



WEEK TWO

resolution

MEMORIAL
HERMANN®

WELCOME TO WEEK

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This week is going to be a good one! Fill up on French onion soup to begin with, which can easily be cut in half if you'd like. To keep this meatless, feel free to substitute mushroom stock for chicken stock. Your whole house will smell delicious with this soup cooking low and slow. Prep the onions and measure ingredients out on Sunday night to make your Monday morning routine that much easier. Sheet pan fajitas will become a new favorite, and they make a great lunch wrap the next day in either romaine leaves or tortillas. Morning glory scones will become a healthy go-to and this noodle-less lasagna will leave you guilt-free (leftovers will freeze like a dream). General Tso's chicken and a movie? Now that's a Friday night worth celebrating.

MONDAY
Slow Cooker
French Onion Soup
and
Warm Pear &
Spinach Salad



TUESDAY
Sheet Pan
Chicken Fajitas
and
Guacamole
Chopped Salad



WEDNESDAY
BLT Chopped
Salad
and
Morning Glory
Scones



THURSDAY
Noodle-less
Lasagna with
Italian Sausage



FRIDAY
General
Tso's
Chicken



PLATE METHOD SUGGESTIONS

MONDAY

breakfast

Turkey sausage patty, whole grain english muffin, watermelon

lunch

Turkey taco lettuce wraps, rice, grilled onions/peppers

snack

Corn and black bean salsa, jicama sticks/chips

TUESDAY

breakfast

Veggie/egg omelet, grapes, roasted breakfast potatoes

lunch

Salmon, quinoa, mixed berries, brussels sprouts

snack

Cottage cheese, peaches, bell pepper slices

WEDNESDAY

breakfast

Scrambled eggs, whole grain toast, orange

lunch

Light tuna salad with whole grain crackers, cucumbers, grapes

snack

Carrots, celery, hummus, whole grain pretzels

THURSDAY

breakfast

Greek yogurt, mixed berries, unsweetened granola

lunch

Veggie burger with whole grain bun, cauliflower tots, orange

snack

Light chicken salad, whole grain crackers, grapes

FRIDAY

breakfast

Oatmeal with milk, peanut butter, banana

lunch

Baked chicken breast, green beans, carrots, mashed potatoes

snack

Boiled egg, mini bell peppers, popcorn

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

SHOPPING LIST WEEK TWO

PRODUCE	
<input type="checkbox"/>	Avocados, 4
<input type="checkbox"/>	Basil
<input type="checkbox"/>	Carrot, 1
<input type="checkbox"/>	Chives
<input type="checkbox"/>	Cilantro
<input type="checkbox"/>	Eggplant, 1
<input type="checkbox"/>	Garlic, 1 head
<input type="checkbox"/>	Grape tomatoes, 2 cups
<input type="checkbox"/>	Lemon, 2
<input type="checkbox"/>	Lime, 3
<input type="checkbox"/>	Pear, 1
<input type="checkbox"/>	Pico de gallo
<input type="checkbox"/>	Red bell pepper, 1
<input type="checkbox"/>	Red onion, 3.5 pounds
<input type="checkbox"/>	Romaine, enough for 10 cups
<input type="checkbox"/>	Scallions
<input type="checkbox"/>	Snow peas, enough for 4 cups
<input type="checkbox"/>	Spinach, enough for 10 cups
<input type="checkbox"/>	Thyme
<input type="checkbox"/>	Yellow bell pepper, 1
<input type="checkbox"/>	Yellow onion, 3 pounds
<input type="checkbox"/>	Zucchini, 1
PROTIEN	
<input type="checkbox"/>	Bacon, 6 slices
<input type="checkbox"/>	Boneless, skinless chicken breasts, 1 pound
<input type="checkbox"/>	Boneless, skinless chicken thighs, 1 pound
<input type="checkbox"/>	Sweet Italian sausage, 12 ounces
DAIRY	
<input type="checkbox"/>	Blue cheese, crumbled
<input type="checkbox"/>	Butter, salted and unsalted
<input type="checkbox"/>	Buttermilk
<input type="checkbox"/>	Eggs, 1/2 dozen
<input type="checkbox"/>	Mozzarella, shredded
<input type="checkbox"/>	Part-skim ricotta cheese
<input type="checkbox"/>	Sour cream
<input type="checkbox"/>	Swiss cheese, shredded
BAKERY	
<input type="checkbox"/>	Baguette, 1
<input type="checkbox"/>	Corn tortillas, 8

