



week three

fitness routines that stick

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week three dinners



BUCATINI ALLA PUTTANESCA



SOUTHWESTERN CAULIFLOWER RICE BOWLS WITH SHRIMP AND AVOCADO CREMA



SALMON PANZANELLA



ORZO WITH LAMB, OLIVES AND FETA



PAPRIKA-HERB RUBBED CHICKEN



EASY | INTERMEDIATE | ADVANCED

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.

shopping list



PRODUCE

- Capers, enough for 2 tablespoons
- H-E-B® Fresh Chopped Cilantro enough for $\frac{3}{4}$ cup chopped
- Garlic, 4 cloves
- Avocado, 1
- Scallions, 4
- Fresh or frozen corn kernels, enough for 1 cup
- Lime, 2
- Large tomato, 2
- Medium cucumber, 1
- Red onion, 1
- White onion, 1
- Fresh oregano, enough for 1 teaspoon
- Basil, enough for $\frac{1}{4}$ cup

PROTEIN

- 4 4-ounce chicken cutlets
- 4 anchovy fillets
- 1 pound large shrimp
- 6 ounces lean ground lamb or ground beef
- 1- $\frac{1}{4}$ pounds boneless, skinless chicken breast
- H-E-B® Responsibly Raised Fresh Atlantic Center Cut Salmon, 1 pound skinned and cut into 4 portions

CANNED GOODS

- 1 14-ounce can whole tomatoes, undrained
- Canned no-salt-added whole peeled tomatoes, enough for 2 cups
- Kalamata olives, pitted or unpitted
- Black olives, pitted or unpitted
- Chipotle chile in adobo, enough for 1 tablespoon
- H-E-B® Feta Cheese Crumbles, enough for $\frac{1}{4}$ cup

SPICES/HERBS

- Crushed red pepper, enough for $\frac{1}{4}$ teaspoon (optional)
- Fresh ground pepper, enough for $\frac{1}{4}$ teaspoon
- Kosher salt, enough for 1 teaspoon
- Salt
- Ground cumin, enough for $\frac{3}{4}$ teaspoon
- Garlic powder, enough for $\frac{3}{4}$ teaspoon
- Ground cinnamon, enough for 1 teaspoon
- Crumbled dried rosemary or oregano, enough for $\frac{1}{2}$ teaspoon
- Herbes de Provence, enough for 1 tablespoon
- Paprika, enough for 2 teaspoons

OTHER

- Olive oil
- Extra-virgin olive oil, enough for 6 tablespoons
- Avocado oil, enough for 3 tablespoons
- Cauliflower rice, enough for 4 cups
- Water
- Red-wine vinegar, enough for 3 tablespoons
- Bucatini pasta or spaghetti, 12 ounces
- Orzo, 12 ounces



WEEK THREE PLATE METHOD SUGGESTIONS

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

BUCATINI ALLA PUTTANESCA

4 anchovy fillets, chopped
3 tablespoons extra-virgin olive oil, divided
1 teaspoon finely chopped garlic
2 cups coarsely chopped canned no-salt-added whole peeled tomatoes, with their juice
 $\frac{1}{8}$ teaspoon salt plus 1 tablespoon, divided
12 ounces bucatini pasta or spaghetti
8 black olives, Kalamata or Greek, unpitted
1 tablespoon capers, rinsed
1 teaspoon coarsely chopped fresh oregano

Combine anchovies and 2 tablespoons oil in a large saucepan over medium heat.

When the anchovies begin to dissolve, add garlic and stir for about 15 seconds. Add tomatoes and season with $\frac{1}{8}$ teaspoon salt; cook until the tomatoes are no longer watery and have separated from the oil, 15 to 20 minutes.

Remove from heat.

When the sauce is about halfway done, bring 2 quarts of water to a boil in a large pot. Add the remaining 1 tablespoon salt, then stir in pasta until all the strands are submerged. Cook according to package instructions until just tender.

Cut olives into slivers by slicing the flesh away from the pit. When the pasta is halfway done, return the sauce to medium heat and stir in the olives, capers and oregano.

When the pasta is done, drain well and toss with the sauce, adding the remaining 1 tablespoon oil.

Serve at once.

