

Lose It! Premium Meal Plan #13

Marmalade-Glazed Mahi Mahi
Asian-Style Grilled Pork Chops
Margherita Pizza
Broiled Beef Kebabs
Roasted Chicken with Spring Herbs

SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

$\frac{3}{4}$ pound mahi mahi
2 (6-ounce) boneless pork loin chops
 $\frac{1}{2}$ pound top sirloin beef
1 (3-4-pound) whole chicken

Produce

1 orange
1 lemon
2 large tomatoes (*1 for side*)
Cherry tomatoes
Fresh basil
Fresh chives
Fresh thyme (can substitute dried)
Fresh chervil (can substitute dried)
Head of garlic
1 green bell pepper
1 small white onion
1 yellow onion
Broccoli
Snow peas
Mixed salad greens
1 cucumber
3-4 carrots
Baby red potatoes

Dairy/Eggs/Juices

Part-skim mozzarella cheese (need 1 c, grated)
Parmesan cheese (need 2 T, grated)

Grains

10 ounces refrigerated pizza dough
Couscous
Brown rice
Crusty bread (Italian or French)

Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt
Freshly ground pepper
Garlic powder
Ground cumin
Ground coriander
Olive oil
Cooking spray
Balsamic vinegar
Rice wine vinegar
Ketchup

Canned/jarred goods

Orange marmalade
Dijon mustard
Low-sodium soy sauce
Chili-garlic sauce (look for it in the Asian section of the grocery store)

Other

Bamboo skewers (need 4; can substitute metal)

Marmalade-Glazed Mahi Mahi

Servings: 2

¼ cup orange marmalade

1 teaspoon Dijon mustard

¼ teaspoon garlic powder

¼ teaspoon salt

Freshly ground pepper to taste

12 ounces mahi mahi, cut into 2 filets

Cooking spray

1. In a small mixing bowl, stir together marmalade, mustard, garlic powder, salt, and pepper until smooth.
2. Prepare broiler (to high-heat setting, if applicable).
3. Place fish in a baking dish coated with cooking spray. Spread marmalade mixture over fish and broil about 8 minutes, until it flakes easily with a fork.

Nutrition Information

(For ½ of recipe) 245 calories; 27 g carbohydrate; 32 g protein; 1.5 g fat (0.5 g sat); 0 g fiber; 490 mg sodium.

Side suggestions: Couscous. Steamed broccoli.

Asian-Style Grilled Pork Chops

Servings: 2

Marinating time: 30 minutes to overnight

¼ cup ketchup

Juice of 1 orange (about ¼ cup)

1 tablespoon chili-garlic sauce

1 teaspoon low-sodium soy sauce

½ teaspoon ground cumin

½ teaspoon ground coriander

2 boneless pork loin chops, visible fat trimmed

1. In a medium bowl, whisk together ketchup, orange juice, chili-garlic sauce, soy sauce, cumin, and coriander until smooth.
2. Place pork and 1/3 cup of the prepared sauce in a plastic resealable bag, and toss to coat pork. Marinate in the refrigerator 30 minutes to overnight, turning at least once.
3. Prepare indoor or outdoor grill. Remove pork from marinade and grill, about 4-6 minutes per side, or until cooked through.
4. In a small saucepan over medium heat, bring remaining sauce just to a simmer and then remove from heat.
5. Top pork with heated sauce and serve.

Nutrition Information

(For ½ of recipe) 225 calories; 14 g carbohydrate; 38 g protein; 6 g fat (2 g sat); 0 g fiber; 555 mg sodium.

Side suggestion: **Brown rice. Steamed snow peas.**

Margherita Pizza

Servings: 4 (Freeze leftovers or save for lunch)

1 large tomato, seeded and diced
1 cup grated part-skim mozzarella cheese
½ cup fresh basil, chopped
1 tablespoon olive oil
1 tablespoon balsamic vinegar
2 garlic cloves, minced
10 ounces refrigerated pizza dough
2 tablespoons grated Parmesan cheese

1. Preheat oven to 400°F.
2. Combine tomato, mozzarella, basil, oil, vinegar, and garlic in a medium bowl. Let stand 10 minutes.
3. Meanwhile, unroll dough into a 12-inch square. Transfer dough to a nonstick baking sheet or pizza stone. Top with tomato mixture, leaving a ½-inch border.
4. Bake pizza about 8-10 minutes, or until cheese is melted and dough is cooked through (see package directions on dough, if available).
5. Sprinkle with Parmesan and serve.

Nutrition Information

(For ¼ of recipe) 330 calories; 34 g carbohydrate; 14 g protein; 11 g fat (4 g sat); 3 g fiber; 485 mg sodium.

Side suggestions: Italian house salad.

Broiled Beef Kebabs

Servings: 2

Marinating time: 30 minutes to overnight

½ pound top sirloin beef, cut into 1 to 2-inch cubes

1 tablespoon low-sodium soy sauce

1 tablespoon olive oil

1 tablespoon rice wine vinegar

½ teaspoon black pepper

4 bamboo skewers, soaked in water for at least 20 minutes (can substitute metal)

1 green bell pepper, cut into 1 to 2-inch squares

8 cherry tomatoes

1 small white onion, cut into about 8-10 large chunks

1. Combine beef, soy sauce, oil, vinegar, and pepper in a large resealable plastic bag. Marinate in the refrigerator 30 minutes to overnight, turning at least once.
2. Preheat broiler to high heat (alternatively, a grill may be used). Thread skewers, alternating beef, bell pepper, tomatoes, and onion pieces.
3. Broil skewers 5-7 minutes, or until desired degree of doneness is achieved.

Nutrition Information

(For ½ of recipe) 330 calories; 11 g carbohydrate; 24 g protein; 21 g fat (7 g sat); 2.5 g fiber; 395 mg sodium.

Side suggestion: Crusty bread (Italian or French).

Roasted Chicken with Spring Herbs

Servings: 2

Note: If making the roasted vegetable side, prepare the vegetables before preparing chicken.

1.5 tablespoons olive oil
1 tablespoon fresh chives, chopped
1 teaspoon fresh thyme leaves (can substitute ¼ teaspoon dried)
1 teaspoon fresh chervil, chopped (can substitute ¼ teaspoon dried)
Zest of 1 lemon (then cut lemon into wedges)
¼ teaspoon salt
Freshly ground pepper to taste
1 (3-4-pound) whole chicken, giblets removed

1. Preheat oven to 425°F.
2. In a medium bowl, mix together oil, chives, thyme, chervil, lemon zest, salt, and pepper to form a paste.
3. Rinse chicken under cold running water, pat dry, and then place, breast side down, in a roasting pan. Using your fingers and starting at the neck of the chicken, carefully make a space between the skin and the meat. Spread herb paste under the skin of the chicken. Place the lemon wedges in the cavity of the chicken.
4. Roast the chicken for 45-55 minutes, or until a meat thermometer inserted into the thigh joint (away from the bone) registers 175°F. Remove chicken from oven, tent loosely with aluminum foil for 10 minutes, and then slice and serve.

Nutrition Information

(For ½ of the chicken meat, skin removed) 480 calories; 0 g carbohydrate; 70 g protein; 20.5 g fat (4 g sat); 0 g fiber; 540 mg sodium.

Side suggestions: **Roasted vegetables.**