



# WEEK THREE

STEP UP TO FITNESS

resolution<sup>®</sup>

MEMORIAL<sup>®</sup>  
HERMANN

# WEEK THREE DINNERS



**Monday**  
GREEN PIZZA



**Tuesday**  
EASY VEGETARIAN CHILI



**Wednesday**  
PROVENÇAL BAKED FISH WITH  
ROASTED POTATOES AND MUSHROOMS



**Thursday**  
SPICY VEGETABLE LO MEIN



**Friday**  
TOMATILLO  
BREAKFAST TACOS



**Bonus**  
MEDITERRANEAN SLOW-COOKER  
CHICKEN NOODLE SOUP

*This program offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis or treatment. If you have any concerns or questions about your health, you should always consult with a physician.*





# DINNER SHOPPING LIST

## PRODUCE

- Yellow onion, enough 1½ cup
- White onion, enough for 1 cup
- Red bell pepper, enough for ½ cup
- Garlic cloves, 12
- Mushrooms (shiitake, cremini, oyster or other fresh mushroom), 1 pound
- Fresh shiitake mushrooms, enough for 6 ounces
- Orange bell pepper, enough for 1 cup
- Broccoli florets, enough for 2 cups
- H-E-B® Organics Arugula Salad, enough for 5 ounces
- Red bell pepper, 1
- Yukon Gold or red potatoes, 1 pound
- Chinese broccoli or broccolini, 12 ounces
- Medium tomatillos (about 8 ounces), 6
- Bay leaf, 1
- Basil, enough for 2 tablespoons
- Flat-leaf parsley, enough for 2 tablespoons
- Ginger, enough for 1 tablespoon
- Thyme

## PROTEIN

- 1 pound H-E-B® Natural Boneless Chicken Breast Tenders
- 14 ounces H-E-B® Wild Caught Fresh Alaskan Halibut Fillet

## DAIRY

- Parmesan cheese, enough for ½ cup
- Part-skim mozzarella cheese, enough for 1 cup
- Shredded Cheddar or pepper Jack cheese, enough for ½ cup (swap for dollop of plain Greek yogurt)

## SPICES/HERBS

- Salt
- Ground pepper
- Italian seasoning
- Crushed red pepper
- Chili powder
- Ground cumin
- Dried oregano
- Ground coriander
- Herbes de Provence

## BAKERY

- Prepared pizza dough, preferably whole-wheat (For a shortcut, use store bought naan flat bread to make the pizzas), 1 pound
- 4- to 5-inch corn or whole-wheat tortillas, 4

## CANNED GOODS

- Diced tomatoes, (1) 14-oz. can
- No-salt-added, fire-roasted diced tomatoes, (1) 14-oz. can
- Low-sodium black beans, (2) 15-oz. cans
- Low-sodium chicken broth, enough for 4 cups

## OTHER

- Whole-wheat rotini pasta, 6 ounces
- H-E-B® Organics Whole Wheat Spaghetti, 8 ounces
- H-E-B® Select Ingredients Vegan Pesto, enough for ½ cup
- Canola oil
- Extra-virgin olive oil
- Lemon juice
- Sesame oil
- Reduced-sodium soy sauce
- Shao Hsing rice wine or dry sherry
- Asian hot sauce
- Peanut oil

This list does not include bonus recipe.



