons extra-virgin olive oil

PREPARATION

Top greens with lentils, about half the apple slices and the feta.

Drizzle with vinegar and oil. Serve with the remaining apple slices on the side.

Active Time 10m

Total Time 10m

Serves 1

NUTRITION FACTS

Calories	347
Total Fat	13g
Saturated Fat	4g
Monounsaturated Fat	N/A
Cholesterol	13mg
Sodium	155mg
Carbohydrates	48g
Dietary Fiber	14g
Total Sugars	22g
Added Sugars	N/A
Protein	13g
Potassium	836mg



DAY SEVEN

Creamy Chicken Noodle Soup

INGREDIENTS

- 1 32-ounce carton reduced-sodium chicken broth
- 3 cups water
- 2½ cups chopped cooked chicken (about 12 ounces)
- 1½ cups sliced carrots (3 medium)
- 1½ cups sliced celery (3 stalks)
- 1½ cups mushrooms, sliced (4 ounces)
- ¼ cup chopped onion
- 1½ teaspoons dried thyme, crushed
- ¾ teaspoon garlic pepper
- 3 ounces reduced-fat cream cheese (Neufchâtel), cut up
- 2 cups dried egg noodles

PREPARATION

In a 5- to 6-quart slow cooker, combine broth, water, chicken, carrots, celery, mushrooms, onion, thyme and garlic pepper.

Cover and cook on low for 6 to 8 hours or on high for 3 to 4 hours.

If using low, turn cooker to high. Stir in cream cheese until combined. Stir in uncooked noodles. Cover and cook for 20 to 30 minutes more or just until noodles are tender.

Active Time 25m
Total Time 6h 25m
Serves 8

NUTRITION FACTS	
Calories	170
Total Fat	6g
Saturated Fat	2g
Monounsaturated Fat	N/A
Cholesterol	54mg
Sodium	401mg
Carbohydrates	11g
Dietary Fiber	2g
Total Sugars	3g
Added Sugars	N/A
Protein	17g
Potassium	322mg