SPICES / HERBS	
<input type="checkbox"/>	Basil
<input type="checkbox"/>	Bay leaf
<input type="checkbox"/>	Chili powder
<input type="checkbox"/>	Garlic powder
<input type="checkbox"/>	Ground cinnamon
<input type="checkbox"/>	Ground cumin
<input type="checkbox"/>	Oregano
<input type="checkbox"/>	Pepper
<input type="checkbox"/>	Salt
CANNED GOODS	
<input type="checkbox"/>	Chicken stock, 1 cup
<input type="checkbox"/>	Low-sodium beef broth, 4 cups
<input type="checkbox"/>	No-salt-added crushed tomatoes, 28-ounce can
<input type="checkbox"/>	Pickled jalapeño peppers
CONDIMENTS	
<input type="checkbox"/>	Apple cider vinegar
<input type="checkbox"/>	Avocado oil
<input type="checkbox"/>	Canola oil
<input type="checkbox"/>	Extra-virgin olive oil
<input type="checkbox"/>	Hoisin sauce
<input type="checkbox"/>	Mayonnaise
<input type="checkbox"/>	Pure maple syrup
<input type="checkbox"/>	Reduced-sodium soy sauce
<input type="checkbox"/>	Rice vinegar
<input type="checkbox"/>	Rice wine
<input type="checkbox"/>	Worcestershire sauce
OTHER	
<input type="checkbox"/>	All-purpose flour
<input type="checkbox"/>	Baking powder
<input type="checkbox"/>	Chopped pecans
<input type="checkbox"/>	Confectioners sugar
<input type="checkbox"/>	Cornstarch
<input type="checkbox"/>	Dry red wine
<input type="checkbox"/>	Raisins
<input type="checkbox"/>	Shredded sweetened coconut
<input type="checkbox"/>	Sugar
<input type="checkbox"/>	Walnut halves
<input type="checkbox"/>	White whole-wheat flour

Some recipes may include peanuts, tree nuts, eggs and wheat. Please make note of dietary restrictions before preparing.



Slow-Cooker French Onion Soup

Serving Size: 1 cup soup & 1 toast

Yield: 8 servings

Active Time: 30 minutes

Total Time: 8 ½ hours

MONDAY

Ingredients | Soup

2 tablespoons butter, cut into 8 pieces
2 tablespoons extra-virgin olive oil
8 sprigs fresh thyme
4 cloves garlic, smashed
1 bay leaf
2 pounds yellow onions, halved and sliced
2 pounds red onions, halved and sliced
1 teaspoon salt
¾ teaspoon ground pepper
4 cups low-sodium beef broth
2 tablespoons worcestershire sauce

Ingredients | Cheese Toasts

8 diagonal slices baguette (½-inch-thick), toasted
1 cup shredded Swiss cheese

Instructions

To prepare soup: Scatter butter in a 6- to 7-quart slow cooker. Add oil, thyme, garlic and bay leaf, then onions. Sprinkle with salt and pepper. Cover and cook on high for 8 hours.

Bring broth and worcestershire sauce to a boil in a saucepan. Remove the thyme sprigs and bay leaf from the slow cooker. Pour in the broth and cook on high, uncovered, for 10 minutes.

To prepare cheese toasts: Meanwhile, position rack in upper third of oven; preheat broiler to high. Top each baguette slice with 2 tablespoons cheese. Broil until the cheese is melted, 1 to 2 minutes.

Divide the soup among 8 bowls. Top each with a cheese toast.