# PLATE METHOD SUGGESTIONS

WEEK PREP

MONDAY

## BREAKFAST

Greek yogurt, mixed berries, unsweetened granola

## LUNCH

Baked chicken breast, green beans, carrots, mashed potatoes

## SNACK

Light chicken salad, whole grain crackers, grapes

TUESDAY

## BREAKFAST

Oatmeal with milk, peanut butter, banana

## LUNCH

Mixed greens salad with boiled egg, croutons, light dressing

## SNACK

Boiled egg, mini bell peppers, popcorn

WEDNESDAY

## BREAKFAST

Boiled eggs, apple, whole grain cereal

## LUNCH

Turkey taco lettuce wraps, rice, grilled onions/peppers

## SNACK

Light chicken salad, whole grain crackers, grapes

THURSDAY

## BREAKFAST

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

## LUNCH

Salmon, quinoa, mixed berries, brussels sprouts

## SNACK

Cottage cheese, peaches, bell pepper slices

FRIDAY

## BREAKFAST

Turkey sausage patty, whole grain english muffin, watermelon

## LUNCH

Light tuna salad with whole grain crackers, cucumbers, grapes

## SNACK

Snap peas, string cheese, cantaloupe

Since these meals are suggestions, the ingredients are not included in the weekly shopping list.

# MONDAY

## GREEN PIZZA

1 pound prepared pizza dough, preferably whole-wheat  
2 cups chopped broccoli florets  
¼ cup water  
5 ounces arugula, any tough stems removed, chopped (about 6 cups)  
Pinch of salt  
Freshly ground pepper to taste  
½ cup prepared pesto  
1 cup shredded part-skim mozzarella cheese

Position oven rack in the lowest position; preheat to 450°. Coat a large baking sheet with cooking spray.

Roll out dough on a lightly floured surface to about the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.

Meanwhile, cook broccoli and water in a large skillet over medium heat, covered, until the broccoli is crisp-tender, about 3 minutes. Stir in arugula and cook, stirring, until wilted, 1 to 2 minutes more. Season with salt and pepper.

Spread pesto evenly over the crust, top with the broccoli mixture and sprinkle with cheese. Bake until crispy and golden and the cheese is melted, 8 to 10 minutes.

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Serves 6  
Active Time 20m  
Total Time 30m

## NUTRITION FACTS

Amount Per Serving:  
Calories: 323  
Total Fat: 17g  
Saturated Fat: 4g  
Monounsaturated Fat: 7g  
Cholesterol: 19mg  
Sodium: 512mg  
Carbohydrates: 33g  
Dietary Fiber: 3g  
Total Sugars: 2g  
Added Sugars: 1g  
Protein: 15g  
Potassium: 242mg



# TUESDAY

## EASY VEGETARIAN CHILI

1 tablespoon canola oil  
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  
2 15-ounce cans low-sodium black beans, rinsed  
1 14-ounce can diced tomatoes  
¼ cup water  
½ cup shredded cheese, such as Cheddar or Pepper Jack

Heat oil in a large saucepan over medium-high heat. Add onion, bell pepper and garlic and cook until tender, about 8 minutes.

Stir in chili powder, cumin, oregano and coriander; cook, stirring for 30 seconds. Add beans, tomatoes (with their juice) and water and simmer for 5 minutes.

Serve the chili sprinkled with cheese.

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Serves 4

Active Time: 30m

Total Time: 30m

## NUTRITION FACTS

Amount Per Serving:

Calories: 311

Total Fat: 11g

Saturated Fat: 3g

Monounsaturated Fat: 4g

Cholesterol: 14mg

Sodium: 434mg

Carbohydrates: 39g

Dietary Fiber: 14g

Total Sugars: 4g

Added Sugars: 0g

Protein: 16g

Potassium: 801mg

# WEDNESDAY

## PROVENÇAL BAKED FISH WITH ROASTED POTATOES AND MUSHROOMS

1 pound Yukon Gold or red potatoes, cubed  
1 pound mushrooms (shiitake, cremini, oyster or other fresh mushrooms), sliced  
2 tablespoons extra-virgin olive oil, divided  
¼ teaspoon salt  
¼ teaspoon ground pepper  
2 cloves garlic, sliced  
14 ounces halibut, grouper or cod fillet, cut into 4 portions  
¼ cup lemon juice  
1 teaspoon herbes de Provence  
Fresh thyme for garnish

Preheat oven to 425°.

