

WEIGHT MANAGEMENT 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

Ravioli and Vegetable Soup

Fresh or frozen ravioli cook in minutes and turn this light vegetable soup into a main course.

INGREDIENTS

1 tablespoon extra-virgin olive oil
2 cups frozen bell pepper and onion mix, thawed and diced
2 cloves garlic, minced
¼ teaspoon crushed red pepper, or to taste (optional)
1 28-ounce can crushed tomatoes, preferably fire-roasted
1 15-ounce can vegetable broth or reduced-sodium chicken broth
1 ½ cups hot water
1 teaspoon dried basil or marjoram
1 6- to 9-ounce package fresh or frozen cheese (or meat) ravioli, preferably whole-wheat
2 cups diced zucchini (about 2 medium)
Freshly ground pepper to taste

PREPARATION

Heat oil in a large saucepan or Dutch oven over medium heat.

Add pepper-onion mix, garlic and crushed red pepper (if using) and cook, stirring, for 1 minute. Add tomatoes, broth, water and basil (or marjoram); bring to a rolling boil over high heat. Add ravioli and cook for 3 minutes less than the package directions. Add zucchini; return to a boil.

Cook until the zucchini is crisp-tender, about 3 minutes. Season with pepper.

Active Time 25m

Total Time 25m

Serves 4

2 cups each

NUTRITION FACTS

Calories 264

Total Fat 9g

Saturated Fat 3g

Monounsaturated Fat 3g

Cholesterol 28mg

Sodium 762mg

Carbohydrates 38g

Dietary Fiber 7g

Total Sugars 4g

Added Sugars 0g

Protein 11g

Potassium 763mg

Carbohydrate Servings 2



day two

Delicata Squash and Tofu Curry

This easy tofu curry, made with pretty delicata squash and hearty greens, cooks up in one skillet.

INGREDIENTS

2 tablespoons curry powder, preferably Madras
½ teaspoon salt
¼ teaspoon freshly ground pepper
1 14-ounce package extra-firm or firm water-packed tofu
4 teaspoons canola oil, divided
1 large delicata squash (about 1 pound), halved, seeded and cut into 1-inch cubes
1 medium onion, halved and sliced
2 teaspoons grated fresh ginger
1 14-ounce can “lite” coconut milk
1 teaspoon light brown sugar
8 cups coarsely chopped kale or chard, tough stems removed
1 tablespoon lime juice, plus more to taste

PREPARATION

Combine curry powder, salt and pepper in a small bowl. Blot tofu dry with a paper towel and cut into 1-inch cubes; toss the tofu in a medium bowl with 1 teaspoon of the spice mixture.

Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the tofu and cook, stirring every 2 minutes, until browned, 6 to 8 minutes total. Transfer to a plate.

Heat the remaining 2 teaspoons oil over medium-high heat. Add squash, onion, ginger and the remaining spice mixture; cook, stirring, until the vegetables are lightly browned, 4 to 5 minutes. Add coconut milk and brown sugar; bring to a boil. Add half the kale (or chard) and cook, stirring, until slightly wilted, about 1 minute. Stir in the rest of the greens and cook, stirring, for 1 minute. Return the tofu to the pan, cover and cook, stirring once or twice, until the squash and greens are tender, 3 to 5 minutes more. Remove from the heat and stir in lime juice.

Active Time 40m

Total Time 40m

Serves 4

1½ cups each

NUTRITION FACTS

Calories 316

Total Fat 18g

Saturated Fat 6g

Monounsaturated Fat 7g

Cholesterol 0mg

Sodium 363mg

Carbohydrates 29g

Dietary Fiber 8g

Total Sugars 7g

Added Sugars 1g

Protein 16g

Potassium 824mg



day three

Moroccan-Style Stuffed Peppers

Aromatic savory-and-sweet stuffed peppers are a satisfying supper.

INGREDIENTS

1 8- to 10-ounce bag microwavable brown rice or $1\frac{2}{3}$ cups cooked brown rice
4 medium-to-large bell peppers, tops cut off and seeded
1 pound lean (90% or leaner) ground beef
4 cloves garlic, minced
 $\frac{1}{2}$ cup currants
2 teaspoons ground cumin
1 teaspoon ground cinnamon
2 $\frac{1}{2}$ cups low-sodium vegetable juice, divided
 $\frac{1}{4}$ cup chopped fresh mint, plus more for garnish
1 teaspoon freshly grated orange zest
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon freshly ground pepper

PREPARATION

Heat rice according to package directions.

Place peppers upside-down in a microwave-safe round casserole dish just large enough to fit them. Add $\frac{1}{2}$ inch water to the dish and cover with a lid or inverted dinner plate. Microwave on high until the peppers are tender but still hold their shape, 3 to 6 minutes. Drain the water and turn the peppers right-side up.

