



WEEK THREE

resolution

MEMORIAL
HERMANN®



You have a delicious week ahead. We're starting off with a veggie-packed Monday that's comforting and flavorful. If you don't want to buy peanut oil for this, it's fine to use avocado, grapeseed or canola oil. To keep the Chicken Stew gluten-free, substitute arrowroot powder for the all-purpose flour. And feel free to use fresh thyme instead of dried if you have it. You're going to love the Greek Turkey Burgers—if you'd like to keep them gluten-free, serve on rounds of iceberg lettuce. And the Jalapeño-Popper Stuffed Chicken is perfect for dinner party guests if you're up for the challenge.

MONDAY

Yellow Squash
Pad Thai



TUESDAY

Slow-Cooker
Stout and
Chicken Stew



WEDNESDAY

Greek Turkey
Burgers with
Spinach, Feta &
Tzatziki



THURSDAY

Dijon Salmon
with
Green Bean Pilaf



FRIDAY

Jalapeño-Popper
Stuffed Chicken
and
Vidalia Onion
and Cucumber Salad



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 THREE

PRODUCE	
<input type="checkbox"/>	Baby carrots, 1 pound
<input type="checkbox"/>	Bean sprouts, enough for 3 cups
<input type="checkbox"/>	Cilantro
<input type="checkbox"/>	Cremini or button mushrooms, 1 8-ounce package
<input type="checkbox"/>	Cucumber, 1
<input type="checkbox"/>	Dill
<input type="checkbox"/>	English cucumber, 1
<input type="checkbox"/>	Garlic, 1 head
<input type="checkbox"/>	Green beans, 12 ounces
<input type="checkbox"/>	Lemon, 1
<input type="checkbox"/>	Lime, 1
<input type="checkbox"/>	Parsley
<input type="checkbox"/>	Red bell pepper, 1
<input type="checkbox"/>	Red onion, 1
<input type="checkbox"/>	Scallions, 6
<input type="checkbox"/>	Sweet onion, 1
<input type="checkbox"/>	White onion, 1
<input type="checkbox"/>	Yellow squash, 3
<input type="checkbox"/>	Zucchini, 3
PROTIEN	
<input type="checkbox"/>	93% lean ground turkey, 1 pound
<input type="checkbox"/>	Bacon, 3 slices
<input type="checkbox"/>	Boneless, skinless chicken breasts, 2 8-ounce breasts
<input type="checkbox"/>	Boneless, skinless chicken thighs, 2½ pounds
<input type="checkbox"/>	Wild salmon, 1¼ pounds
DAIRY	
<input type="checkbox"/>	Crumbled feta cheese
<input type="checkbox"/>	Eggs, 6
<input type="checkbox"/>	Monterey Jack cheese
<input type="checkbox"/>	Reduced-fat cream cheese
FROZEN FOODS	
<input type="checkbox"/>	Baby peas
<input type="checkbox"/>	Spinach, chopped

SPICES / HERBS	
<input type="checkbox"/>	Garlic powder
<input type="checkbox"/>	Oregano
<input type="checkbox"/>	Pepper
<input type="checkbox"/>	Salt
<input type="checkbox"/>	Thyme
CANNED GOODS	
<input type="checkbox"/>	Chicken stock, enough for 1 cup
<input type="checkbox"/>	Pickled jalapeños
<input type="checkbox"/>	Precooked brown rice, 1 8-ounce package
<input type="checkbox"/>	Reduced-sodium chicken broth
CONDIMENTS	
<input type="checkbox"/>	Chile-garlic sauce
<input type="checkbox"/>	Extra-virgin olive oil
<input type="checkbox"/>	Fish sauce
<input type="checkbox"/>	Honey
<input type="checkbox"/>	Mayonnaise
<input type="checkbox"/>	Peanut oil
<input type="checkbox"/>	Rice vinegar
<input type="checkbox"/>	Whole-grain mustard
OTHER	
<input type="checkbox"/>	Roasted peanuts (enough for 1/4 cup)
<input type="checkbox"/>	All-purpose flour
<input type="checkbox"/>	Guinness beer or other stout (14-ounce can)
<input type="checkbox"/>	Pine nuts (enough for 2 tablespoons)
<input type="checkbox"/>	Cornmeal (enough for 1/4 cup)
<input type="checkbox"/>	Tzatziki (enough for 3 tablespoons)
BAKERY	
<input type="checkbox"/>	Hamburger buns (whole wheat), 4