Toss potatoes, mushrooms, 1 tablespoon oil, salt, and pepper in a large bowl. Transfer to a 9×13 inch baking dish. Roast until the vegetables are just tender, 30 to 40 minutes.

Stir the vegetables, then stir in garlic. Place fish on top. Drizzle with lemon juice and the remaining 1 tablespoon oil. Sprinkle with herbes de Provence. Bake until the fish is opaque in the center and flakes easily, 10 to 15 minutes.

Garnish with thyme, if desired.

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Serves 4

Active Time: 15m

Total Time: 1h

## NUTRITION FACTS

Amount per serving:

Calories: 276

Total Fat: 9g

Saturated Fat: 1g

Monounsaturated Fat: N/A

Cholesterol: 49mg

Sodium: 219mg

Carbohydrates: 25g

Dietary Fiber: 3g

Total Sugars: 3g

Added Sugars: N/A

Protein: 24g

Potassium: 1435mg



# THURSDAY

## SPICY VEGETABLE LO MEIN

8 ounces lo mein noodles, linguine or spaghetti  
1 teaspoon toasted sesame oil  
12 ounces Chinese broccoli or broccolini  
2 tablespoons reduced-sodium soy sauce  
1 tablespoon Shao Hsing rice wine or dry sherry  
1 tablespoon Asian hot sauce  
2 tablespoons peanut oil, divided  
1 tablespoon minced fresh ginger  
1 tablespoon minced garlic  
6 ounces fresh shiitake mushrooms, stems removed  
and caps thinly sliced  
Pinch of salt

Bring 2 quarts of water to a boil in a large pot. Add noodles and cook according to package directions. Drain and rinse with cold water.

Shake well to remove excess water. Transfer the noodles to a cutting board and roughly cut into thirds. Return the noodles to the pot and toss with sesame oil. Set aside.

Trim ¼ inch off broccoli (or broccolini) stalks. If the stalks are thicker than ½ inch, cut in half lengthwise. Keeping them separate, cut stalks and leaves into 2-inch-long pieces. Combine soy sauce, rice wine (or sherry) and hot sauce in a small bowl.

Heat a 14-inch flat-bottomed wok or large heavy skillet (not nonstick) over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in 1 tablespoon peanut oil, add ginger and garlic and stir-fry until fragrant, about 10 seconds. Add mushrooms and the broccoli (or broccolini) stalks and stir-fry until all the oil is absorbed, about 30 seconds. Swirl in the remaining tablespoon oil and add the noodles and broccoli leaves; stir-fry until just combined, about 15 seconds. Stir the soy sauce mixture and swirl it in.

Sprinkle with salt and stir-fry until the noodles are heated through, 1 to 2 minutes.

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Serves 4

Active Time: 35m

Total Time: 35m

## NUTRITION FACTS

Amount per serving:

Calories: 351

Total Fat: 9g

Saturated Fat: 2g

Monounsaturated Fat: 4g

Cholesterol: 0mg

Sodium: 427mg

Carbohydrates: 53g

Dietary Fiber: 5g

Total Sugars: 4g

Added Sugars: 0g

Protein: 13g

Potassium: 492mg



# FRIDAY

## TOMATILLO BREAKFAST TACOS

1 tablespoon extra-virgin olive oil  
6 medium tomatillos (about 8 ounces), husked, rinsed and coarsely chopped  
¼ cup chopped onion  
2 cloves garlic, minced  
4 large eggs, lightly beaten  
¼ teaspoon ground pepper  
⅛ teaspoon salt  
4 small (4- to 5-inch) corn or whole-wheat tortillas, warmed  
¼ cup crumbled queso blanco or feta cheese

Heat oil in a large nonstick skillet over medium heat.

Add tomatillos, onion and garlic and cook, stirring, until most of the liquid from the tomatillos is evaporated, 8 to 12 minutes. Add eggs, pepper and salt and cook, stirring, until the eggs are just set, 2 to 3 minutes more.

