

## Lose It! Premium Meal Plan #31

Pan-Fried Sole  
Grilled Flank Steak Salad  
Pesto-Topped Pork Loin  
Cannellini Bean and Potato Soup  
Chicken and Wild Mushroom Risotto

### SHOPPING LIST

*Ingredients for the side dishes are in italics.*

#### **Meat**

¾ pound sole  
½ pound flank steak  
2 (6-ounce) boneless pork loin chops  
½ pound boneless, skinless chicken breast

#### **Produce**

Fresh thyme (or sub. dried)  
Fresh rosemary  
Parsley  
1 head of garlic  
1 yellow onion  
1 lemon  
1 head of Bibb lettuce  
Radishes (need 4)  
Shiitake or crimini mushrooms (4 oz)  
2 large Russet potatoes (*1 for side*)  
*Broccoli*  
*Cauliflower*  
*Mixed greens (for 2 side salads)*  
*Salad veggies (for 2 side salads)*

#### **Dairy/Eggs/Juices**

Eggs (need 1 large)  
Butter  
Grated parmesan cheese

#### **Grains**

Arborio rice  
*Rice pilaf*  
*Whole-wheat pita bread*  
*Crusty bread*

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

Salt  
Freshly ground pepper  
All-purpose flour  
Plain breadcrumbs  
Olive oil  
Extra-virgin olive oil  
Balsamic vinaigrette  
Pesto sauce  
*Salad dressing*

#### **Canned/jarred goods**

Reduced-sodium chicken stock (20 oz)  
Vegetable broth (need 56 oz)  
1 (15 ½-oz) can cannellini beans  
1 (14 ½-oz) can diced tomatoes, no salt added

#### **Frozen**

1 (10-oz) package frozen spinach

#### **Other**

Dry white wine (need 4 oz)  
*Carrot-ginger soup (look for fresh, refrigerated version)*

## Pan-Fried Sole

Servings: 2

$\frac{3}{4}$  pound sole filets

$\frac{1}{2}$  teaspoon salt

$\frac{1}{8}$  teaspoon freshly ground pepper

$\frac{1}{4}$  cup flour

$\frac{1}{2}$  cup plain breadcrumbs

2 tablespoons fresh parsley, chopped

1 large egg

2 teaspoons olive oil

2 teaspoons butter

$\frac{1}{2}$  lemon, sliced into wedges

1. Season fish filets with salt and pepper.
2. Distribute flour and breadcrumbs onto separate shallow plates. Add parsley to breadcrumbs and mix until evenly distributed. Lightly beat egg and place in another shallow plate. Dip filets in flour, then egg, and then breadcrumbs.
3. Heat oil and butter in a large nonstick skillet over medium heat. Add filets and cook for about 3 minutes on both sides, until golden and opaque throughout. Drizzle with lemon wedges and serve.

### Nutrition Information

(For  $\frac{1}{2}$  of recipe) 395 calories; 29 g carbohydrate; 39 g protein; 13 g fat (4.5 g sat); 1.5 g fiber; 750 mg sodium.

Side suggestions: Rice pilaf. Steamed broccoli.

## Grilled Flank Steak Salad

Servings: 2

1 tablespoon fresh thyme leaves (or 1 teaspoon dried)  
1 tablespoon fresh rosemary leaves  
1 clove garlic, minced  
½ teaspoon kosher salt  
Freshly ground pepper to taste  
2 teaspoons olive oil  
½ pound flank steak, trimmed  
½ head Bibb lettuce  
4 radishes, cleaned and halved  
4 teaspoons balsamic vinaigrette

1. Prepare outdoor grill or indoor grill pan.
2. Grind thyme, rosemary, garlic, salt, and pepper using a mortar and pestle or mini food processor. Drizzle in olive oil and combine to make a paste.
3. Rub paste over both sides of steak. Grill for 12-15 minutes, turning every 2-3 minutes, or until desired degree of doneness. Transfer to a cutting board and let rest under aluminum foil for 5 minutes and then slice into strips.
4. Portion lettuce onto 2 plates. Top with radishes, steak, and vinaigrette.

### Nutrition Information

(For ½ of recipe) 275 calories; 2.5 carbohydrate; 24 g protein; 19 g fat (5.5 g sat); 1 g fiber; 380 mg sodium.

