



# WEEK FOUR

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# WEEK FOUR DINNERS



**Monday**  
SPANAKOPITA  
SCRAMBLED EGGS



**Tuesday**  
TACO SALAD



**Wednesday**  
PARMESAN-CRUSTED COD  
WITH TARTAR SAUCE



**Thursday**  
SPAGHETTI AND ZUCCHINI NOODLES  
WITH BASIL WALNUT PESTO



**Friday**  
BLACK BEAN CHIPOTLE TOSTADAS  
WITH CRÈME FRAÎCHE



**Bonus**  
ITALIAN SAUSAGE  
AND KALE ONE-POT PASTA

*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.*





NO STORE DOES  
**MORE**



# DINNER SHOPPING LIST

## PRODUCE

- Chopped kale, enough for 6 cups
- Medium onion, 2
- Large plum tomatoes, 2
- Romaine lettuce, enough for 8 cups
- Medium zucchini or summer squash 4
- Cloves garlic, 11 cloves
- Fresh cilantro
- Basil leaves, enough for 2 cups

## PROTEIN

- H-E-B® Premium Italian Sausage, 8 ounces
- H-E-B® Grade AA Cage Free Large Brown Eggs, 9
- H-E-B® Ground Turkey 93% Lean, 1 pound
- H-E-B® Wild Caught Fresh North Atlantic Cod Loin, 1 ¼ pounds

## DAIRY

- Finely shredded Parmesan cheese
- Crumbled feta cheese, enough for ¼ cup
- Shredded sharp Cheddar cheese, enough for ½ cup
- Nonfat plain Greek yogurt, enough for ¼ cup
- Grated Parmesan cheese
- Unsweetened plain almond milk, enough for 2 cups
- Reduced-fat sour cream, enough for ¼ cup

## FROZEN

- Frozen chopped spinach, (1) 10-oz. package
- Frozen mixed berries, enough for 1/2 cup
- Frozen riced cauliflower, enough for 1 cup
- Sliced frozen banana, enough for 1 cup

## SPICES/HERBS

- Pesto
- Italian seasoning
- Salt
- Crushed red pepper
- Ground cumin
- Chili powder
- Ground chipotle pepper
- Ground pepper

## BAKERY

- 5-inch whole-wheat pitas, 4
- 5- to 6-inch corn tortillas, 16

## CONDIMENTS

- Mayonnaise

## CANNED

- No-salt-added diced tomatoes (1) 14-oz. can
- Kidney beans (1) 14-oz
- Black beans, (1) 15-oz. can. can

## OTHER

- HEB Organics Whole Wheat Penne Rigate, 8 ounces
- Extra virgin olive oil
- Sun-dried tomato tapenade or sun-dried tomato pesto
- Prepared salsa, enough for ½ cup
- Canola oil
- HEB Italian Panko Bread Crumbs, enough for ½ cup
- All-purpose flour, enough for ¼ cup
- Whole-wheat spaghetti, 8 ounces
- Walnut pieces, enough ½ cup
- Lemon juice, enough for 3 tablespoons
- Maple syrup, enough for 2 teaspoons



## PLATE METHOD SUGGESTIONS

# WEEK FOR

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

## SPANAKOPITA SCRAMBLED EGGS

4 5-inch whole-wheat pitas, cut in half, warmed if desired  
1 tablespoon extra-virgin olive oil  
1 10-ounce package frozen chopped spinach, thawed and squeezed dry  
Pinch salt  
8 large eggs, beaten  
¼ cup finely crumbled feta cheese  
Freshly ground pepper to taste  
8 teaspoons sun-dried tomato tapenade or sun-dried tomato pesto

Warm pita pockets: preheat oven to 350°. Wrap pitas in foil, bake until warm, 8 to 10 minutes.

Heat oil in a large non-stick skillet over medium heat. Add spinach and salt and cook until steaming, stirring occasionally. Add eggs and cook, stirring, until the eggs form soft curds and are just moist, 4 to 5 minutes. Add feta and pepper, cook until eggs are set.