Nutrition

Calories: 271
Total Fat: 12 g
Saturated Fat: 5 g
Cholesterol: 22 mg
Carbohydrates: 31 g
Fiber: 5 g
Total Sugars: 9 g

Added Sugars: 0 g
Protein: 12 g
Sodium: 529 mg
Potassium: 428 mg
Folate: 40 mcg
Calcium: 194 mg
Carbohydrate Servings: 2



Warm Pear & Spinach Salad with Maple-Bacon Vinaigrette

Serving Size: About 2 cups

Yield: 4 servings

Active Time: 15 minutes

Total Time: 15 minutes

MONDAY

Ingredients

10 cups fresh spinach, tough stems removed
1 medium firm ripe pear, thinly sliced
½ cup slivered red onion
2 slices bacon, chopped
1-1½ tablespoons extra-virgin olive oil
2 tablespoons apple cider vinegar
1 tablespoon pure maple syrup
¼ teaspoon salt
¼ teaspoon ground pepper
½ cup toasted walnut halves

Instructions

Combine spinach, pear and onion in a large bowl.

Cook bacon in a small skillet over medium heat until crisp, 5 to 7 minutes. Transfer to a plate with a slotted spoon. Add enough oil to the pan drippings to make 2 tablespoons total. Add vinegar, syrup, salt and pepper; bring to a simmer.

Immediately pour the dressing over the salad and gently toss to coat. Serve sprinkled with the bacon and walnuts.

Nutrition

Calories: 194
Total Fat: 13 g
Saturated Fat: 2 g
Cholesterol: 3 mg
Carbohydrates: 16 g
Fiber: 4 g
Total Sugars: 9 g

Added Sugars: 3 g
Protein: 6 g
Sodium: 261 mg
Potassium: 582 mg
Folate: 164 mcg
Calcium: 101 mg
Carbohydrate Servings: 1



Sheet-Pan Chicken Fajitas

Serving Size: About 2 fajitas

Yield: 4 servings

Active Time: 20 minutes

Total Time: 40 minutes

TUESDAY

Ingredients

1 pound boneless, skinless chicken breasts
2 tablespoons extra-virgin olive oil
1 tablespoon chili powder
2 teaspoons ground cumin
1 teaspoon garlic powder
¾ teaspoon salt
1 large red bell pepper, sliced
1 large yellow bell pepper, sliced
2 cups sliced red onion
(about 1 large)
1 tablespoon lime juice
8 corn tortillas, warmed
Lime wedges, cilantro, sour cream,
avocado and/or pico de gallo for serving

Instructions

Preheat oven to 400°. Coat a large rimmed baking sheet with cooking spray.

Cut chicken breasts in half horizontally, then slice crosswise into strips. Combine oil, chili powder, cumin, garlic powder and salt in a large bowl. Add the chicken and stir to coat with the spice mixture. Add bell peppers and onion and stir to combine. Transfer the chicken and vegetables to the prepared baking sheet and spread in an even layer.

Roast on the middle rack for 15 minutes. Leave the pan there and turn the broiler to high. Broil until the chicken is cooked through and the vegetables are browning in spots, about 5 minutes more. Remove from oven. Stir in lime juice.

Serve the chicken and vegetables in warmed tortillas accompanied by lime wedges and topped with cilantro, sour cream, avocado and/or pico de gallo, if desired.

Nutrition

Calories: 357
Total Fat: 12 g
Saturated Fat: 2 g
Cholesterol: 83 mg
Carbohydrates: 33 g
Fiber: 6 g
Total Sugars: 5 g

Added Sugars: 0 g
Protein: 30 g
Sodium: 573 mg
Potassium: 761 mg
Folate: 52 mcg
Calcium: 76 mg
Carbohydrate Servings: 2



Guacamole Chopped Salad

Serving Size: 1 ⅓ cups

Yield: 4 servings

Active Time: 20 minutes

Total Time: 20 minutes

TUESDAY

Ingredients

- 2 tablespoons avocado oil
- 2 tablespoons lime juice
- 1 clove garlic, grated
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cups chopped romaine lettuce
- 2 ripe avocados, diced
- 1 cup grape tomatoes, quartered
- ¼ cup slivered red onion
- 1 tablespoon chopped pickled jalapeño peppers

Instructions

Whisk oil, lime juice, garlic, salt and pepper in a large bowl.

Add romaine, avocado, tomatoes, onion and jalapeño; toss gently to coat.