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



Yellow Squash Pad Thai

Serving Size: 1 ¾ cups
Yield: 4 servings
Active Time: 35 minutes
Total Time: 35 minutes

MONDAY

Ingredients

1¼ pounds zucchini (2-3 medium)
1¼ pounds yellow squash (2-3 medium)
3 tablespoons rice vinegar
2 tablespoons fish sauce
1 tablespoon honey
2 teaspoons chile-garlic sauce
1 teaspoon peanut oil plus ¼ cup, divided
4 large eggs, beaten
1 medium red bell pepper, thinly sliced
6 scallions, sliced in 1-inch pieces
3 large cloves garlic, minced
3 cups bean sprouts
¼ cup roasted peanuts, chopped (optional)
¼ cup coarsely chopped fresh cilantro (optional)
4 lime wedges (optional)

Instructions

Using a spiral vegetable slicer, a julienne or regular vegetable peeler, slice zucchini and summer squash lengthwise into long, thin strands. Stop when you reach the seeds in the middle (seeds make the noodles fall apart). You should have about 12 cups of squash "noodles."

Combine vinegar, fish sauce, honey and chile-garlic sauce in a small bowl. Place near the stove.

Set a 14-inch flat-bottom carbon-steel wok or large skillet over high heat until hot. Swirl in 1 teaspoon oil. Add eggs and cook, without stirring, until set, 30 to 40 seconds. Flip over and cook until set on the other side, about 30 seconds more. Transfer to a plate.

Swirl the remaining ¼ cup oil into the wok (or pan). Add the squash noodles, bell pepper, scallions and garlic; cook, stirring occasionally, until the vegetables are soft, about 5 minutes. Add bean sprouts and the reserved sauce and toss until heated through, 1 to 2 minutes.

Slice or chop the cooked egg. Serve the noodles topped with the egg and garnished with peanuts, cilantro and lime wedges, if desired.

Nutrition

Calories: 200	Added Sugars: 4 g
Total Fat: 7 g	Protein: 14 g
Saturated Fat: 2 g	Sodium: 765 mg
Cholesterol: 186 mg	Potassium: 1063 mg
Carbohydrates: 25 g	Folate: 174 mcg
Fiber: 5 g	Calcium: 105 mg
Total Sugars: 16 g	Carbohydrate Servings: 1½



Slow-Cooker Stout & Chicken Stew

Serving Size: about 1 ⅓ cups

Yield: 8 servings

Active Time: 45 minutes

Total Time: Slow-cooker time 4-8 hours

TUESDAY

Ingredients

6 tablespoons plus ½ cup all-purpose flour, divided
1 teaspoon salt, divided, plus more to taste
½ teaspoon freshly ground pepper, plus more to taste
2½ pounds boneless, skinless chicken thighs, trimmed
4 teaspoons extra-virgin olive oil, divided
3 pieces bacon, chopped
1 ⅔ cups dark beer or other stout (14-ounce can) or 1 cup chicken stock
1 pound whole baby carrots
1 8-ounce package cremini or button mushrooms, halved if large
2 cups chopped onion
4 cloves garlic, minced
1½ teaspoons dried thyme
1 cup reduced-sodium chicken broth
2 cups frozen baby peas, thawed

Instructions

Combine 6 tablespoons flour with ½ teaspoon each salt and pepper in a shallow bowl. Dredge chicken thighs in the mixture to coat completely; transfer to a plate.

