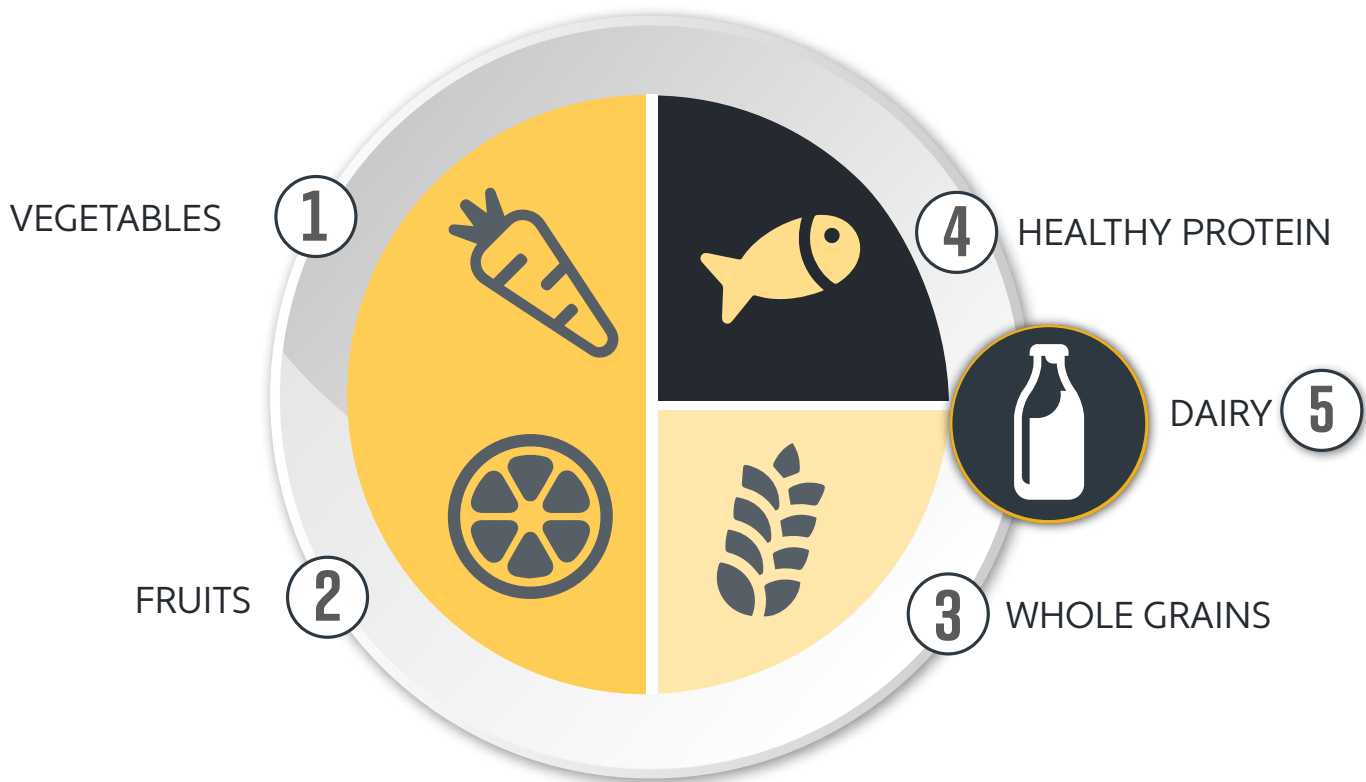




WEIGHT MANAGEMENT MEAL PLAN

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



Coconut-Curry Cod Stew with Sweet Potato and Rice

INGREDIENTS

2 cups water
¾ cup long-grain brown rice
1 tablespoon canola oil
1 tablespoon chopped fresh ginger
1 tablespoon chopped garlic
1 yellow bell pepper, halved and sliced
1 pound sweet potatoes (about 2 small or 1 large),
peeled and cut into 1½ inch pieces
1 tablespoon curry powder
½ teaspoon salt
1 15-ounce can light coconut milk
4 4- to 5-ounce cod fillets
3 tablespoons fresh cilantro, chopped, plus more for garnish
2 teaspoons lime juice

PREPARATION

Combine water and rice in a medium saucepan; bring to a boil. Reduce heat, cover and simmer until the rice is tender and most of the water has been absorbed, about 40 minutes. Drain off excess water, if necessary.