Spread 2 teaspoons tapenade inside each pita half. Divide the egg mixture among the pita halves.

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Serves 4  
Active Time 15m  
Total Time 15m

## NUTRITION FACTS

Amount Per Serving:  
Calories: 303  
Total Fat: 16g  
Saturated Fat: 5g  
Monounsaturated Fat: 7g  
Cholesterol: 380mg  
Sodium: 534mg  
Carbohydrates: 21g  
Dietary Fiber: 4g  
Total Sugars: 3g  
Added Sugars: 0g  
Protein: 20g  
Potassium 437mg



# TUESDAY

## TACO SALAD

½ cup prepared salsa  
¼ cup reduced-fat sour cream  
1 teaspoon canola oil  
1 medium onion, chopped  
3 cloves garlic, minced  
1 pound 93%-lean ground turkey  
2 large plum tomatoes, diced  
1 14-ounce can kidney beans, rinsed  
2 teaspoons ground cumin  
2 teaspoons chili powder  
¼ cup chopped fresh cilantro  
8 cups shredded romaine lettuce  
½ cup shredded sharp Cheddar cheese

Combine salsa and sour cream in a large bowl.

Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring often, until softened, about 2 minutes. Add turkey and cook, stirring often and crumbling with a wooden spoon, until cooked through, about 5 minutes. Add tomatoes, beans, cumin and chili powder; cook, stirring, until the tomatoes begin to break down, 2 to 3 minutes.

Remove from the heat, stir in cilantro and ¼ cup of the salsa mixture. Add lettuce to the remaining salsa mixture in the bowl; toss to coat. To serve, divide the lettuce among 4 plates, top with the turkey mixture and sprinkle with cheese.

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Serves 4

Active Time: 30m

Total Time: 30m

## NUTRITION FACTS

Amount Per Serving:

Calories: 447

Total Fat: 19g

Saturated Fat: 8g

Monounsaturated Fat: 5g

Cholesterol: 108mg

Sodium: 629mg

Carbohydrates: 27g

Dietary Fiber: 10g

Total Sugars: 4g

Added Sugars: N/A

Protein: 42g

Potassium: 1126mg

# WEDNESDAY

## PARMESAN-CRUSTED COD WITH TARTAR SAUCE

½ cup panko breadcrumbs  
⅓ cup grated Parmesan cheese  
¼ cup all-purpose flour  
1 large egg, lightly beaten  
1¼ pounds cod, cut into 4 portions  
½ teaspoon ground pepper, divided  
¼ teaspoon salt  
Olive oil or avocado oil cooking spray  
¼ cup nonfat plain Greek yogurt  
¼ cup mayonnaise  
2 tablespoons finely chopped cornichons or dill pickles  
1 tablespoon minced shallot  
Lemon wedges for serving  
Chopped fresh parsley for garnish

Place a wire rack on a rimmed baking sheet in the oven; preheat to 450°.

Combine panko and Parmesan in a shallow dish. Place flour and egg in 2 separate shallow dishes. Sprinkle cod with ¼ teaspoon each pepper and salt. Dredge the cod in flour, shaking off excess, then dip in egg, letting excess drip off, then coat with the panko mixture.

Generously coat the top of each portion with cooking spray. Remove the pan from the oven.

Place the cod, sprayed-side down, on the rack. Coat the second side generously with cooking spray.

Bake the fish until golden brown, 10 to 14 minutes.

Meanwhile, combine yogurt, mayonnaise, cornichons (or pickles), shallot and the remaining ¼ teaspoon pepper in a small bowl.

Serve the cod with the tartar sauce and lemon wedges, garnished with parsley, if desired.



