

## Lose It! Premium Meal Plan #12

Tomato-Basil Mahi Mahi  
Jamaican Jerk Pork  
Pesto Primavera  
Orange Peel Beef  
Mexican-Style Chicken Soup

### SHOPPING LIST

*Ingredients for the side dishes are in italics.*

#### Meat

2 (6-ounce) mahi mahi filets  
2 (6-ounce) pork loin chops  
½ pound sirloin steak  
2 boneless, skinless chicken breast halves

#### Produce

Head of garlic  
1 white onion  
3 large tomatoes  
Fresh basil  
Asparagus (need 1 c)  
1 orange  
Carrots (need 3)  
Celery (need 2 stalks)  
1 red bell pepper  
2 small dried red chilies (optional)  
1-2 jalapenos (depending on taste)  
Scallions  
*Broccoli*  
*2 sweet potatoes*  
*Salad greens (for 2 side salads)*  
*Salad vegetables (for 2 side salads)*  
*1 avocado*

#### Dairy

Parmesan cheese (need 2 T grated)  
*Reduced-fat sour cream*

#### Grains

Rotelle or other shaped pasta (need 4 oz)

4 (6-inch) corn tortillas  
*Couscous*  
*Basmati rice*  
*Jasmine rice*

#### Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt  
Freshly ground pepper  
Jerk seasoning\*  
Ground cumin  
Ground coriander  
Cornstarch  
Olive oil  
Canola oil  
Cooking spray  
Low-sodium soy sauce  
*Salad dressing*  
\*Or make your own with dried minced onion, dried thyme, ground allspice, ground black pepper, ground cinnamon, and cayenne pepper (recipe inside)

#### Canned/jarred goods

Reduced-sodium chicken broth (need 68 oz)  
Pesto sauce  
1 (14-ounce) can water-packed artichoke hearts  
1 (28-ounce) can crushed tomatoes  
*Lite coconut milk (need 6 oz)*



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**NUTRITION PLAN**

## Tomato-Basil Mahi Mahi

Servings: 2

2 (6-ounce) mahi mahi filets

1/8 + 1/8 teaspoon salt

Freshly ground pepper to taste

Cooking spray

2 teaspoons olive oil

1 garlic clove, chopped

2 large tomatoes, diced

2 tablespoons fresh basil, chopped

1. Prepare broiler. Season fish with 1/8 teaspoon salt and pepper, and place it on broiler pan coated with cooking spray. Broil fish 4-5 minutes on each side, or until fish is opaque throughout and flakes easily with a fork.
2. Meanwhile, heat oil over medium-high heat in a medium saucepan. Add garlic and cook 1 minute. Stir in tomatoes, basil, and 1/8 teaspoon salt and pepper. Bring sauce to a boil, and then reduce heat to low.
3. When fish is ready, top it with the sauce and serve.

### Nutrition Information

(For 1/2 of recipe) 225 calories; 8 g carbohydrates; 33 g protein; 6.5 g fat (1 g sat); 2 g fiber; 455 mg sodium.

Side suggestions: **Steamed broccoli. Couscous.**



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NUTRITION PLAN

## Jamaican Jerk Pork

Servings: 2

Marinating time: 4 hours to overnight

Time-saving tip: Begin baking potatoes before starting pork

2 (6-ounce) pork loin chops

1 tablespoon jerk seasoning\*

1 tablespoon olive oil

Cooking spray

\*If you can't find jerk seasoning, make your own: combine 1 T dried minced onion, 1 ¼ t dried thyme, 1 t ground allspice, 1 t ground black pepper, ¼ t ground cinnamon, and ¼ t cayenne pepper

1. Place pork, seasoning, and olive oil in a large plastic resealable bag and shake until pork is coated. Marinate 4 hours to overnight.
2. Cook pork in a skillet or grill pan that has been coated with cooking spray and heated to medium to medium-high heat for about 6-8 minutes per side, or until cooked through.

### Nutrition Information

(For ½ of recipe) 310 calories; 1 g carbohydrate; 36 g protein; 17 g fat (5 g sat); 0 g fiber; 300 mg sodium.