Nutrition

Calories: 245

Total Fat: 22 g

Saturated Fat: 3 g

Cholesterol: 0 mg

Carbohydrates: 13 g

Fiber: 8 g

Total Sugars: 3 g

Added Sugars: 0 g

Protein: 3 g

Sodium: 185 mg

Potassium: 720 mg

Folate: 153 mcg

Calcium: 36 mg

Carbohydrate Servings: 1



BLT Chopped Salad with Avocado

Serving Size: 2 cups
Yield: 4 servings
Active Time: 15 minutes
Total Time: 15 minutes

WEDNESDAY

Ingredients | Dressing

- ¼ cup mayonnaise
- 2 tablespoons buttermilk
- 1 tablespoon crumbled blue cheese
- 1 tablespoon minced fresh chives
- 1½ teaspoons lemon juice
- ⅛ teaspoon Worcestershire sauce
- ⅛ teaspoon salt
- ⅛ teaspoon ground pepper

Ingredients | Salad

- 6 cups chopped romaine lettuce
- 1 cup grape tomatoes, halved
- 1 firm ripe avocado, diced
- 4 slices cooked bacon, chopped

Instructions

To prepare dressing:

Combine mayonnaise, buttermilk, blue cheese, chives, lemon juice, Worcestershire sauce, salt and pepper in a large bowl. Stir to blend.

To prepare salad:

Add lettuce, tomatoes, avocado and bacon to the bowl and toss with the dressing. Serve immediately.

Nutrition

Calories: 250
Total Fat: 22 g
Saturated Fat: 4 g
Cholesterol: 17 mg
Carbohydrates: 9 g
Fiber: 5 g
Total Sugars: 3 g

Added Sugars: 0 g
Protein: 6 g
Sodium: 343 mg
Potassium: 586 mg
Folate: 146 mcg
Calcium: 57 mg
Carbohydrate Servings: ½



Morning Glory Scones

Serving Size: 1 scone

Yield: 12 servings

Active Time: 20 minutes

Total Time: 45 minutes

WEDNESDAY

Ingredients | Scones

1½ cups all-purpose flour plus
2 tablespoons, divided
1¼ cups white whole-wheat flour
1 tablespoon plus 1 teaspoon baking powder
¼ cup sugar
½ teaspoon salt
5 tablespoons cold unsalted butter,
cut into ½-inch cubes
½ cup shredded carrot
½ cup raisins
⅓ cup chopped toasted pecans
⅓ cup shredded sweetened coconut
1 teaspoon ground cinnamon
1 cup buttermilk
1 large egg

Ingredients | Glaze

¾ cup lightly packed confectioners' sugar
2 tablespoons lemon juice

Instructions

Preheat oven to 400°. Coat a large baking sheet with cooking spray.

Whisk 1½ cups all-purpose flour, whole-wheat flour, baking powder, sugar and salt in a large bowl. Using a pastry blender or your fingertips, cut or rub butter into the dry ingredients. Stir in carrot, raisins, pecans, coconut and cinnamon.

Whisk buttermilk and egg in a medium bowl; stir into the dry ingredients until just combined.

Sprinkle a work surface with 1 tablespoon flour. Turn the dough out and sprinkle the top with the remaining 1 tablespoon flour. Knead three to five times, or until the dough just comes together. Divide in half and pat each piece into a 5-inch circle. Cut each circle into 6 wedges and transfer to the prepared baking sheet.

Bake the scones until firm to the touch, 18 to 24 minutes. Glaze, if desired.

Nutrition

Calories: 233	Added Sugars: 5 g
Total Fat: 9 g	Protein: 5 g
Saturated Fat: 4 g	Sodium: 287 mg
Cholesterol: 30 mg	Potassium: 153 mg
Carbohydrates: 35 g	Folate: 54 mcg
Fiber: 3 g	Calcium: 130 mg
Total Sugars: 10 g	Carbohydrate Servings: 2



Noodle-less Lasagna

Serving Size: 1 cup
Yield: 8 servings
Active Time: 45 minutes
Total Time: 1 ½ hours

THURSDAY

Ingredients

- 1 large eggplant, sliced lengthwise into ¼-inch-long strips
- 1 large zucchini, sliced lengthwise into ¼-inch-long strips
- 12 ounces sweet Italian sausage, casings removed
- ½ onion, chopped
- 2 cloves garlic, minced
- 1 28-ounce can no-salt-added crushed tomatoes
- ¼ cup dry red wine or chicken stock
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 cup part-skim ricotta cheese
- 1 large egg
- ¼ teaspoon ground pepper
- 1 cup shredded mozzarella, divided
- Fresh basil for garnish

Instructions

Preheat oven to 400°. Coat 2 large baking sheets with cooking spray. Arrange eggplant and zucchini in a single layer on the prepared baking sheets. Roast until tender, about 20 minutes.