Side suggestions: Carrot-ginger soup. Whole-wheat pita bread.

## Pesto-Topped Pork Loin

Servings: 2

2 teaspoons olive oil

2 (6-ounce) boneless pork loin chops

2 tablespoons pesto sauce

½ cup reduced-sodium chicken stock (plus more as needed)

1. Preheat oven to 425° F.
2. Heat oil over medium-high heat in an oven safe skillet. Add pork and sear for 2-3 minutes on both sides, until browned. Top with pesto sauce and pour broth around.
3. Bake for 15-20 minutes, or until a meat thermometer inserted into the thickest part of the pork registers 165° F. While in the oven, add additional broth if necessary. Let rest for 5 minutes before serving.

### Nutrition Information

(For ½ of recipe) 376 calories; 3 g carbohydrate; 35 g protein; 25.5 g fat (7 g sat); 0.5 g fiber; 860 mg sodium.

Side suggestions: **Baked potato fries. Steamed cauliflower.**

# Cannellini Bean and Potato Soup

Servings: 6 (Save leftovers for lunch.)

56 ounces vegetable broth\*  
2 cloves garlic, minced  
1 (15 ½-ounce) can cannellini beans, drained and rinsed  
1 (14 ½-ounce) can diced tomatoes, no salt added  
1 russet potato, scrubbed and diced  
1 (10-ounce) package frozen spinach  
1/3 cup extra virgin olive oil  
1/3 cup grated Parmesan cheese

*\*Reduce the sodium content of this recipe by substituting reduced-sodium broth for half or all of the 56 ounces.*

1. Heat broth and garlic in a large pot or Dutch oven over medium-high heat.
2. In a small bowl, or even right in the can, mash half of the beans using a fork. Add mashed beans, whole beans, and tomatoes to the broth. Bring to a simmer. Stir in potato and cook until tender, about 15 minutes.
3. Stir in frozen spinach and cook until thawed, 2-3 minutes.
4. Top each serving of soup with 1 tablespoon each of olive oil and grated parmesan cheese.

## Nutrition Information

(For 1/6 of recipe) 280 calories; 27 g carbohydrate; 11 g protein; 15 g fat (3 g sat); 5.5 g fiber; 2,170 mg sodium.

Side suggestions: **Crusty bread.**

# Chicken and Wild Mushroom Risotto

Servings: 2

2 + 2 teaspoons olive oil

4 ounces shiitake or crimini mushrooms, cleaned, destemmed, and sliced

½ pound boneless, skinless chicken breast, cut into bite-size pieces

2 cups reduced-sodium chicken stock, more if needed

½ small yellow onion, minced

½ cup Arborio rice

½ cup dry white wine

2 + 1 tablespoons Parmesan cheese, grated

Freshly ground pepper to taste

1 tablespoon fresh parsley, chopped

1. Heat 2 teaspoons olive oil in a large pot or Dutch oven over medium heat. Add the mushrooms and cook, stirring frequently, for about 3 minutes. Add the chicken and cook another 4-5 minutes, until chicken is cooked through. Transfer mixture to a plate and cover loosely with aluminum foil.
2. Heat stock in a medium saucepan over medium-high heat. Bring to a simmer and reduce heat to low.
3. Add the remaining 2 teaspoons of olive oil to the large pot. Add onion and sauté, stirring frequently, for about 4-5 minutes. Add the rice and sauté for about 30 seconds. Add the wine and simmer, stirring continuously, until all the wine is absorbed. Add ½ cup of warmed stock, and cook, stirring frequently, until stock is absorbed.
4. Continue cooking the rice, adding ½ cup stock at a time and stirring frequently, allowing almost all of the stock to evaporate before adding the next ½ cup. Continue cooking until all the stock is absorbed and rice is tender, about 20-25 minutes. (If necessary, add more stock.)
5. Stir in the chicken, mushrooms, and 2 tablespoons of the Parmesan cheese. Season with freshly ground pepper to taste. Top with remaining tablespoon Parmesan cheese and the fresh, chopped parsley.

## Nutrition Information

(For ½ of recipe) 520 calories; 46 g carbohydrate; 40 g protein; 15 g fat (3.5 g sat); 2.5 g fiber; 985 mg sodium.

Side suggestions: **Mixed green salad.**

