

WEIGHT LOSS 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

Grilled Blackened Shrimp Tacos

INGREDIENTS

- 1 ripe avocado
- 1 tablespoon lime juice
- 1 small clove garlic, grated
- ¼ teaspoon salt
- 1 pound large raw shrimp (16-20 count), peeled and deveined
- 2 tablespoons salt-free Cajun spice blend
- 8 corn tortillas, warmed
- 2 cups iceberg lettuce, chopped
- ½ cup fresh cilantro leaves
- ½ cup prepared pico de gallo

PREPARATION

Preheat grill to medium-high.

Mash avocado with a fork in a small bowl. Add lime juice, garlic and salt and stir to combine.

Pat shrimp dry. Toss the shrimp with Cajun seasoning in a medium bowl. Thread onto four 10- to 12-inch metal skewers. Grill, turning once, until the shrimp are just cooked through, about 4 minutes total.

Serve the shrimp in tortillas, topped with the guacamole, lettuce, cilantro and pico de gallo.

Active Time 20m
Total Time 20m

Serves 4
2 tacos each

NUTRITION FACTS

Calories	286
Total Fat	9g
Saturated Fat	1g
Monounsaturated Fat	N/A
Cholesterol	159mg
Sodium	443mg
Carbohydrates	30g
Dietary Fiber	7g
Total Sugars	4g
Added Sugars	N/A
Protein	24g
Potassium	662mg



DAY TWO

Sausage, Mushroom and Pesto Grilled Pizza

INGREDIENTS

1 pound whole-wheat pizza dough
¼ cup pesto
1 cup sliced cremini mushrooms
1 cup baby arugula
1 cup shredded mozzarella cheese
½ cup cooked crumbled sausage

PREPARATION

Preheat grill to medium-high.

Roll dough into a 12-inch oval on a lightly floured surface. Transfer to a lightly floured large baking sheet. Bring the dough, pesto, mushrooms, arugula and mozzarella to the grill.

Oil the grill rack. Transfer the crust to the grill. Close the lid and cook until puffed and lightly browned, 1 to 2 minutes. Using tongs, turn the crust over. Spread the crust with the pesto and top with the mushrooms, arugula and mozzarella. Close the lid and cook until the cheese is melted and the crust is lightly browned on the bottom, 2 to 3 minutes more.

Return the pizza to the baking sheet. Top with sausage.

Active Time 15m

Total Time 15m

Serves 4

NUTRITION FACTS

Calories	432
Total Fat	22g
Saturated Fat	6g
Monounsaturated Fat	N/A
Cholesterol	29mg
Sodium	744mg
Carbohydrates	47g
Dietary Fiber	2g
Total Sugars	3g
Added Sugars	N/A
Protein	18g
Potassium	152mg



DAY THREE

Lemon-Pepper Linguine with Squash

INGREDIENTS

1 pound whole-wheat spaghetti
3 tablespoons extra-virgin olive oil
2 tablespoons unsalted butter
1½ tablespoons black peppercorns, coarsely ground
1 pound thin zucchini, trimmed and very thinly sliced lengthwise
8 ounces thin yellow squash, trimmed and very thinly sliced lengthwise
1 teaspoon kosher salt
1 cup packed soft fresh herbs, such as dill, parsley, chives and/or basil, coarsely chopped
½ cup finely grated Cacio de Roma or Manchego cheese, plus more for serving
2 tablespoons lemon zest
3 tablespoons lemon juice

PREPARATION

Bring a large pot of water to a boil over high heat. Add spaghetti and cook for 2 minutes less than the package directions. Reserve ¾ cup of the cooking water, then drain. Return the pasta to the pot.

Meanwhile, heat oil and butter in a large skillet over medium-high heat. Add pepper and cook, stirring, until fragrant, about 30 seconds. Add zucchini, squash and salt.

Cook, gently stirring occasionally, until just softened, 3 to 4 minutes. Transfer the zucchini and squash to the pot with the pasta. Add the reserved pasta water, herbs, cheese, lemon zest and juice. Stir gently to combine. Serve with more cheese, if desired.

Active Time 30m

Total Time 30m

Serves 8

NUTRITION FACTS

Calories	316
Total Fat	12g
Saturated Fat	4g
Monounsaturated Fat	N/A
Cholesterol	13mg
Sodium	287mg
Carbohydrates	46g
Dietary Fiber	7g
Total Sugars	4g
Added Sugars	N/A
Protein	11g
Potassium	515mg



DAY FOUR

Grilled Salmon with Tomatoes and Basil

INGREDIENTS

2 cloves garlic, minced
1 teaspoon kosher salt, divided
1 tablespoon extra-virgin olive oil
1 whole wild salmon fillet (also called a "side of salmon," about 1 ½ pounds)
⅓ cup plus ¼ cup thinly sliced fresh basil, divided
2 medium tomatoes, thinly sliced
¼ teaspoon freshly ground pepper

PREPARATION

Preheat grill to medium.

Mash minced garlic and ¾ teaspoon salt on a cutting board with the side of a chef's knife or a spoon until a paste forms. Transfer to a small bowl and stir in oil.

Check the salmon for pin bones and remove if necessary. Measure out a piece of heavy-duty foil (or use a double layer of regular foil) large enough for the salmon fillet. Coat the foil with cooking spray. Place the salmon skin-side down on the foil and spread the garlic mixture all over it. Sprinkle with ⅓ cup basil.

Overlap tomato slices on top and sprinkle with the remaining ¼ teaspoon salt and pepper.