Divide the scrambled eggs among the tortillas and sprinkle with cheese.

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Serves 6  
Active Time: 20m  
Total Time: 20m

## NUTRITION FACTS

Amount per serving:  
Calories: 418  
Total Fat: 24g  
Saturated Fat: 8g  
Monounsaturated Fat: 11g  
Cholesterol: 389mg  
Sodium: 498mg  
Carbohydrates: 32g  
Dietary Fiber: 5g  
Total Sugars: 6g  
Added Sugars: 0g  
Protein: 20g  
Potassium: 560mg

# BONUS

## MEDITERRANEAN SLOW-COOKER CHICKEN NOODLE SOUP

1 pound boneless, skinless chicken breast  
1 14-ounce can no-salt-added fire-roasted diced tomatoes  
4 cups low-sodium chicken broth  
1½ cups chopped yellow onion  
1 cup chopped orange bell pepper  
4 cloves garlic, minced  
1 tablespoon Italian seasoning  
½ teaspoon ground pepper  
¼ teaspoon salt  
¼ teaspoon crushed red pepper  
1 bay leaf  
6 ounces whole wheat rotini pasta  
2 tablespoons chopped fresh basil  
2 tablespoons chopped fresh flat-leaf parsley, plus more for garnish  
½ cup grated Parmesan cheese

Combine chicken, tomatoes, broth, onion, bell pepper, garlic, Italian seasoning, pepper, salt, crushed red pepper and bay leaf in a 4 quart slow cooker. Cover and cook on High until the chicken is tender and an instant-read thermometer inserted into the thickest part of the chicken registers 165°, about 3 hours. Remove and discard the bay leaf. Transfer the chicken to a plate; let sit for 10 minutes.

Meanwhile, stir pasta into the mixture in the slow cooker; cover and cook on High until the pasta is tender, about 30 minutes.

Coarsely shred the chicken and stir it back into the soup, along with basil and parsley. Ladle the soup evenly into 6 bowls; sprinkle with Parmesan and garnish with parsley, if desired.

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Serves 6

Active Time: 15m

Total Time: 3h 50m

## NUTRITION FACTS

Amount per serving:

Calories: 251

Total Fat: 5g

Saturated Fat: 2g

Monounsaturated Fat: 1g

Cholesterol: 48mg

Sodium: 659mg

Carbohydrates: 29g

Dietary Fiber: 4g

Total Sugars: 4g

Added Sugars N/A

Protein: 24g

Potassium: 529mg



# WEEK THREE

## OPTIONAL WEEKEND PROJECT

### PINEAPPLE GREEN SMOOTHIE

½ cup unsweetened almond milk  
½ cup nonfat plain Greek yogurt  
1 cup baby spinach  
1 cup frozen banana slices (about 1 medium banana)  
½ cup frozen pineapple chunks  
1 tablespoon chia seeds  
1-2 teaspoons pure maple syrup or honey (optional)

Add almond milk and yogurt to a blender, then add spinach, banana, pineapple, chia and sweetener (if using); blend until smooth.

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Serves 1  
Active Time: 5m  
Total Time: 5m

### NUTRITION FACTS

Amount per serving:  
Calories: 297  
Total Fat: 6g  
Saturated Fat: 1g  
Monounsaturated Fat: 0g  
Cholesterol: 4mg  
Sodium: 145mg  
Carbohydrates: 54g  
Dietary Fiber: 10g  
Total Sugars: 29g  
Added Sugars: 0g  
Protein: 13g  
Potassium: 1038mg

SCHEDULED WORKOUTS



**Dance House Houston**  
**Wednesday, January 18**  
**6:30 p.m.**

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Join us on Friday, January 20 at 12 p.m.  
at H-E-B® Kingwood for a grocery tour  
led by an H-E-B® dietitian who will give  
you tips and tricks as you shop.

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