



week four

centering yourself

resolution[®]

MEMORIAL[®]
HERMANN

week four dinners



INSIDE-OUT LASAGNA



APRICOT CHILI-GLAZED SALMON



MAPLE CHILI PORK MEDALLIONS



MOO SHU VEGETABLES



STEAMED MUSSELS IN TOMATO BROTH



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

- H-E-B® baby spinach, enough for 8 cups
- Sliced white mushrooms, 8 ounces
- Onion, 1
- Ripe plum tomatoes, 6
- Shredded mixed vegetables, such as “rainbow salad” or “broccoli slaw”, 1-12-ounce bag
- Scallions, 1 bunch
- Mung bean sprouts enough for 2 cups

PROTEIN

- H-E-B® Responsibly Raised Fresh Atlantic Center Cut Salmon, 1¼-1½ pounds skinned
- Pork tenderloin, 1 pound
- Mussels, 3 pounds
- Large eggs, 4

CONDIMENTS

- Maple syrup
- Apricot jam, enough for 3 tablespoons
- Toasted sesame oil, enough for 3 teaspoons
- Reduced-sodium soy sauce
- Hoisin sauce

SPICES/HERBS

- New Mexico red chili powder
- Ground chipotle pepper
- Chili powder
- Garlic cloves, 9
- Crushed red pepper
- Freshly ground pepper
- Chopped fresh parsley, enough for 2 teaspoons
- Minced fresh ginger, enough for 2 teaspoons

CANNED GOODS

- H-E-B® Italian Style Diced Tomatoes, 1 14-ounce can

DAIRY

- Part-skim ricotta cheese, ¾ cup

OTHER

- Canola oil
- Cider vinegar
- Apple cider
- Whole-wheat rotini or fusilli, 8 ounces
- Extra-virgin olive oil
- Dry white wine, enough for 1 cup
- Rice vinegar
- Salt



WEEK FOUR 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

INSIDE-OUT LASAGNA

8 ounces whole-wheat rotini or fusilli
1 tablespoon extra-virgin olive oil
1 onion, chopped
3 cloves garlic, sliced
8 ounces sliced white mushrooms (about 3½ cups)
1½ teaspoon salt
¼ teaspoon freshly ground pepper
1 14-ounce can diced tomatoes with Italian herbs
8 cups baby spinach
½ teaspoon crushed red pepper (optional)
¾ cup part-skim ricotta cheese

Bring a large pot of water to a boil. Add pasta; cook until just tender, 8 to 10 minutes or according to package directions. Drain and transfer to a large bowl.

Meanwhile, heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring, until soft and beginning to brown, about 3 minutes. Add mushrooms, salt and pepper and cook, stirring, until the mushrooms release their liquid, 4 to 6 minutes.

Add tomatoes, spinach and crushed red pepper (if using).

Increase heat to medium-high; cook, stirring once halfway through, until the spinach is wilted, about 4 minutes.

Toss the sauce with the pasta and divide among 4 bowls. Dollop each serving with 3 tablespoons of ricotta.

Serves 4
Active Time 25m
Total Time 25m

NUTRITION FACTS

Amount per serving:
Calories: 343
Total Fat: 8g
Saturated Fat: 3g
Monounsaturated Fat: 4g
Cholesterol: 14mg
Sodium: 533mg
Carbohydrates: 55g
Dietary Fiber: 8g
Total Sugars: 4g
Added Sugars: 0g
Protein: 18g
Potassium: 821mg



tuesday

APRICOT CHILI-GLAZED SALMON

2 tablespoons New Mexico red chili powder
½ teaspoon salt
1¼-1 ½ pounds center-cut wild salmon, skinned
3 tablespoons apricot jam

Preheat grill to medium-high.

Combine chili powder and salt in a small bowl. Rub onto both sides of salmon.

Place jam in a small saucepan; heat over medium heat, stirring, until melted.

Oil the grill rack. Grill the salmon 4 minutes, then turn it over. Using a pastry brush, coat the top of the salmon with the jam. Close the grill; cook until the salmon easily flakes with a fork, 3 to 5 minutes.

To serve, cut into 4 portions.

Serves 4

Active Time: 25m

Total Time: 25m

NUTRITION FACTS

Amount per serving:

Calories: 215

Total Fat: 6g

Saturated Fat: 1g

Monounsaturated Fat: 2g

Cholesterol: 66mg

Sodium: 433mg

Carbohydrates: 12g

Dietary Fiber: 1g

Total Sugars: 7g

Added Sugars: 6g

Protein: 29g

Potassium: 613mg



wednesday

MAPLE CHILI PORK MEDALLIONS

1 teaspoon chili powder
½ teaspoon salt
⅛ teaspoon ground chipotle pepper
1 pound pork tenderloin, trimmed and cut crosswise
into 1-inch-thick medallions
2 teaspoons canola oil
¼ cup apple cider
1 tablespoon maple syrup
1 teaspoon cider vinegar

Mix chili powder, salt and ground chipotle in a small bowl.
Sprinkle over both sides of pork.

