

Lose It! Premium Meal Plan #37

Pesto Chicken
Dijon-Crusted Pork
Skillet Beef and Asparagus
Baked Halibut with Peppers
Orzo Pasta with Green Beans and Feta

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Ingredients for the side dishes are in italics.

Meat

2 boneless, skinless chicken breast halves
2 (8-ounce) bone in, center-cut pork chops
 $\frac{3}{4}$ pound top sirloin
12 ounces halibut filet

Produce

1 bunch asparagus
Head of garlic
1 red onion
1 small white onion
1 yellow bell pepper
Green beans (need 1 c + *extra for side*)
Flat-leaf parsley
Tomatoes
Green beans
Mixed salad greens (for 2 side salads)
Salad vegetables (for 2 side salads)

Dairy/Eggs/Juices

Feta cheese (need $\frac{1}{4}$ c, crumbled)

Grains

Bread crumbs (need $\frac{1}{4}$ c)
Orzo pasta (need $\frac{1}{4}$ c dry)
Whole wheat pasta (any shape, need 4 oz)
Rice pilaf
Brown rice
Crusty bread (Italian or French)

Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt
Freshly ground pepper
Cornstarch
Olive oil
Canola oil
Cooking spray
Dijon mustard
Low-sodium soy sauce
Salad dressing

Canned/jarred goods

Pesto
Capers
1 (14-ounce) can diced tomatoes

Pesto Chicken

Servings: 2

Cooking spray

2 boneless, skinless chicken breast halves

¼ teaspoon salt

Freshly ground pepper to taste

3 teaspoons pesto

1. Preheat oven to 400°F.
2. Spray oven-safe skillet with cooking spray and heat over medium heat. Season chicken with salt and pepper, and cook in skillet about 2 minute per side, until browned.
3. Spread 1 ½ teaspoons pesto over the tops of each chicken breast, and transfer skillet to the oven. Bake chicken about 10-12 minutes, or until cooked through.

Nutrition Information

(For ½ of recipe) 105 calories; 0 g carbohydrate; 27 g protein; 3 g fat (0.5 g sat); 0 g fiber; 410 mg sodium.

Side suggestions: **Whole wheat pasta with fresh parsley. Sliced tomatoes.**

Dijon-Crusted Pork

Servings: 2

¼ cup breadcrumbs
2 teaspoons Dijon mustard
2 (8-ounce) bone-in center-cut pork chops
¼ teaspoon salt
Freshly ground pepper to taste
2 teaspoons olive oil

1. Preheat oven to 400°F.
2. Use a fork to mix the breadcrumbs and mustard together in a small bowl (the mixture should be crumbly).
3. Season the pork chops with salt and pepper, and then coat all sides of the pork with the breadcrumb mixture.
4. Heat the oil in an ovenproof skillet over medium-high heat. Cook the pork chops for about 3 minutes on each side, until browned.
5. Transfer the skillet to the oven and cook the pork chops until a meat thermometer registers 160°F, about 20-25 minutes (will depend on the thickness of the chops).

Nutrition Information

(For ½ of recipe) 435 calories; 10 g carbohydrate; 52 g protein; 19 g fat (5.5 g sat); 0.5 g fiber; 565 mg sodium.

Side suggestions: **Steamed green beans. Rice pilaf.**

Skillet Beef and Asparagus

Servings: 2

2 teaspoons canola oil
¾ pound top sirloin, sliced thinly
½ red onion, sliced
½ bunch asparagus, cut into 1-inch pieces
¼ cup water
2 tablespoons low-sodium soy sauce
2 teaspoons cornstarch
¼ teaspoon salt
Freshly ground pepper to taste

1. In a small bowl, whisk together soy sauce and cornstarch. Set aside.
2. Heat oil in a nonstick skillet or wok over medium-high heat. Add onion and cook 1-2 minutes, until just tender. Add asparagus and sauté another 2 minutes. Stir in beef and cook until brown, about 2-3 minutes.
3. Reduce heat to medium. Add water and soy sauce-cornstarch mixture. Cook about 2 minutes, until the sauce thickens and the beef is cooked through. Season with salt and pepper.

Nutrition Information

(For ½ of recipe) 430 calories; 10 g carbohydrate; 38 g protein; 26 g fat (9 g sat); 2 g fiber; 915 mg sodium.

Side suggestions: **Brown rice.**

Baked Halibut with Peppers

Servings: 2

¼ small white onion, diced
1 yellow bell pepper, diced
1 tablespoon capers
12 ounces halibut, cut into 2 filets
Cooking spray
2 teaspoons olive oil
¼ teaspoon salt
Freshly ground pepper to taste

1. Preheat oven to 400° F.
2. In a medium bowl, combine onion, bell pepper, and capers. Set aside.
3. Place fish, skin-side down, on a baking dish coated with cooking spray. Drizzle fish with olive oil, season with salt and pepper, and top with pepper mixture. Bake about 20-25 minutes, until fish is opaque throughout and flakes easily with a fork.

Nutrition Information

(For ½ of recipe) 250 calories; 5 g carbohydrate; 36 g protein; 8.5 g fat (1 g sat); 1.5 g fiber; 510 mg sodium.

Side suggestions: Crusty bread (Italian or French).

Orzo with Green Beans and Feta

Servings: 2

½ cup orzo pasta
1 cup green beans, trimmed and cut into 1-inch pieces
2 teaspoons olive oil
½ small white onion, chopped
1 garlic clove, minced
1 (14-ounce) can diced tomatoes, drained
¼ cup crumbled feta cheese

1. Cook pasta according to package directions, omitting salt and fat.
2. Meanwhile, bring a pot of water to a boil. Boil green beans for 1-2 minutes, and then transfer to a bowl filled with ice water to stop cooking process. Remove beans from water and set aside.
3. Heat oil in a large skillet over medium-high heat. Add onion and garlic to skillet, and cook until softened, about 2-3 minutes. Stir in tomatoes and cook until heated through.
4. Toss pasta, green beans, onion-tomato mixture, and feta together in a large bowl, and then serve.

Nutrition Information

(For ½ of recipe) 270 calories; 42 g carbohydrate; 8 g protein; 9.5 g fat (3.5 g sat); 5 g fiber; 710 mg sodium.

Side suggestions: **Mixed greens salad.**