Meanwhile, cook beef and garlic in a large nonstick skillet over medium-high heat, breaking up the beef with a wooden spoon, until no longer pink, 4 to 6 minutes. Stir in currants, cumin and cinnamon; cook for 1 minute. Stir in the rice and cook for 30 seconds more. Remove from the heat and stir in $\frac{1}{2}$ cup vegetable juice, $\frac{1}{4}$ cup mint, orange zest, salt and pepper.

Spoon the beef mixture into the peppers. Pour the remaining 2 cups vegetable juice into the dish and cover. Microwave on high until the juice and filling are hot, 2 to 3 minutes. Serve the peppers with the sauce; garnish with mint, if desired.

Active Time 30m

Total Time 30m

Serves 4

1 each

NUTRITION FACTS

Calories 451

Total Fat 12g

Saturated Fat 4g

Monounsaturated Fat 4g

Cholesterol 87mg

Sodium 629mg

Carbohydrates 48g

Dietary Fiber 8g

Total Sugars N/A

Added Sugars 0g

Protein 36g

Potassium 1410mg

Carbohydrate Servings 3



day four

Warm Lentil Salad with Sausage and Apple

You'll like the firmer texture of green lentils in this warm dinner salad with sausage and tart apples.

INGREDIENTS

4 tablespoons extra-virgin olive oil, divided
2 tablespoons red-wine vinegar
1 tablespoon Dijon mustard
½ teaspoon salt
½ teaspoon freshly ground pepper
3 links hot or sweet turkey sausage, casings removed
3 cloves garlic, minced
2 cups cooked or canned (rinsed) lentils
1 small bulb fennel, finely diced
1 Granny Smith apple, finely diced
2 stalks celery with leaves, finely diced
6 cups arugula or mesclun greens

PREPARATION

Whisk 3 tablespoons oil, vinegar, mustard, salt and pepper in a large bowl.

Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add sausage; cook, stirring often and breaking up, until cooked through, about 5 minutes. Add garlic; cook 30 seconds more. Stir in lentils and heat through, about 2 minutes. Stir in 5 tablespoons of the dressing and remove from the heat. Stir in fennel, apple and celery.

Toss greens with the remaining dressing. Serve with the warm lentil mixture on top.

Active Time 30m

Total Time 30m

Serves 4

2¼ cups each

NUTRITION FACTS

Calories 401

Total Fat 20g

Saturated Fat 3g

Monounsaturated Fat 13g

Cholesterol 53mg

Sodium 817mg

Carbohydrates 32g

Dietary Fiber 11g

Total Sugars N/A

Added Sugars 0g

Protein 24g

Potassium 1011mg

Carbohydrate Servings 2



day four

Quick Pickled Beets

For these pickled beets, you only need to let them marinate in the pickling mixture for about 30 minutes.

INGREDIENTS

- Small red onion, halved and sliced
- ½ cup red-wine vinegar
- 2 tablespoons sugar
- 1 cinnamon stick
- 4 whole peppercorns
- 2 whole cloves
- 3 cups steamed sliced beets, ½-1 inch thick

PREPARATION

Combine onion, vinegar, sugar, cinnamon stick, peppercorns and cloves in a large saucepan. Bring to a boil over medium-high heat. Cover, reduce heat to medium-low and simmer until the onion is tender-crisp, 4 to 6 minutes. Stir in beets. Transfer to a large bowl and let marinate, stirring occasionally, for 30 minutes.

Active Time 10m

Total Time 40m

Serves 6

NUTRITION FACTS

- Calories 44
- Total Fat 0g
- Saturated Fat 0g
- Monounsaturated Fat 0g
- Cholesterol 0mg
- Sodium 66mg
- Carbohydrates 10g
- Dietary Fiber 2g
- Total Sugars 8g
- Added Sugars 1g
- Protein 2g
- Potassium 276mg
- Carbohydrate Servings ½



day five

Quick Chicken Tikka Masala

Simplified to a one-skillet dish and lightened by increasing the vegetables and reducing dairy.

INGREDIENTS

4 teaspoons garam masala
½ teaspoon salt
¼ teaspoon turmeric
½ cup all-purpose flour
1 pound chicken tenders
4 teaspoons canola oil, divided
6 cloves garlic, minced
1 large sweet onion, diced
4 teaspoons minced fresh ginger
1 28-ounce can plum tomatoes, undrained
⅓ cup whipping cream
½ cup chopped fresh cilantro for garnish

PREPARATION

Stir together garam masala, salt and turmeric in a small dish. Place flour in a shallow dish. Sprinkle chicken with half teaspoon of the spice mixture and dredge in the flour. (Reserve the remaining spice mix and 1 tablespoon of the remaining flour.)