Heat oil in a large skillet over medium-high heat. Add the pork
and cook until golden, 1 to 2 minutes per side. Add cider, syrup
and vinegar to the pan. Bring to a boil, scraping up any browned
bits. Reduce the heat to medium and cook, turning the pork
occasionally to coat, until the sauce is reduced
to thick glaze, 1 to 3 minutes.

Serve the pork drizzled with the glaze.

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

NUTRITION FACTS

Amount per serving:
Calories: 172
Total Fat: 9g
Saturated Fat: 2g
Monounsaturated Fat: 3g
Cholesterol: 186mg
Sodium: 366mg
Carbohydrates: 15g
Dietary Fiber: 4g
Total Sugars: 7g
Added Sugars: 1g
Protein: 11g
Potassium: 235mg



thursday

MOO SHU VEGETABLES

3 teaspoons toasted sesame oil, divided
4 large eggs, lightly beaten
2 teaspoons minced fresh ginger
2 cloves garlic, minced
1 12-ounce bag shredded mixed vegetables,
such as “rainbow salad” or “broccoli slaw”
2 cups mung bean sprouts
1 bunch scallions, sliced, divided
1 tablespoon reduced-sodium soy sauce
1 tablespoon rice vinegar
2 tablespoons hoisin sauce

Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add eggs; cook, stirring gently, until set, 2 to 3 minutes. Move to a plate.

Wipe out the pan and heat the remaining 2 teaspoons oil over medium heat. Add ginger and garlic and cook, stirring, until softened and fragrant, 1 minute. Add shredded vegetables, bean sprouts, half the sliced scallions, soy sauce and vinegar. Stir to combine. Cover and cook, stirring once or twice, until the vegetables are just tender, about 3 minutes. Add the reserved eggs and hoisin; cook, uncovered, stirring and breaking up the scrambled eggs, until heated through, 1 to 2 minutes. Stir in the remaining scallions and remove from the heat.

Serves 4

Active Time: 20m

Total Time: 20m

NUTRITION FACTS

Amount per serving:

Calories: 172

Total Fat: 9g

Saturated Fat: 2g

Monounsaturated Fat: 3g

Cholesterol: 186mg

Sodium: 366mg

Carbohydrates: 15g

Dietary Fiber: 4g

Total Sugars: 7g

Added Sugars: 1g

Protein: 11g

Potassium: 235mg



friday

STEAMED MUSSELS IN TOMATO BROTH

1 teaspoon extra-virgin olive oil
4 cloves garlic, finely chopped
6 ripe plum tomatoes, cored and coarsely chopped
1 cup dry white wine
3 pounds mussels, scrubbed and debearded
2 teaspoons chopped fresh parsley

Warm oil in a large pot with tight fitting lid over low heat. Add garlic and cook, stirring, until golden, about 3 minutes. Add tomatoes, increase the heat to high and stir for 1 minute more. Pour in wine and bring to a boil.

Add mussels, cover and steam, occasionally giving the pan a vigorous shake, until all the mussels have opened, 3 to 4 minutes. Discard any that do not open. Transfer the mussels to a serving bowl. Spoon the broth over the mussels and sprinkle with parsley.

Serves 4
Active Time: 20m
Total Time: 30m

NUTRITION FACTS

Amount per serving:
Calories: 275
Total Fat: 6g
Saturated Fat: 1g
Monounsaturated Fat: 2g
Cholesterol: 64mg
Sodium: 427mg
Carbohydrates: 15g
Dietary Fiber: 1g
Total Sugars: N/A
Added Sugars: 0g
Protein: 28g
Potassium: 582mg



weekend

easy

RAVIOLI AND VEGETABLE SOUP

1 tablespoon extra-virgin olive oil
2 cups frozen bell pepper and onion mix, thawed and diced
¼ clove garlic, minced
1 teaspoon crushed red pepper, or to taste (optional)
1 28-ounce can crushed tomatoes, preferably fire-roasted
1 15-ounce can vegetable broth
1½ cups hot water
1 teaspoon dried basil or marjoram
1 6- to 9-ounce package fresh or frozen cheese (or meat) ravioli, preferably whole-wheat
2 cups diced zucchini (about 2 medium)
Freshly ground pepper to taste

Heat oil in a large saucepan or Dutch oven over medium heat.