Serves 4
Active Time 30m
Total Time 30m

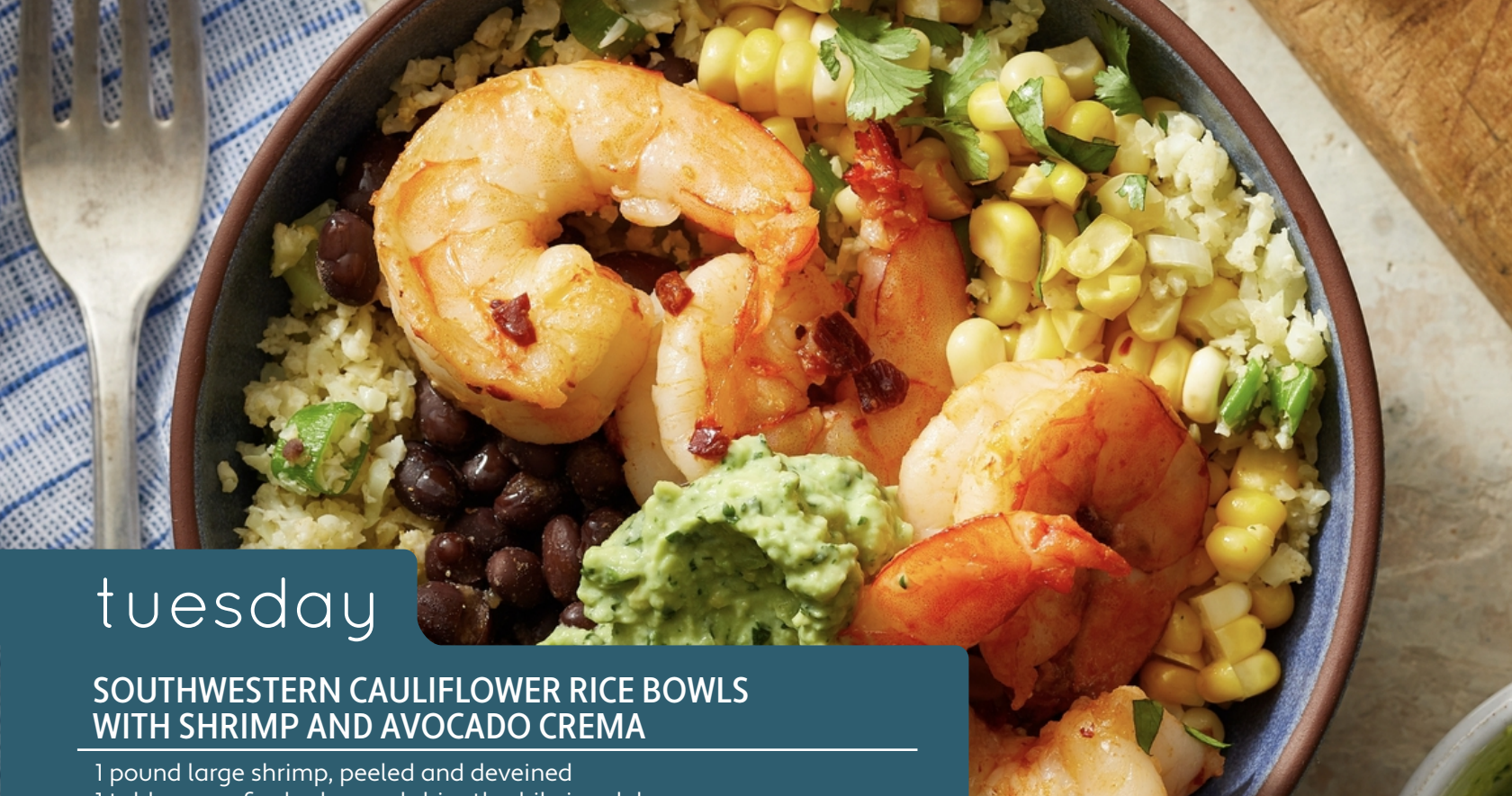
NUTRITION FACTS

Amount per serving:
Calories: 474
Total Fat: 15g
Saturated Fat: 2g
Monounsaturated Fat: 10g
Cholesterol: 3mg
Sodium: 587mg
Carbohydrates: 70g
Dietary Fiber: 5g
Total Sugars: 4g
Added Sugars: 0g
Protein: 14g
Potassium: 322mg

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tuesday

SOUTHWESTERN CAULIFLOWER RICE BOWLS WITH SHRIMP AND AVOCADO CREMA

1 pound large shrimp, peeled and deveined
1 tablespoon finely chopped chipotle chile in adobo
3 tablespoons avocado oil, divided
1 ripe avocado
½ cup roughly chopped cilantro, plus 2 tablespoons, divided
4 tablespoons low-fat plain yogurt
1 tablespoon lime juice
½ teaspoon salt, divided
¾ teaspoon ground cumin, divided
¾ teaspoon garlic powder, divided
4 cups cauliflower rice
4 scallions, sliced
2 tablespoons water
1 cup canned no-salt-added black beans, rinsed and warmed
1 cup fresh or frozen corn kernels, warmed
Lime wedges for serving

Stir shrimp, chipotle and 1 tablespoon oil together in a medium bowl. Set aside.