Transfer the salmon on the foil to the grill. Grill until the fish flakes easily, 10 to 12 minutes. Use two large spatulas to slide the salmon from the foil to a serving platter.

Serve the salmon sprinkled with the remaining ¼ cup basil.

Active Time 30m

Total Time 30m

Serves 4

NUTRITION FACTS

Calories	248
Total Fat	10g
Saturated Fat	2g
Monounsaturated Fat	5g
Cholesterol	80mg
Sodium	367mg
Carbohydrates	3g
Dietary Fiber	1g
Total Sugars	2g
Added Sugars	0g
Protein	35g
Potassium	799mg



DAY FIVE

Southwest Flank Steak with Fresh Tomatillo Salsa

INGREDIENTS

4 medium tomatillos, husked, rinsed and coarsely chopped (8 ounces)
¼ cup chopped fresh cilantro
1 medium fresh jalapeño pepper, seeded and finely chopped
1 clove garlic, minced
¼ teaspoon salt, divided
1 1¼- to 1½-pound beef flank steak, 1 inch thick
1 teaspoon chili powder
¼ teaspoon ground cumin
¼ teaspoon garlic powder
¼ teaspoon ground pepper cup crumbled queso fresco or
grated Monterey Jack cheese (1 ounce)

PREPARATION

For tomatillo salsa, combine tomatillos, cilantro, jalapeño, garlic and ⅛ teaspoon salt in a food processor. Cover and process until mixture is chopped. Set aside.

Score both sides of steak in a diamond pattern; set aside. Stir together chili powder, cumin, garlic powder, ground pepper and the remaining ⅛ teaspoon salt in a small bowl. Sprinkle evenly over both sides of the steak.

For a charcoal grill, place the steak on the grill rack directly over medium coals. Grill, uncovered, for 17 to 21 minutes for medium (160°F), turning once halfway through grilling. (For a gas grill, preheat the grill. Reduce heat to medium. Place the steak on the grill rack over the heat. Cover and grill as directed.)

Transfer the steak to a cutting board. Cover loosely with foil; let stand for 5 minutes. Thinly slice the steak diagonally across the grain. Serve with the reserved tomatillo salsa. If desired, sprinkle with queso fresco (or Monterey Jack).

Active Time 20m

Total Time 40m

Serves 4

NUTRITION FACTS

Calories	243
Total Fat	11g
Saturated Fat	4g
Monounsaturated Fat	N/A
Cholesterol	57mg
Sodium	231mg
Carbohydrates	3g
Dietary Fiber	1g
Total Sugars	2g
Added Sugars	N/A
Protein	31g
Potassium	N/A



DAY SIX

Grilled Chicken Thighs with Summer Corn Salad

INGREDIENTS

4 large bone-in chicken thighs (1 $\frac{3}{4}$ -2 pounds), trimmed
3 tablespoons extra-virgin olive oil, divided
 $\frac{1}{2}$ teaspoon salt, divided
 $\frac{1}{2}$ teaspoon ground pepper, divided
2 tablespoons cider vinegar
2 $\frac{1}{2}$ cups corn kernels (from 3 ears corn)
1 cup quartered cherry tomatoes
3 scallions, sliced
 $\frac{1}{4}$ cup chopped fresh basil

PREPARATION

Preheat grill to medium.

Brush chicken with 1 tablespoon oil; sprinkle all over with $\frac{1}{4}$ teaspoon each salt and pepper.

Place the chicken on the grill, skin-side down, and cook, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 23 to 28 minutes.

Meanwhile, whisk vinegar with the remaining 2 tablespoons oil and remaining $\frac{1}{4}$ teaspoon each salt and pepper in a medium bowl. Add corn, tomatoes, scallions and basil. Toss to coat. Serve the salad with grilled chicken.

Active Time 25m

Total Time 35m

Serves 4

NUTRITION FACTS

Calories	400
Total Fat	22g
Saturated Fat	5g
Monounsaturated Fat	12g
Cholesterol	100mg
Sodium	381mg
Carbohydrates	20g
Dietary Fiber	3g
Total Sugars	3g
Added Sugars	0g
Protein	31g
Potassium	526mg



DAY SEVEN

Grilled Chicken with Cucumber-Radish Salsa

INGREDIENTS

2 tablespoons extra-virgin olive oil, divided
½ teaspoon ground coriander
½ teaspoon salt, divided
½ teaspoon ground pepper, divided
4 "thin-cut" boneless, skinless chicken breasts
or cutlets (4 ounces each), trimmed
½ cup finely diced seeded English cucumber
½ cup finely diced radishes
¼ cup finely chopped fresh mint
2 teaspoons rice vinegar

PREPARATION

Preheat grill to medium-high.

Combine 1 tablespoon oil, coriander and ¼ teaspoon each salt and pepper in a small bowl. Brush on both sides of chicken.

Grill the chicken, turning once, until an instant-read thermometer inserted in the thickest part registers 165°F, 8 to 10 minutes total. (Alternatively, cook the chicken in a grill pan over medium to medium-high heat.)

Meanwhile, combine cucumber, radishes, mint and vinegar in a medium bowl with the remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper. Serve with the chicken.

Active Time 20m

Total Time 20m

Serves 4

NUTRITION FACTS

Calories	193
Total Fat	10g
Saturated Fat	2g
Monounsaturated Fat	6g
Cholesterol	63mg
Sodium	353mg
Carbohydrates	2g
Dietary Fiber	1g
Total Sugars	1g
Added Sugars	0g
Protein	23g
Potassium	275mg