

Lose It! Premium Meal Plan #24

Steak and Blue Cheese Wraps
Turkey Picadillo
Hawaiian-Style Mahi Mahi
Lemon Rosemary Chicken
Tortellini Soup

SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

½ pound sirloin steak
2 (6-ounce) mahi mahi filets
2 boneless, skinless chicken breast halves
½ pound ground turkey breast

Produce

Romaine lettuce
Grape tomatoes
4 plum tomatoes
1 red onion
2 white onions
Head of garlic
1 avocado
1 jalapeno (optional)
1 lime
1 lemon
2 carrots
2 zucchini
Fresh rosemary
Fresh cilantro
Pineapple (need ½ c diced)
1 *medium sweet potato*
1 *asparagus (need ½ bunch)*
Green beans
4 *small red potatoes*

Dairy/Eggs/Juices

Blue cheese (need 1 T crumbled)

Grains

2 (10-inch) flour tortillas
9 ounces spinach or cheese tortellini (fresh or frozen)
Crusty bread (Italian or French)
Rice pilaf
White rice

Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt
Freshly ground pepper
Cumin
Olive oil
Canola oil
Cooking spray
Golden raisins (need 2 T)
Slivered almonds (need 2 T)

Canned/jarred goods

Reduced-fat mayonnaise
1 (28-ounce) can reduced-sodium vegetable broth
Reduced-sodium chicken broth (need 4 oz)
Salsa
1 (15-ounce) can black beans

Steak and Blue Cheese Wraps

Servings: 2

Time-saving tip: start fries before preparing wraps

2 tablespoons reduced-fat mayonnaise

1 tablespoon crumbled blue cheese

Freshly ground pepper to taste

Cooking spray

½ pound sirloin steak, trimmed of visible fat and cut into ¼-inch strips

¼ teaspoon salt

2 cups romaine lettuce, chopped

½ cup grape tomatoes, halved

¼ red onion, thinly sliced

2 (10-inch) flour tortillas

1. In a small bowl, mix together mayonnaise, blue cheese, and pepper. Set aside.
2. Heat a large nonstick skillet over medium-high heat and coat with cooking spray. Season steak strips with salt and pepper, add to pan, and sauté 3-4 minutes, or until meat reaches desired degree of doneness.
3. Combine lettuce, tomatoes, and onions in a medium bowl. Spread half of the blue cheese mixture over each tortilla, layer with equal parts of the steak and lettuce mixture, and roll up.

Nutrition Information

(For ½ of recipe) 440 calories; 45 g carbohydrate; 30 g protein; 16 g fat (9 g sat); 4 g fiber; 875 mg sodium.

Side suggestions: **Sweet potato fries.**

Turkey Picadillo

Servings: 2

2 teaspoons canola oil
½ white onion, chopped
1 garlic clove, minced
½ pound ground turkey breast
1 teaspoon ground cumin
¼ teaspoon salt
½ cup salsa
2 tablespoons golden raisins
2 tablespoons slivered almonds
2 tablespoons fresh cilantro, chopped

1. Heat the oil in a large skillet over medium-high heat. Stir in the onion and garlic, and cook for 2 minutes. Add the turkey, cumin, and salt, and cook for 5 minutes, breaking apart the turkey as it cooks.
2. Add the salsa and raisins to the skillet, cover, reduce heat to medium, and simmer for 5 minutes. Stir in almonds and cilantro, and serve.

Nutrition Information

(For ½ of recipe) 235 calories; 15 g carbohydrate; 21 g protein; 10 g fat (1 g sat); 2 g fiber; 675 mg sodium.

Side suggestions: **Black beans and rice.**

Hawaiian-Style Mahi Mahi

Servings: 2

½ cup pineapple, diced
2 tablespoons red onion, minced
½ avocado, diced
½ jalapeno, seeded and minced (optional)
1 tablespoon cilantro, chopped
Juice of ½ lime
¼ + 1/8 teaspoon salt
2 teaspoons canola oil
2 (6-ounce) mahi mahi filets
Freshly ground pepper to taste

1. Combine pineapple, onion, avocado, jalapeno, cilantro, lime juice, and ¼ teaspoon salt in a medium bowl. Set aside.
2. Prepare grill. Drizzle oil over fish, and season with 1/8 teaspoon salt and pepper. Grill fish about 4-6 minutes per side, or until opaque throughout.
3. Top grilled fish with pineapple mixture and serve.

Nutrition Information

(For ½ of recipe) 375 calories; 10 g carbohydrate; 34 g protein; 22.5 g fat (3.5 g sat); 3 g fiber; 530 mg sodium.

Side suggestions: **Grilled asparagus. Rice pilaf.**

Lemon-Rosemary Chicken

Servings: 2

Time-saving tip: Start potatoes before preparing chicken

1 tablespoon fresh rosemary leaves, chopped

½ teaspoon fresh lemon zest

Freshly ground pepper to taste

2 boneless, skinless chicken breast halves

2 teaspoons olive oil

½ cup reduced-sodium chicken broth

1. Combine rosemary, lemon zest, and pepper in a small bowl. Rub mixture over both sides of chicken, pressing it into the meat.
2. Heat oil in a large nonstick skillet over medium-high heat. Add chicken and cook about 2 minutes per side, until golden brown. Stir in chicken broth, reduce heat to low, cover, and cook about 8 minutes, until chicken is cooked through. Spoon a little sauce over chicken and serve.

Nutrition Information

(For ½ of recipe) 175 calories; 0 g carbohydrate; 28 g protein; 6 g fat (1 g sat); 0 g fiber; 175 mg sodium.

Side suggestions: **Rosemary-roasted red potatoes. Steamed green beans.**

Tortellini Soup

Servings: 6 (Freeze or save leftovers for lunch)

2 tablespoons olive oil
2 carrots, peeled and thinly sliced
1 white onion, diced
3 garlic cloves, minced
1 teaspoon rosemary leaves, chopped
28 ounces reduced-sodium vegetable broth
2 zucchini, diced
9 ounces spinach or cheese tortellini (fresh or frozen)
4 plum tomatoes, diced
Freshly ground pepper to taste

1. Heat oil in a Dutch oven or large pot over medium heat. Stir in carrots and onion, cover, and cook, stirring occasionally, for 4 minutes. Add garlic and rosemary to pot, and cook another minute.
2. Stir in vegetable broth and zucchini, and bring to a boil. Reduce heat and simmer for 3 minutes. Add tortellini and tomatoes, and simmer for another 8 minutes, or until tortellini are plump.
3. Season with pepper and serve.

Nutrition Information

(For 1/6 of recipe) 395 calories; 53 g carbohydrate; 13 g protein; 14 g fat (5 g sat); 7 g fiber; 945 mg sodium.

Side suggestions: **Crusty bread (Italian or French).**