Place avocado, ½ cup cilantro, yogurt, lime juice and ⅛ teaspoon of salt in a mini food processor. Process until mostly smooth.

Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the shrimp and cook, stirring once or twice, until just cooked through, about 4 minutes. Transfer to a bowl and cover to keep warm. Add the remaining 1 tablespoon oil, ½ teaspoon cumin, ½ teaspoon garlic powder and ¼ teaspoon salt. Stir to combine. Add cauliflower rice, scallions and water. Cook, stirring, until tender, about 5 minutes.

Combine beans with the remaining ¼ teaspoon cumin, ¼ teaspoon garlic powder and ⅛ teaspoon salt in a small bowl. Combine corn and the remaining 2 tablespoons cilantro in another small bowl.

To serve, divide the cauliflower mixture among 4 bowls. Top with the shrimp, beans, corn and avocado crema.

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

NUTRITION FACTS

Amount per serving:
Calories: 402
Total Fat: 20g
Saturated Fat: 3g
Monounsaturated Fat: N/A
Cholesterol: 183mg
Sodium: 482mg
Carbohydrates: 28g
Dietary Fiber: 10g
Total Sugars: 4g
Added Sugars: N/A
Protein: 32g
Potassium: 1003mg



wednesday

SALMON PANZANELLA

- 8 Kalamata olives, pitted and chopped
- 3 tablespoons red-wine vinegar
- 1 tablespoon capers, rinsed and chopped
- ¼ teaspoon freshly ground pepper, divided
- 3 tablespoons extra-virgin olive oil
- 2 thick slices day-old whole-grain bread, cut into 1-inch cubes
- 2 large tomatoes, cut into 1-inch pieces
- 1 medium cucumber, peeled (if desired), seeded and cut into 1-inch pieces
- ¼ cup thinly sliced red onion
- ¼ cup thinly sliced fresh basil
- 1 pound center-cut salmon, skinned and cut into 4 portions
- ½ teaspoon kosher salt

Preheat grill to high.

Whisk olives, vinegar, capers and ⅛ teaspoon pepper in a large bowl. Slowly whisk in oil until combined. Add bread, tomatoes, cucumber, onion and basil.

Oil the grill rack. Season both sides of salmon with salt and the remaining ⅛ teaspoon pepper. Grill the salmon until cooked through, 4 to 5 minutes per side.

Divide the salad among 4 plates and top each with a piece of salmon.

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

NUTRITION FACTS

Amount per serving:
Calories: 358
Total Fat: 21g
Saturated Fat: 3g
Monounsaturated Fat: 12g
Cholesterol: 72mg
Sodium: 386mg
Carbohydrates: 14g
Dietary Fiber: 5g
Total Sugars: 4g
Added Sugars: 0g
Protein: 29g
Potassium: 975mg



thursday

ORZO WITH LAMB, OLIVES AND FETA

6 ounces lean ground lamb or ground beef
1½ teaspoons olive oil
1 large onion, finely chopped
3 cloves garlic, minced
1 teaspoon ground cinnamon
½ teaspoon crumbled dried rosemary or oregano
¼ teaspoon crushed red pepper (optional)
1 14-ounce can whole tomatoes, undrained
2 tablespoons chopped, pitted black olives
½ teaspoon salt
⅛ teaspoon ground pepper
12 ounces orzo
1 cup crumbled feta cheese

Put a large pot of salted water on to boil.

Cook lamb (or beef) in a small skillet over medium heat, stirring, until browned, 3 to 5 minutes. Drain in a sieve set over a bowl. Heat oil in Dutch oven or large deep skillet over medium heat. Add onion and cook, stirring, until softened, 4 to 5 minutes. Add garlic, cinnamon, rosemary (or oregano) and crushed red pepper, if using; cook, stirring, until fragrant, about 1 minute more. Add lamb (or beef).

Puree tomatoes and their juices in a food processor until smooth. Add to the meat mixture and cook, stirring occasionally, until the sauce is thickened, about 10 minutes. Remove from heat and stir in olives. Season with salt and pepper.

Meanwhile, cook orzo until just tender, about 8 minutes or according to package directions. Drain and toss with the sauce. Serve garnished with feta.

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Serves 4

Active Time: 30m

Total Time: 30m

NUTRITION FACTS

Amount per serving:

Calories: 462

Total Fat: 9g

Saturated Fat: 3g

Monounsaturated Fat: 3g

Cholesterol: 31mg

Sodium: 351mg

Carbohydrates: 73g

Dietary Fiber: 5g

Total Sugars: N/A

Added Sugars: 0g

Protein: 23g

Potassium: 514mg



friday

PAPRIKA-HERB RUBBED CHICKEN

1 tablespoon herbes de Provence
2 teaspoons paprika
½ teaspoon kosher salt
¼ teaspoon freshly ground pepper
1-1¼ pounds boneless, skinless chicken breast

Combine herbes de Provence, paprika, salt and pepper in a small bowl.