Add pepper-onion mix, garlic and crushed red pepper (if using) and cook, stirring, for 1 minute. Add tomatoes, broth, water and basil (or marjoram); bring to a rolling boil over high heat. Add ravioli and cook for 3 minutes less than the package directions. Add zucchini; return to a boil. Cook until the zucchini is crisp-tender, about 3 minutes. Season with pepper.

Serves 4

Active Time: 25m

Total Time: 25m

NUTRITION FACTS

Amount per serving:

Calories: 264

Total Fat: 9g

Saturated Fat: 3g

Monounsaturated Fat: 3g

Cholesterol: 28mg

Sodium: 762mg

Carbohydrates: 38g

Dietary Fiber: 7g

Total Sugars: 4g

Added Sugars: 0g

Protein: 11g

Potassium: 763mg



weekend intermediate

¼ cup chopped fresh herbs, such as parsley, sage, rosemary and/or thyme
2 cloves garlic, minced
2 tablespoons extra-virgin olive oil
2 teaspoons kosher salt
1 teaspoon freshly ground pepper
2 4- to 5-pound whole chickens, giblets removed

Preheat oven to 375°F. Lightly coat a large roasting pan with cooking spray.

Mix herbs, garlic, oil, salt and pepper in a small bowl to form a paste. Rub the herb mixture all over the chickens, under the skin and over the breast and thigh meat. Tie the legs together with kitchen string. Place the chickens in the prepared pan, breast-side up, preferably not touching each other.

Roast the chickens for 45 minutes. Rotate the pan 180 degrees and continue roasting until a thermometer inserted into the thickest part of the thigh, without touching the bone, registers 165°F, 45 minutes to 1 hour more. (Be sure to check the temperature of each chicken. One might be done before the other.) Transfer to a clean cutting board; let rest for 10 minutes before removing the string and carving.

Serves 12
Active Time: 20m
Total Time: 2h

NUTRITION FACTS

Amount per serving:
Calories: 165
Total Fat: 7g
Saturated Fat: 2g
Monounsaturated Fat: 3g
Cholesterol: 69mg
Sodium: 206mg
Carbohydrates: 1g
Dietary Fiber: 0g
Total Sugars: 0g
Added Sugars: 0g
Protein: 23g
Potassium: 201mg



weekend advanced

QUICK-SMOKED JERK CHICKEN

Jerk Paste

4 scallion greens, chopped
2 medium red onions, chopped
1 scotch bonnet or habanero pepper, seeded
2 cloves garlic
3 tablespoons brown sugar, packed
2 tablespoons lime juice
2 tablespoons cider vinegar
1 tablespoon extra-virgin olive oil
2 teaspoons ground allspice
1½ teaspoons dried thyme
1 teaspoon salt

1½ teaspoon ground cinnamon
½ teaspoon freshly ground pepper

Chicken

4 pounds bone-in chicken parts
4½ (thighs, drumsticks and/or breasts), skin removed

To prepare jerk paste: Combine scallion greens, onion, Scotch bonnet (or habanero), garlic, brown sugar, lime juice, vinegar, oil, allspice, thyme, salt, cinnamon and pepper in a blender; puree. Transfer the mixture to a bowl.

To marinate chicken: If using bone-in chicken breasts, cut each breast in half crosswise to make two portions; trim visible fat from the chicken. Add to the jerk paste and refrigerate for 1 hour.

To grill chicken: Place 2 large handfuls of hickory woodchips in a large bowl, cover with water and let soak for at least 30 minutes.

Preheat a gas grill to medium or build a two-zone fire (coals on one side of the grill) in a charcoal grill and let it burn down to medium heat (about 400°F).

If using a gas grill, turn off one or two burners (depending on your grill) so one part is no longer lit.

Add one handful of soaked woodchips directly onto the charcoal or into a stainless-steel smoker box.

When the wood begins to smoke, oil the grill rack. Remove the chicken from the marinade and place on the rack above the unlit portion of the grill. (Discard any remaining marinade.) Close the lid and cook, adding the second handful of soaked woodchips after 15 to 20 minutes, until an instant read thermometer inserted into the thickest part of the meat registers 165°F, 33 to 35 minutes.

Serves 8

Active Time: 25m

Total Time: 2h

NUTRITION FACTS

Calorie:s 217

Total Fat: 8g

Saturated Fat: 2g

Monounsaturated Fat: 3g

Cholesterol: 117 mg

Sodium: 306mg

Carbohydrates: 6g

Dietary Fiber: 1g

Total Sugars: 4g

Added Sugars: 4g

Protein: 30g

Potassium: 314mg



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