Meanwhile, heat oil in large skillet over medium heat. Add ginger and garlic; cook, stirring, until fragrant, about 30 seconds. Add bell pepper, sweet potatoes and curry powder; stir until well coated. Add coconut milk and bring to a simmer. Cover and simmer, stirring occasionally, until the sweet potatoes are just tender when pierced with a fork, 10 to 15 minutes.

Nestle cod fillets into the pan; cover and continue cooking until the sweet potatoes are soft and the cod flakes easily when pierced with a fork, 5 to 8 minutes more. Gently stir in cilantro and lime juice. Serve the stew over the rice. Garnish with additional cilantro, if desired.

Active Time 30m

Total Time 45m

Serves 4

NUTRITION FACTS

Calories	374
Total Fat	11g
Saturated Fat	5g
Monounsaturated Fat	3g
Cholesterol	45mg
Sodium	413mg
Carbohydrates	50g
Dietary Fiber	5g
Total Sugars	8g
Added Sugars	N/A
Protein	19g
Potassium	744mg



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Day 2

Spinach Salad with Roasted Sweet Potatoes, White Beans and Basil Vinaigrette

INGREDIENTS

1 sweet potato (12 ounces), peeled and diced ($\frac{1}{2}$ inch)
5 tablespoons extra-virgin olive oil, divided
 $\frac{1}{2}$ teaspoon ground pepper, divided
 $\frac{1}{4}$ teaspoon salt, divided
 $\frac{1}{2}$ cup packed fresh basil leaves
3 tablespoons cider vinegar
1 tablespoon finely chopped shallot
2 teaspoons whole-grain mustard
10 cups baby spinach
1 15-ounce can low-sodium cannellini beans, rinsed
2 cups shredded cabbage
1 cup red bell pepper, chopped
 $\frac{1}{3}$ cup pecans, chopped and toasted

PREPARATION

Preheat oven to 425°.

Toss sweet potatoes, tablespoon oil, $\frac{1}{4}$ teaspoon pepper and $\frac{1}{8}$ teaspoon salt together in a large bowl. Transfer to a large rimmed baking sheet and roast, stirring once, until tender, 15 to 18 minutes.

Let cool for at least 10 minutes.

Meanwhile, place basil, the remaining $\frac{1}{4}$ cup oil, vinegar, shallot, mustard and the remaining $\frac{1}{4}$ teaspoon pepper and $\frac{1}{8}$ teaspoon salt in a mini food processor. Process until mostly smooth. Transfer to the large bowl. Add spinach, beans, cabbage, bell pepper, pecans and the cooled sweet potatoes. Toss to coat.

Active Time 40m

Total Time 40m

Serves 4

NUTRITION FACTS

Calories	415
Total Fat	24g
Saturated Fat	3g
Monounsaturated Fat	N/A
Cholesterol	N/A
Sodium	565mg
Carbohydrates	44g
Dietary Fiber	15g
Total Sugars	7g
Added Sugars	N/A
Protein	12g
Potassium	498mg



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Day 3



Squash, Chickpea and Red Lentil Stew

INGREDIENTS

$\frac{3}{4}$ cup dried chickpeas
2½ pounds kabocha squash or butternut squash, peeled, seeded and cut into 1-inch cubes
2 large carrots, peeled and cut into $\frac{1}{2}$ inch pieces
1 large onion, chopped
1 cup red lentils
4 cups vegetable broth
2 tablespoons tomato paste
1 tablespoon fresh ginger, minced and peeled
 $\frac{1}{2}$ teaspoons ground cumin
1 teaspoon salt
 $\frac{1}{4}$ teaspoon saffron
 $\frac{1}{4}$ teaspoon freshly ground pepper
 $\frac{1}{4}$ cup lime juice
 $\frac{1}{2}$ cup roasted unsalted peanuts, chopped
 $\frac{1}{4}$ cup packed fresh cilantro leaves, chopped

PREPARATION

Soak chickpeas in enough cold water to cover them by 2 inches for 6 hours or overnight.