Coat both sides of chicken with the rub up to 30 minutes before grilling or broiling.

Preheat grill to medium-high or position a rack in upper third of oven and preheat broiler to high.

To grill: Oil the grill rack. Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side.

To broil: Line a broiler pan (or baking sheet) with foil and coat with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15 minutes total.

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Serves 4
Active Time: 5m
Total Time: 25m

NUTRITION FACTS

Amount per serving:
Calories: 127
Total Fat: 3g
Saturated Fat: 1g
Monounsaturated Fat: 1g
Cholesterol: 63mg
Sodium: 196mg
Carbohydrates: 1g
Dietary Fiber: 1g
Total Sugars: 0g
Added Sugars: 0g
Protein: 23g
Potassium: 223mg



weekend

easy

PESTO RAVIOLI WITH SPINACH AND TOMATOES

2 8-ounce packages frozen or refrigerated cheese ravioli
1 tablespoon olive oil
1 pint grape tomatoes
5-ounce package baby spinach
 $\frac{1}{3}$ cup pesto

Bring a large pot of water to a boil. Cook ravioli according to package directions; drain and set aside.

Heat oil in a large nonstick skillet over medium heat. Add tomatoes; sauté until they begin to burst, 3 to 4 minutes. Add spinach and continue to cook, stirring frequently, until it wilts, 1 to 2 minutes.

Add the cooked ravioli and pesto; stir gently to combine.

Serves 4

Active Time: 15m

Total Time: 15m

NUTRITION FACTS

Amount per serving:

Calories: 361

Total Fat: 19g

Saturated Fat: 6g

Monounsaturated Fat: N/A

Cholesterol: 47mg

Sodium: 407mg

Carbohydrates: 35g

Dietary Fiber: 4g

Total Sugars: N/A

Added Sugars: 6g

Protein: 14g

Potassium: 374mg

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weekend intermediate

SICILIAN OLIVE CHICKEN

1 14-ounce can petite diced tomatoes with garlic and olive oil or other Italian-style seasoning
1½ cups frozen chopped spinach, thawed
⅓ cup halved Sicilian or other green olives
1 tablespoon capers, rinsed
¼ teaspoon crushed red pepper, or to taste
4 4-ounce chicken cutlets
¼ teaspoon freshly ground pepper
1 tablespoon extra-virgin olive oil

Combine tomatoes, spinach, olives, capers and crushed red pepper in a bowl. Sprinkle both sides of chicken with pepper.

Heat oil in a large skillet over medium-high heat. Cook the chicken until browned on one side, 2 to 4 minutes. Turn it over; top with the tomato mixture.

Reduce heat to medium, cover and cook until cooked through, 3 to 5 minutes.

Serves 4
Active Time: 20m
Total Time: 20m

NUTRITION FACTS

Amount per serving:
Calories: 210
Total Fat: 8g
Saturated Fat: 1g
Monounsaturated Fat: 5g
Cholesterol: 63mg
Sodium: 527mg
Carbohydrates: 8g
Dietary Fiber: 3g
Total Sugars: 3g
Added Sugars: 0g
Protein: 26g
Potassium: 401mg

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weekend advanced

CHILI-RUBBED STEAKS AND PAN SALSA

8 ounces ½ inch-thick steaks, such as rib-eye, trimmed of fat and cut into 2 portions
1 teaspoon chili powder
½ teaspoon kosher salt, divided
1 teaspoon extra-virgin olive oil
2 plum tomatoes, diced
2 teaspoons lime juice
1 tablespoon chopped fresh cilantro

Sprinkle both sides of steak with chili powder and ¼ teaspoon salt.

Heat oil in a medium skillet over medium-high heat. Add the steaks and cook, turning once, 1 to 2 minutes per side for medium-rare. Transfer the steaks to a plate, cover with foil and let rest while you make the salsa.

Add tomatoes, lime juice and the remaining ¼ teaspoon salt to the pan and cook, stirring often, until the tomatoes soften, about 3 minutes.

Remove from heat, stir in cilantro and any accumulated juices from the steaks.

Serve the steaks topped with the salsa.

Serves 2
Active Time: 20m
Total Time: 20m

NUTRITION FACTS

Amount per serving:
Calories: 192
Total Fat: 8g
Saturated Fat: 2g
Monounsaturated Fat: 4g
Cholesterol: 81mg
Sodium: 359mg
Carbohydrates: 4g
Dietary Fiber: 1g
Total Sugars: 2g
Added Sugars: 0g
Protein: 26g
Potassium: 515mg

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Friday | January 19 | 12 p.m.

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Saturday | January 20 | 10 a.m.

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