Heat 2 teaspoons oil in a large skillet over medium-high heat. Add half the chicken and cook until well browned, 2 to 4 minutes per side; transfer to a 5- to 6-quart slow cooker. Reduce heat to medium and repeat with the remaining 2 teaspoons oil and chicken thighs. Arrange the chicken in an even layer in the slow cooker.

Add bacon to the pan and cook, stirring often, for 2 minutes. Sprinkle the remaining ½ cup flour over the bacon and cook, stirring constantly, for 2 minutes more. Add stout or chicken stock and use a wooden spoon to scrape up any browned bits from the bottom of the pan. Pour the mixture over the chicken. Add carrots, mushrooms, onion, garlic and thyme, spreading in an even layer over the chicken. Pour broth over the top. Cover and cook until the chicken is falling-apart tender, 4 hours on high or 7 to 8 hours on low.

Stir in peas, cover and cook until the peas are heated through, 5 to 10 minutes more. Season with the remaining ½ teaspoon salt and pepper.

Nutrition

Calories: 366

Total Fat: 13 g

Saturated Fat: 3 g

Cholesterol: 88 mg

Carbohydrates: 28 g

Fiber: 4 g

Total Sugars: 7 g

Added Sugars: 0 g

Protein: 30 g

Sodium: 566 mg

Potassium: 650 mg

Folate: 91 mcg

Calcium: 60 mg

Carbohydrate Servings: 2



Greek Turkey Burgers with Spinach, Feta & Tzatziki

Serving Size: 1 burger
Yield: 4 servings
Active Time: 30 minutes
Total Time: 30 minutes

WEDNESDAY

Ingredients

1 cup frozen chopped spinach, thawed
1 pound 93% lean ground turkey
½ cup crumbled feta cheese
½ teaspoon garlic powder
½ teaspoon dried oregano
¼ teaspoon salt
¼ teaspoon ground pepper
4 small hamburger buns, preferably whole-wheat, split
4 tablespoons premade tzatziki
12 slices cucumber
8 thick rings red onion (about ¼-inch)

Instructions

Preheat grill to medium-high. Squeeze excess moisture from spinach. Combine the spinach with turkey, feta, garlic powder, oregano, salt and pepper in a medium bowl; mix well.

Form into four 4-inch patties. Oil the grill rack. Grill the patties until cooked through and no longer pink in the center, 4 to 6 minutes per side. An instant-read thermometer inserted in the center should register 165°.

Assemble the burgers on the buns, topping each with 1 tablespoon tzatziki, 3 cucumber slices and 2 onion rings.

Nutrition

Calories: 367	Added Sugars: 1 g
Total Fat: 17 g	Protein: 30 g
Saturated Fat: 6 g	Sodium: 677 mg
Cholesterol: 103 mg	Potassium: 586 mg
Carbohydrates: 28 g	Folate: 89 mcg
Fiber: 5 g	Calcium: 234 mg
Total Sugars: 6 g	Carbohydrate Servings: 2



Dijon Salmon with Green Bean Pilaf

Serving Size: 4 oz. fish and 1 cup pilaf

Yield: 4 servings

Active Time: 30 minutes

Total Time: 30 minutes

THURSDAY

Ingredients

1¼ pounds wild salmon, skinned and cut into 4 portions
3 tablespoons extra-virgin olive oil, divided
1 tablespoon minced garlic
¾ teaspoon salt
2 tablespoons mayonnaise
2 teaspoons whole-grain mustard
½ teaspoon ground pepper, divided
12 ounces green beans, cut into thirds
1 small lemon, zested and cut into 4 wedges
2 tablespoons pine nuts
1 8-ounce package precooked brown rice
2 tablespoons water
Chopped fresh parsley for garnish

Instructions

Preheat oven to 425°. Line a rimmed baking sheet with foil or parchment paper.

Brush salmon with 1 tablespoon oil and place on the prepared baking sheet. Mash garlic and salt into a paste with the side of a chef's knife or a fork. Combine 1 teaspoon of the garlic paste in a small bowl with mayonnaise, mustard and ¼ teaspoon pepper. Spread the mixture on top of the fish.