Side suggestions: **Basmati rice cooked with ¾ cup lite coconut milk & ¾ cup water; baked sweet potatoes.**



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NUTRITION PLAN

## Pesto Primavera

Servings: 2

4 ounces rotelle (or other shaped) pasta  
1 cup asparagus, trimmed and cut into 1-inch pieces  
1 tablespoon pesto sauce  
1 tablespoon olive oil  
1 garlic clove, minced  
½ (14-ounce) can artichoke hearts packed in water, drained and quartered  
1 large tomato, seeded and coarsely chopped  
2 tablespoons grated Parmesan cheese

1. Cook pasta according to package directions, omitting fat and salt.
2. Meanwhile, fill a medium saucepan 2/3 full with water and bring to a boil. Add asparagus and boil 5 minutes. Drain and transfer asparagus to a bowl filled with ice water to stop cooking process. Then drain and set asparagus aside.
3. Heat pesto and oil in a large saucepan over medium heat. Add garlic and cook one minute. Stir in artichoke hearts and tomato, and cook 3 more minutes.
4. Toss pesto-vegetable mixture with drained pasta, blanched asparagus, and cheese, and serve.

### Nutrition Information

(For ½ of recipe) 375 calories; 57 g carbohydrate; 10 g protein; 13.5 g fat (2.5 g sat); 10.5 g fiber; 130 mg sodium.

Side suggestions: **Tossed salad.**

## Orange Peel Beef

Servings: 2

Warning! Don't eat the chilies unless you love very spicy foods; they're added for flavor.

½ cup reduced-sodium chicken broth

1 tablespoon low-sodium soy sauce

Zest of ½ orange (finely grate the orange part of the peel; yields about ½ teaspoon zest)

1 teaspoon cornstarch

2 teaspoons canola oil

½ pound sirloin steak, cut into 2-inch by ½-inch strips

1 garlic clove, minced

1 small carrot, peeled and sliced diagonally

1 small red bell pepper, chopped

2 small dried red chilies (optional)

2 scallions, thinly sliced

1. In a small bowl, combine broth, soy sauce, orange zest, and cornstarch until cornstarch dissolves. Set aside.
2. Heat oil in a wok or large nonstick skillet over medium-high heat. Add steak and stir-fry about 3 minutes, until browned. Stir in garlic, carrot, and bell pepper, and stir-fry another 3 minutes, or until carrot is slightly tender.
3. Add chilies and cook entire mixture 2-3 more minutes, or until meat reaches desired degree of doneness.
4. Pour cornstarch mixture into pan and stir-fry 2-3 minutes, until sauce begins to thicken.
5. Remove from heat, stir in scallions, and serve.

### Nutrition Information

(For ½ of recipe) 320 calories; 10 g carbohydrate; 25 g protein; 20 g fat (6.5 g sat); 2.5 g fiber; 570 mg sodium.

Side Suggestions: **Jasmine rice.**



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NUTRITION PLAN

*Weekend Meal*

## Mexican-Style Chicken Soup

Servings: 4 (Freeze or save leftovers for lunch)

2 boneless, skinless chicken breast halves  
2 tablespoons olive oil  
2 garlic cloves, minced  
1 white onion, chopped  
2 stalks celery, chopped  
2 carrots, peeled and chopped  
64 ounces reduced-sodium chicken broth  
1 (28-ounce can) crushed tomatoes  
½-2 jalapeno peppers (depending on taste), seeded and minced  
2 teaspoons ground cumin  
2 teaspoons ground coriander  
4 (6-inch) corn tortillas, sliced into ¼-inch strips  
¼ teaspoon salt  
Freshly ground pepper to taste

1. Fill a large pot 2/3 of the way full with water and bring to a boil. Boil chicken until tender, about 20 minutes. Let chicken cool and shred by hand. Set aside.
2. Meanwhile, heat oil in a large Dutch oven or another pot over medium-high heat. Add garlic to pan and cook 30 seconds. Stir in onion, celery, and carrots, and sauté 5-7 minutes, or until vegetables are tender.
3. Add chicken broth, tomatoes, jalapenos, cumin, and coriander to pan, and bring to a boil. Stir in the tortilla strips, reduce heat, and simmer for 20-25 minutes. Stir in the shredded chicken, season with salt and pepper, and serve.

### Nutrition Information

(For ¼ of recipe) 330 calories; 38 g carbohydrate; 20 g protein; 8.5 g fat (1 g sat); 7.5 g fiber; 865 mg sodium.

Side suggestions: Sliced avocados and reduced fat sour cream.