Serves 4

Active Time: 20m

Total Time: 30m

## NUTRITION FACTS

Amount per serving:

Calories: 255

Total Fat: 9g

Saturated Fat: 2g

Monounsaturated Fat: 3g

Cholesterol: 112mg

Sodium: 482mg

Carbohydrates: 16g

Dietary Fiber: 1g

Total Sugars: 2g

Added Sugars: 1g

Protein: 25g

Potassium: 351mg

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# THURSDAY

## SPAGHETTI AND ZUCCHINI NOODLES WITH BASIL-WALNUT PESTO

4 medium zucchini or summer squash (2  $\frac{1}{4}$ -2  $\frac{1}{2}$  pounds)  
1 teaspoon salt, divided  
8 ounces whole-wheat spaghetti  
2 cups packed basil leaves, coarsely chopped, plus more for garnish  
 $\frac{1}{2}$  cup walnut pieces, toasted  
2 cloves garlic, halved  
6 tablespoons olive oil, divided  
 $\frac{1}{4}$  cup grated Parmesan cheese  
3 tablespoons lemon juice  
 $\frac{1}{2}$  teaspoon ground pepper

Using a spiral vegetable slicer or peeler, cut zucchini (or summer squash) lengthwise into long, thin strands (stop when you reach the seeds). Place the strands in a colander and toss with  $\frac{1}{4}$  teaspoon salt. Let drain for at least 15 minutes, then gently squeeze them to remove any excess moisture. Pile the strands on a cutting board and chop them once or twice to break them up.

Meanwhile bring a large pot of water to a boil. Cook spaghetti according to package directions. Reserve  $\frac{1}{2}$  cup of the cooking water, then drain.

Combine basil, walnuts, garlic, 5 tablespoons oil, Parmesan, lemon juice, pepper and the remaining  $\frac{3}{4}$  teaspoon salt in a mini food processor. Process until smooth. Transfer to a large bowl.

Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add the squash strands and cook, stirring, until warmed and slightly tender, about 3 minutes. Transfer to the bowl with the pesto. Add the spaghetti and gently toss to combine. If the mixture seems dry, add the reserved cooking water a little at a time.

Garnish with additional basil, if desired.

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Serves 6  
Active Time: 45m  
Total Time: 45m

## NUTRITION FACTS

Amount per serving:  
Calories: 366  
Total Fat: 23g  
Saturated Fat: 3g  
Monounsaturated Fat: 11g  
Cholesterol: 2mg  
Sodium: 461mg  
Carbohydrates: 36g  
Dietary Fiber: 6g  
Total Sugars: 5g  
Added Sugars: N/A  
Protein: 11g  
Potassium: 711mg



# FRIDAY

## BLACK BEAN AND CHIPOTLE TOSTADAS WITH CRÈME FRAÎCHE

8 5-to 6-inch corn tortillas  
Canola oil cooking spray  
2 tablespoons extra-virgin olive oil  
¼ cup sliced garlic  
2 cups cooked or canned, rinsed black beans  
½ cup water  
½ teaspoon salt, divided  
¼ teaspoon ground chipotle pepper, plus more for garnish  
6 large eggs  
2 large egg whites  
¼ cup low-fat milk  
¼ cup finely chopped white onion  
¼ cup chopped fresh cilantro  
3 tablespoons crème fraîche or sour cream

Position racks in upper and lower thirds of oven; preheat to 375°.

Coat tortillas on both sides with cooking spray. Place on 2 baking sheets. Bake, turning once, until light brown, 12 to 14 minutes.

Meanwhile, heat oil in a large saucepan over medium heat. Add garlic and cook, stirring, until just beginning to brown, about 1 minute. Add beans, water and ¼ teaspoon each salt and chipotle. Mash the mixture with a potato masher or large fork to the consistency of a chunky puree. Cover to keep warm and set aside.

Beat eggs, egg whites and milk in a large bowl. Coat a large nonstick skillet with cooking spray and heat over medium heat. Add the egg mixture and the remaining ¼ teaspoon salt and cook, folding and stirring frequently with a heatproof rubber spatula, until almost set, 2 to 3 minutes.

