

Lose It! Premium Meal Plan #39

Chicken Piccata
Caesar-Broiled Flounder
Pork and Vegetable Stir-Fry
Tortilla Espanola
Classic Chili

SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

2 boneless, skinless chicken breast halves
½ pound boneless pork loin
12 ounces skinless flounder filets
1 pound 90% reduced-fat ground beef

Produce

2 lemons
Head of garlic
1 red bell pepper
1 green bell pepper
3 small white onions
6 baby red potatoes
Snow peas (need 1 c)
Green beans
Broccoli
Salad greens (for 2 side salads)
Salad vegetables (for 2 side salads)

Dairy/Eggs/Juices

Parmesan cheese (need ¼ c, grated)
Eggs (need 6 large)
Reduced-fat sour cream
Reduced-fat cheddar cheese (need ¼ c, grated)

Grains

Spaghetti
Brown rice
Couscous
Crusty bread

Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt
Freshly ground pepper
Dried oregano
Dried thyme
Cumin
Chili powder
All-purpose flour
Olive oil
Cooking spray
Reduced-sodium soy sauce
Salad dressing

Canned/jarred goods

Capers
Reduced-fat mayonnaise
Reduced-sodium chicken broth (need 2 oz)
1 (28-ounce) can diced tomatoes
1 (16-ounce) can kidney beans

Chicken Piccata

Servings: 2

2 boneless, skinless chicken breast halves

2 teaspoons olive oil

2 tablespoons all-purpose flour

¼ cup reduced-sodium chicken broth

Juice of 1 lemon

1 tablespoon capers

1 garlic clove, minced

¼ teaspoon salt

Freshly ground pepper to taste

1. Place chicken between 2 sheets of plastic wrap and pound to a ½-inch thickness with your fist or a rolling pin.
2. Heat oil in a large nonstick skillet over medium to medium-high heat. Dredge chicken in flour and cook in skillet for about 3 minutes per side, or until cooked through. Remove chicken from pan, cover, and set aside.
3. Add broth, lemon juice, capers, and garlic to pan, and cook 1-2 minutes, until thickened, scraping brown bits off the bottom of the pan as the sauce cooks.
4. Top chicken with sauce and serve.

Nutrition Information

(For ½ of recipe) 190 calories; 9 g carbohydrate; 17 g protein; 6 g fat (1 g sat); 0.5 g fiber; 560 mg sodium.

Side suggestions: **Spaghetti. Steamed green beans.**

Pork and Vegetable Stir-Fry

Servings: 2

2 teaspoons canola oil

½ pound boneless pork loin, visible fat removed, and cut into cubes

1 cup snow peas, trimmed

1 red bell pepper, sliced into ¼-inch strips

½ small white onion, sliced into ¼-inch strips

2 tablespoons reduced-sodium soy sauce

¼ teaspoon salt

Freshly ground pepper to taste

1. Heat oil in a wok (or large non-stick skillet) over medium-high heat. Add pork and stir-fry for about 5 minutes. Remove pork with a slotted spoon, cover, and set aside.
2. Add peas, bell pepper, and onion to the wok, and stir-fry for 3-4 minutes. Then add the pork back in, along with the soy sauce. Stir-fry for another couple of minutes.
3. Sprinkle with salt and pepper, and serve.

Nutrition Information

(For ½ of recipe) 265 calories; 11 g carbohydrates; 27 g protein; 12 g fat (3 g sat); 3 g fiber; 945 mg sodium.

Side suggestions: **Brown rice.**

Caesar-Broiled Flounder

Servings: 2

3 tablespoons reduced-fat mayonnaise
¼ cup grated Parmesan cheese
1 teaspoon lemon zest
1 teaspoon lemon juice
12 ounces skinless flounder filets
¼ teaspoon salt
Freshly ground pepper to taste

1. Prepare broiler (on high setting, if applicable).
2. In a medium bowl, whisk together mayonnaise, Parmesan, lemon zest, and lemon juice. Set aside.
3. Season both sides of fish with salt and pepper. Arrange fish on a baking sheet or broiler pan. Broil fish 2-4 minutes (depending on thickness).
4. Remove fish from broiler, spread mayonnaise mixture over filets, and broil an additional 2 minutes, or until cooked through.

Nutrition Information

(For ½ of recipe) 290 calories; 3 g carbohydrate; 37 g protein; 13 g fat (4 g sat); 0 g fiber; 840 mg sodium.

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

Tortilla Espanola

Servings: 2

1 tablespoon olive oil
6 baby red potatoes, thinly sliced
1 small white onion, thinly sliced
¼ + ¼ teaspoon salt
Freshly ground pepper to taste
6 large eggs
1 teaspoon dried oregano
1 teaspoon dried thyme
¼ teaspoon crushed red pepper flakes
Cooking spray

1. Heat oil in a 12-inch pan over medium heat. Layer potatoes and onion in pan, season with ¼ teaspoon salt and pepper, and cover. Cook, stirring every couple of minutes, until potatoes are cooked, about 15-20 minutes. Remove from heat and cool 5 minutes.
2. In a large bowl, whisk together eggs, oregano, thyme, pepper flakes, ¼ teaspoon salt, and pepper. Add potato mixture to eggs.
3. Wipe pan clean, coat generously with cooking spray, and warm over medium-low heat. Pour egg and potato mixture into pan, cover, and cook until eggs are set, about 10 minutes.
4. Slice into wedges and serve.

Nutrition Information

(For ½ of recipe) 330 calories; 43 g carbohydrate; 14 g protein; 11 g fat 3 g sat); 4.5 g fiber; 255 mg sodium.

Side suggestions: **Mixed green salad.**

Classic Chili

Servings: 4 (save the leftovers for lunch)

1 pound 90% reduced-fat ground beef
1 small white onion, chopped
1 green bell pepper, chopped
2 garlic cloves, minced
1 (28-ounce) can diced tomatoes, undrained
1 (16-ounce) can kidney beans, drained*
3 tablespoons cumin
2 tablespoons chili powder
1 ½ teaspoons dried oregano
¼ teaspoon salt
¼ cup reduced-fat sour cream
¼ cup reduced-fat grated cheddar cheese

1. Heat a Dutch oven or large pot over medium-high heat. Add beef and brown, breaking with a wooden spoon or spatula until cooked through, about 5-7 minutes.
2. Stir in onion, pepper, and garlic. Cook 3-4 minutes, until vegetables are slightly softened.
3. Add tomatoes and beans to the pot. Stir in cumin, chili powder, oregano, and salt.
4. Bring to a boil, then reduce to medium heat and simmer, stirring occasionally for 20 minutes or more, until the chili reaches desired thickness.
5. Top each bowl of chili with 1 tablespoon sour cream and 1 tablespoon cheese.

Nutrition Information

(For ¼ of recipe) 370 calories; 29 g carbohydrate; 33 g protein; 15 g fat (6 g sat); 7 g fiber; 515 g sodium.

Side suggestions: **Crusty bread.**