Heat 2 teaspoons oil in a large skillet over medium-high heat. Cook the chicken until browned, 1 to 2 minutes per side. Transfer to a plate. Heat the remaining 2 teaspoons oil in the pan over medium-low heat. Add garlic, onion and ginger and cook, stirring often, until starting to brown, 5 to 7 minutes. Add the reserved spice mix and cook, stirring, until fragrant, 30 seconds to 1 minute. Sprinkle with the reserved 1 tablespoon flour and stir until coated. Add tomatoes and their juice. Bring to a simmer, stirring and breaking up the tomatoes with a wooden spoon. Cook, stirring often, until thickened and the onion is tender, 3 to 5 minutes.

Stir in cream. Add the chicken and any accumulated juices to the pan. Bring to a simmer and cook over medium-low heat until the chicken is cooked through, 3 to 4 minutes. Garnish with cilantro.

Active Time 40m

Total Time 40m

Serves 4

1½ cups each

NUTRITION FACTS

Calories 320

Total Fat 14g

Saturated Fat 5g

Monounsaturated Fat 6g

Cholesterol 85mg

Sodium 641mg

Carbohydrates 22g

Dietary Fiber 3g

Total Sugars 6g

Added Sugars 0g

Protein 27g

Potassium 676mg

Carbohydrate Servings 1½



day six

Korean Beef Stir-Fry

This dish is a mouth-watering addition to any weeknight repertoire.

INGREDIENTS

3 tablespoons mirin
2 tablespoons reduced-sodium soy sauce
2 teaspoons cornstarch
1 tablespoon canola oil
8 ounces flank steak, trimmed of fat and very thinly sliced against the grain
1 tablespoon chopped garlic
2 teaspoons chopped jalapeno pepper, or to taste
1½ teaspoons chopped fresh ginger
4 cups mung bean sprouts
1 6-ounce bag baby spinach
¼ cup chopped fresh cilantro
1 teaspoon toasted sesame oil
2 tablespoons toasted sesame seeds, optional

PREPARATION

Combine mirin, soy sauce and cornstarch in a small bowl.

Heat oil in a large nonstick skillet over medium-high heat. Spread steak out in the pan and cook until seared on one side, about 1 minute. Add garlic, jalapeno and ginger and cook, stirring, until fragrant, about 30 seconds. Add bean sprouts and spinach (the pan will be very full).

Pour the mirin mixture into the pan and stir gently until the sauce thickens and the spinach is wilted, about 3 minutes. Stir in cilantro and sesame oil.

Serve topped with sesame seeds (if using).

Active Time 30m

Total Time 30m

Serves 2

2 cups each

NUTRITION FACTS

Calories 410

Total Fat 17g

Saturated Fat 4g

Monounsaturated Fat 8g

Cholesterol 78mg

Sodium 680mg

Carbohydrates 28g

Dietary Fiber 6g

Total Sugars 16g

Added Sugars 0g

Protein 35g

Potassium 1237mg

Carbohydrate Servings 1½



day seven

Wild Mushroom Pizza with Arugula and Pecorino

This healthy pizza recipe is all about the mushrooms.

INGREDIENTS

3 tablespoons extra-virgin olive oil, divided
4 cups trimmed and sliced mixed fresh wild mushrooms,
such as hen of the woods (maitake) and chanterelles
1 pound pizza dough, preferably whole-wheat
2 cloves garlic, very thinly sliced
4 ounces fresh mozzarella, thinly sliced and torn into ½-inch pieces
3 cups loosely packed arugula
1 tablespoon Agrumato lemon oil
¼ teaspoon kosher salt
3 tablespoons shaved Pecorino Sardo or Toscano cheese

PREPARATION

Place a pizza stone or large rimless baking sheet on the bottom rack and preheat oven to the highest temperature, preferably 500°, for 30 minutes.

Meanwhile, heat 2 tablespoons olive oil in a large skillet over medium heat. Cook mushrooms, stirring occasionally, until beginning to brown, about 5 minutes. Remove from heat and set aside.

Roll dough on a floured surface into a 14-inch circle. Transfer to a floured pizza peel (or rimless baking sheet). Scatter garlic over the dough then sprinkle with mozzarella and half of the mushrooms (reserve the remaining mushrooms for Step 5). Drizzle the remaining 1 tablespoon olive oil over the pizza.

Carefully slide the pizza onto the preheated pizza stone or baking sheet. Bake until browned, 10 to 15 minutes. Transfer to a cutting board and cut into 4 pieces.

Toss arugula with agrumato lemon oil and salt. Top the pizza with the arugula, the reserved mushrooms and cheese. Serve immediately.

Active Time 25m

Total Time 50m

Serves 4

1 slice each

NUTRITION FACTS

Calories 495

Total Fat 28g

Saturated Fat 6g

Monounsaturated Fat 13g

Cholesterol 26mg

Sodium 610mg

Carbohydrates 50g

Dietary Fiber 4g

Total Sugars 4g

Added Sugars 1g

Protein 17g

Potassium 304mg

Carbohydrate Servings 3½