To assemble tostadas, spread each tortilla with about ¼ cup bean mixture. Top each with ¼ cup scrambled eggs and sprinkle with chipotle pepper, if desired. Serve garnished with onion, cilantro and a small dollop of crème fraîche (or sour cream).

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Serves 4  
Active Time: 30m  
Total Time: 30m

## NUTRITION FACTS

Amount per serving:  
Calories: 489  
Total Fat: 23g  
Saturated Fat: 4g  
Monounsaturated Fat: 11g  
Cholesterol: 280mg  
Sodium: 462mg  
Carbohydrates: 48g  
Dietary Fiber: 11g  
Total Sugars: 2g  
Added Sugars: 0g  
Protein: 23g  
Potassium: 607mg

# BONUS

## ITALIAN SAUSAGE AND KALE ONE-POT PASTA

8 ounces whole-wheat rotini or penne  
8 ounces Italian sausage, casing removed, crumbled  
6 cups chopped kale  
1 14-ounce can no-salt-added diced tomatoes  
1 medium onion, chopped  
4 cloves garlic, thinly sliced  
2 tablespoons pesto  
1½ teaspoons Italian seasoning  
¾ teaspoon salt  
½ teaspoon crushed red pepper  
4 cups water  
Finely shredded Parmesan cheese for garnish

Combine pasta, sausage, kale, tomatoes, onion, garlic, pesto, Italian seasoning, salt and crushed red pepper in a large pot.

Stir in water. Bring to a boil over high heat. Boil, stirring frequently, until the pasta is cooked and the water has almost evaporated, 10 to 12 minutes.

Remove from heat and let stand, stirring occasionally, for 5 minutes. Serve garnished with Parmesan, if desired.

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Serves 5

Active Time: 30m

Total Time: 30m

## NUTRITION FACTS

Amount per serving:

Calories: 226

Total Fat: 9g

Saturated Fat: 2g

Monounsaturated Fat: 5g

Cholesterol: 29mg

Sodium: 211mg

Carbohydrates: 18g

Dietary Fiber: 6g

Total Sugars: 2g

Added Sugars: 0g

Protein: 19g

Potassium: 525mg



# WEEK FOUR

## OPTIONAL WEEKEND PROJECT

### BERRY-BANANA CAULIFLOWER SMOOTHIE

1 cup frozen riced cauliflower  
½ cup frozen mixed berries  
1 cup sliced frozen banana  
2 cups unsweetened plain almond milk  
2 teaspoons maple syrup

Place cauliflower, berries, banana, almond milk and maple syrup in a blender; blend until smooth, 3 to 4 minutes.

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Serves 2  
Active Time: 5m  
Total Time: 10m

### NUTRITION FACTS

Amount per serving:  
Calories: 149  
Total Fat: 3g  
Saturated Fat: 0g  
Monounsaturated Fat: 2g  
Cholesterol: 0mg  
Sodium: 184mg  
Carbohydrates: 29g  
Dietary Fiber: 5g  
Total Sugars: 17g  
Added Sugars: 4g  
Protein: 3g  
Potassium: 339mg

SCHEDULED WORKOUTS



GRANITE HILLS  
dental  
ORTHODONTICS  
PERIODONTICS  
AND IMPLANTS

 **CITIZEN PILATES**  
Thursday, January 26  
6 a.m.

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# SHOPPING EVENT



Join us on Friday, January 27 at 4 p.m.  
at H-E-B® Bunker Hill for a grocery store tour  
led by an H-E-B® dietitian who will give you  
tips and tricks as you shop.

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# FAMILY FUN DAY

**Join us on Saturday, January 28 at Highland Park for a family fun day led by the Memorial Hermann Community Benefit StepHealthy Walking Club, where they will provide demos of exercise programs like walking, Zumba, line dancing and more.**

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