Meanwhile, cook sausage in a large saucepan, crumbling it with a spoon, until browned, about 6 minutes. Add onion and garlic and cook, stirring occasionally, until tender and fragrant, 2 to 3 minutes. Add tomatoes, wine (or chicken stock), basil and oregano and cook, stirring occasionally, until bubbling. Lower heat and simmer for 10 minutes.

Combine ricotta, egg and pepper in a small bowl.

Spread about 1 cup sauce in a 9-by-13-inch baking dish. Top with a layer of half the eggplant. Dollop on about ⅓ cup ricotta mixture and sprinkle with ¼ cup mozzarella. Layer on half the zucchini, crosswise to the eggplant layer, then top with 1 cup sauce, dollop on ⅓ cup ricotta mixture and sprinkle with ¼ cup mozzarella. Layer on the remaining eggplant and top with 1 cup sauce, dollop on the remaining ricotta mixture and sprinkle with ¼ cup mozzarella. Layer on the remaining zucchini and top with the remaining sauce and mozzarella.

Bake the lasagna until the sauce is bubbling around the edges, about 30 minutes. Let stand for 10 to 20 minutes before serving. Garnish with fresh basil, if desired.

Nutrition

Calories: 278	Added Sugars: 0 g
Total Fat: 16 g	Protein: 17 g
Saturated Fat: 7 g	Sodium: 504 mg
Cholesterol: 68 mg	Potassium: 607 mg
Carbohydrates: 19 g	Folate: 34 mcg
Fiber: 4 g	Calcium: 206 mg
Total Sugars: 7 g	Carbohydrate Servings: 1½



General Tso's Chicken

Serving Size: 1 ½ cups

Yield: 4 servings

Active Time: 30 minutes

Total Time: 30 minutes

FRIDAY

Ingredients

5 tablespoons cornstarch, divided
2 tablespoons reduced-sodium soy sauce, divided
2 tablespoons Chinese rice wine, divided
1 large egg white
1 pound boneless, skinless chicken thighs,
cut into 1-inch pieces
¾ cup water
2 tablespoons hoisin sauce
1 tablespoon rice vinegar
3 tablespoons canola oil, divided
2 scallions, sliced
2 cloves garlic, minced
4 cups snow peas

Instructions

Combine 4 tablespoons cornstarch, 1 tablespoon each of soy sauce, rice wine and egg white in a bowl. Add chicken and stir to coat.

Combine the remaining 1 tablespoon each of cornstarch, soy sauce, rice wine, water, hoisin and rice vinegar in a small bowl. Set aside.

Heat 2 tablespoons oil in a wok or large cast-iron skillet over high heat. Add the chicken; cook without turning, breaking up stuck-together pieces, until golden on the bottom, 2 minutes. Stir; continue cooking until golden on all sides, 1 to 2 minutes more. Transfer to a plate.

Add the remaining 1 tablespoon of oil, scallions and garlic. Cook, stirring, until fragrant, about 15 seconds. Add peas; cook, stirring often, until bright green, 2 to 3 minutes. Add the reserved sauce mixture; cook, stirring, until thick, about 1 minute. Return the chicken to the pan; cook, stirring, until heated through, about 1 minute more.

Nutrition

Calories: 364	Added Sugars: 2 g
Total Fat: 19 g	Protein: 25 g
Saturated Fat: 3 g	Sodium: 524 mg
Cholesterol: 76 mg	Potassium: 346 mg
Carbohydrates: 20 g	Folate: 39 mcg
Fiber: 2 g	Calcium: 51 mg
Total Sugars: 5 g	Carbohydrate Servings: 1