(Alternatively, use the quick-soak method: Place beans in a large pot with enough water to cover by 2 inches. Bring to a boil over high heat. Remove from heat and let stand for 1 hour.) Drain when ready to use. Combine the soaked chickpeas, squash, carrots, onion, lentils, broth, tomato paste, ginger, cumin, salt, saffron and pepper in a 6-quart slow cooker.

Put on the lid and cook on low until the chickpeas are tender and the lentils have begun to break down, 5 to 6½ hours.

Stir in lime juice. Serve sprinkled with peanuts and cilantro.

Active Time 30m

Total Time 8h

Serves 8

NUTRITION FACTS

Calories	304
Total Fat	7g
Saturated Fat	1g
Monounsaturated Fat	2g
Cholesterol	0mg
Sodium	579mg
Carbohydrates	51g
Dietary Fiber	12g
Total Sugars	N/A
Added Sugars	1g
Protein	15g
Potassium	1029mg



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Day 4

Chickpea Salad with Broccoli and Golden Milk-Poached Chicken

INGREDIENTS

2 cups whole milk
1 tablespoon ground coriander
1 tablespoon ground cumin
1 tablespoon ground turmeric
2 large cloves garlic, crushed
1½ teaspoons salt, divided
1 pound boneless, skinless chicken breasts, trimmed
1 15-ounce can chickpeas, rinsed
¼ cup extra-virgin olive oil
3 tablespoons red-wine vinegar
1 5-ounce package baby arugula
4 cups bite-size broccoli florets
¼ cup fresh cilantro

PREPARATION

Whisk milk, coriander, cumin, turmeric, garlic and 1 teaspoon salt in a large saucepan. Bring to a simmer over medium heat. Add chicken and chickpeas. Adjust heat to maintain a bare simmer and cook, partially covered and turning the chicken occasionally, until an instant-read thermometer inserted in the thickest part registers 165°, about 20 minutes.

Transfer the chicken to a clean plate and cover to keep warm.

Pour the poaching liquid through a fine-mesh strainer set over a medium heatproof bowl. Transfer ¼ cup of the liquid and the garlic to a mini food processor. Add oil, vinegar and the remaining ½ teaspoon salt. Process the dressing until smooth.

Slice or shred the chicken and combine in a large bowl with the chickpeas, arugula, broccoli and cilantro. Toss with the dressing.

Active Time 25m

Total Time 40m

Serves 4

NUTRITION FACTS

Calories	371
Total Fat	19 g
Saturated Fat	3g
Monounsaturated Fat	12g
Cholesterol	66mg
Sodium	642mg
Carbohydrates	19g
Dietary Fiber	6g
Total Sugars	5g
Added Sugars	N/A
Protein	31g
Potassium	665mg



Day 5

Mexican Quinoa Salad

INGREDIENTS

2 ears corn, husks removed
1 medium zucchini, cut lengthwise into $\frac{1}{4}$ planks
6 tablespoons extra-virgin olive oil
 $\frac{1}{4}$ cup lime juice
 $1\frac{1}{2}$ teaspoons ground cumin
3 cups cooked quinoa
3 cups baby arugula
1 15-ounce can no-salt-added black beans, rinsed
1 cup pico de gallo, divided
 $\frac{1}{2}$ cup chopped fresh cilantro, divided
 $\frac{3}{4}$ cup crumbled Cotija cheese, divided
1 avocado, diced, divided

PREPARATION

Preheat a gas grill or charcoal grill to medium (350-400°). Grill corn, uncovered and turning occasionally, until tender and charred on all sides, about 10 minutes. Grill zucchini, uncovered and turning once, until charred and tender, about 2 minutes per side. (Alternatively, heat a grill pan coated with cooking spray over medium-high heat. Grill corn, turning occasionally, until charred and tender, 4 to 5 minutes. Grill zucchini, turning once, until charred and tender, about 2 minutes per side.) Coarsely chop zucchini and cut kernels from the cobs.

Whisk oil, lime juice and cumin in a large bowl. Add the zucchini, corn, quinoa, arugula, beans and half each of pico de gallo, cilantro, cheese and avocado. Gently toss to combine.

Top with the remaining pico de gallo, cilantro, cheese and avocado.

