



Memorial Hermann Compass[®]

PLATE METHOD SUGGESTIONS

BREAKFAST

LUNCH

SNACK

MONDAY

Greek yogurt,
mixed berries,
unsweetened
granola

Baked chicken
breast, green beans,
carrots, mashed
potatoes

Light chicken salad,
whole grain crackers,
grapes

TUESDAY

Oatmeal with
milk, peanut
butter, banana

Mixed greens salad
with boiled egg,
croutons, light
dressing

Boiled egg,
mini bell peppers,
popcorn

WEDNESDAY

Boiled eggs, apple,
whole grain cereal

Turkey taco lettuce
wraps, rice, grilled
onions/peppers

Light chicken salad,
whole grain crackers,
grapes

THURSDAY

Black beans with
scrambled egg,
salsa, whole grain
tortilla, peach

Salmon, quinoa,
mixed berries,
Brussels sprouts

Cottage cheese,
peaches, bell
pepper slices

FRIDAY

Turkey sausage
patty, whole grain
english muffin,
watermelon

Light tuna salad
with whole grain
crackers, cucumbers,
grapes

Snap peas,
string cheese,
cantaloupe