Roast the salmon until it flakes easily with a fork in the thickest part, 6 to 8 minutes per inch of thickness.

Meanwhile, heat the remaining 2 tablespoons oil in a large skillet over medium-high heat. Add green beans, lemon zest, pine nuts, the remaining garlic paste and ¼ teaspoon pepper; cook, stirring, until the beans are just tender, 2 to 4 minutes. Reduce heat to medium. Add rice and water and cook, stirring, until hot, 2 to 3 minutes more.

Sprinkle the salmon with parsley, if desired, and serve with the green bean pilaf and lemon wedges.

Nutrition

Calories: 442

Total Fat: 25 g

Saturated Fat: 4 g

Cholesterol: 69 mg

Carbohydrates: 22 g

Fiber: 4 g

Total Sugars: 2 g

Added Sugars: 0 g

Protein: 32 g

Sodium: 605 mg

Potassium: 706 mg

Folate: 46 mcg

Calcium: 99 mg

Carbohydrate Servings: 1½



Jalapeño-Popper Stuffed Chicken

Serving Size: ½ stuffed chicken breast

Yield: 4 servings

Active Time: 20 minutes

Total Time: 35 minutes

FRIDAY

Ingredients

- ¼ cup finely chopped pickled jalapeños
- ¼ cup Monterey Jack cheese
- 2 tablespoons reduced-fat cream cheese, softened
- 1 large egg
- ¼ cup cornmeal
- 2 skinless chicken breasts, trimmed
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 tablespoon extra-virgin olive oil

Instructions

Preheat oven to 425°.

Combine jalapeños, cheese and cream cheese in a small bowl.

Lightly beat egg in a shallow dish. Place the cornmeal in a separate shallow dish.

Cut a horizontal slit along the thin, long edge of the chicken breasts, nearly through to the opposite side. Place half the filling in the center and press the edges firmly together. Sprinkle both sides with salt and pepper. Coat the chicken in the egg, then dredge in the cornmeal.

Heat oil in a large ovenproof skillet over medium-high heat; add the chicken and cook until lightly browned on one side, about 3 minutes. Turn the chicken over and place the skillet in the oven. Roast until an instant-read thermometer registers 165°, 10 to 15 minutes.

Nutrition

Calories: 259	Added Sugars: 0 g
Total Fat: 12 g	Protein: 30 g
Saturated Fat: 4 g	Sodium: 349 mg
Cholesterol: 141 mg	Potassium: 436 mg
Carbohydrates: 7 g	Folate: 20 mcg
Fiber: 1 g	Calcium: 75 mg
Total Sugars: 0 g	Carbohydrate Servings: ½



Vidalia Onion & Cucumber Salad

Serving Size: ½ cup

Yield: 6 servings

Active Time: 5 minutes

Total Time: 20 minutes

FRIDAY

Ingredients

- 1 English cucumber (about 11 ounces)
- ½ medium sweet onion, preferably Vidalia
- 2 tablespoons rice vinegar
- 2 tablespoons chopped fresh dill
- ½ teaspoon sea salt
- ½ teaspoon ground pepper

Instructions

Using a vegetable peeler, shave off alternating strips of cucumber to create a striped effect. Thinly slice the cucumber and place in a bowl.

Cut the onion very thinly crosswise with a knife or mandoline. Add to the cucumber. Drizzle with vinegar. Add dill, salt and pepper and gently stir to combine. Let stand for 15 minutes to briefly marinate. Gently stir again before serving.

Nutrition

Calories: 12	Added Sugars: 0 g
Total Fat: 0 g	Protein: 1 g
Saturated Fat: 0 g	Sodium: 184 mg
Cholesterol: 0 mg	Potassium: 102 mg
Carbohydrates: 3 g	Folate: 3 mcg
Fiber: 1 g	Calcium: 16 mg
Total Sugars: 1 g	Carbohydrate Servings: 0