Active Time 20m

Total Time 20m

Serves 6

NUTRITION FACTS

Calories	458
Total Fat	26g
Saturated Fat	6g
Monounsaturated Fat	N/A
Cholesterol	15mg
Sodium	440mg
Carbohydrates	47g
Dietary Fiber	10g
Total Sugars	7g
Added Sugars	N/A
Protein	14g
Potassium	746mg



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Day 6

Slow-Cooker Mediterranean Stew

INGREDIENTS

2 14-ounce cans no-salt-added fire-roasted diced tomatoes
3 cups low-sodium vegetable broth
1 cup coarsely chopped onion
 $\frac{3}{4}$ cup chopped carrot
4 cloves garlic, minced
1 teaspoon dried oregano
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon crushed red pepper
 $\frac{1}{4}$ teaspoon ground pepper
1 15-ounce can no-salt-added chickpeas, rinsed, divided
1 bunch lacinato kale, stemmed and chopped (about 8 cups)
1 tablespoon lemon juice
3 tablespoons extra-virgin olive oil
8 leaves fresh basil leaves, torn if large
6 lemon wedges

PREPARATION

Combine tomatoes, broth, onion, carrot, garlic, oregano, salt, crushed red pepper and pepper in a 4-quart slow cooker. Cover and cook on low for 6 hours.

Measure $\frac{1}{4}$ cup of the cooking liquid from the slow cooker into a small bowl. Add 2 tablespoons chickpeas; mash with a fork until smooth. Add the mashed chickpeas, kale, lemon juice and remaining whole chickpeas to the mixture in the slow cooker. Stir to combine. Cover and cook on low until the kale is tender, about 30 minutes.

Ladle the stew evenly into 6 bowls; drizzle with oil. Garnish with basil. Serve with lemon wedges, if desired.

Active Time 15m
Total Time 6h 45m
Serves 6

NUTRITION FACTS

Calories	191
Total Fat	8g
Saturated Fat	1g
Monounsaturated Fat	N/A
Cholesterol	N/A
Sodium	416mg
Carbohydrates	23g
Dietary Fiber	6g
Total Sugars	7g
Added Sugars	N/A
Protein	6g
Potassium	310mg



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Day 7

White Bean Soup with Tomato and Shrimp

INGREDIENTS

3 tablespoons extra-virgin olive oil
1 pound raw shrimp (26-30 per pound), peeled and deveined
1 teaspoon ancho chile powder
½ teaspoon salt, divided
½ teaspoon ground pepper, divided
1 medium onion, diced
3 cloves garlic, minced
¼ teaspoon crushed red pepper
1 28-ounce can no-salt-added whole peeled tomatoes
2 cups unsalted chicken broth
1 14-ounce can no-salt-added white beans
2 ounces small whole-wheat pasta, such as orzo
¼ cup pitted Kalamata olives, chopped
2 tablespoons capers, rinsed and chopped
1 sprig chopped fresh parsley for garnish

PREPARATION

Heat oil in a large pot over medium-high heat. Add shrimp and sprinkle with chile powder and ¼ teaspoon each salt and pepper. Cook, stirring occasionally, until just cooked through, about 3 minutes. Remove with a slotted spoon to a clean plate.

Add onion and the remaining ¼ teaspoon each salt and pepper to the pan. Cook, stirring often, until translucent, 3 to 4 minutes. Stir in garlic and crushed red pepper and cook until fragrant, about 30 seconds.

Add tomatoes and broth and bring to a boil. Adjust heat to maintain a simmer, cover and cook for 10 minutes.

Roughly mash the tomatoes with a potato masher, leaving some chunks. Stir in beans and mash some, leaving most whole. Return to a boil over high heat. Add pasta and cook, uncovered and stirring occasionally, until the pasta is just tender, 8 to 10 minutes.

Stir in the shrimp, olives and capers. Serve the soup topped with parsley, if desired.

Active Time 25m

Total Time 45m

Serves 6

NUTRITION FACTS

Calories	266
Total Fat	11g
Saturated Fat	2g
Monounsaturated Fat	N/A
Cholesterol	90mg
Sodium	496mg
Carbohydrates	23g
Dietary Fiber	5g
Total Sugars	3g
Added Sugars	N/A
Protein	19g
Potassium	619mg



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