

Lose It! Premium Meal Plan #4

Broiled Cod Dijon
Pasta with Pancetta and Peas
Balsamic Chicken
Marinated Broiled Flank Steak
Spinach and Mushroom Pizza

SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

12 ounces cod filets
2 ounces sliced pancetta
2 boneless, skinless chicken breast halves
½ pound flank steak

Produce

1 shallot
1 lemon
Head of garlic
Spinach leaves (need 1 c)
Mushrooms (need 1 c, sliced)
1 plum tomato
Green beans
Mixed salad greens (for 4 side salads)
Salad vegetables (for 2 side salads)
Lettuce
3 large tomatoes
2 Russet potatoes
1 cucumber
1 carrot

Dairy

Parmesan cheese (need ¼ c, grated)
Part-skim mozzarella cheese (need ½ c, shredded)
Feta cheese (need 2 T, crumbled)
Reduced-fat sour cream (need 2 T)

Grains

Bow-tie or other shaped pasta (need 4 oz)
½ pound refrigerated pizza dough (whole wheat, if available)
Rice pilaf
Whole-grain dinner rolls (need 2)

Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt
Freshly ground pepper
Dried tarragon
Dried rosemary
Dried oregano
All-purpose flour
Olive oil
Cooking spray
Worcestershire sauce
Balsamic vinegar
White wine vinegar
Raisins (need 2 T)
Salad dressing

Canned/jarred goods

Dijon mustard
Reduced-sodium chicken broth (need 2 oz)
Tomato sauce (need 4 oz)

Frozen

Green peas (need 4 oz)



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NUTRITION PLAN

Broiled Cod Dijon

Servings: 2

1 tablespoon olive oil
2 teaspoon Dijon mustard
1 teaspoon Worcestershire sauce
12 ounces cod filets
Cooking spray

1. In a small bowl, combine oil, mustard, and Worcestershire sauce.
2. Prepare broiler.
3. Place cod in a baking dish coated with cooking spray. Spread Dijon mixture over tops of fish. Broil 6-8 minutes, until fish is cooked and opaque throughout.

Nutrition Information

(For ½ of recipe) 205 calories; 1 g carbohydrate; 30 g protein; 8 g fat (1 g sat); 0 g fiber; 175 mg sodium.

Side suggestions: Rice pilaf and steamed green beans.

Pasta with Pancetta and Peas

Servings: 2

4 ounces bow-tie or other shaped pasta
4 ounces frozen peas
2 teaspoons olive oil
2 ounces sliced pancetta, cut into ¼-inch strips
1 shallot, thinly sliced
¼ cup grated Parmesan cheese

1. Cook pasta according to package directions, omitting fat and salt. Add the peas during the last 2 minutes of cooking. Drain, reserving ½ cup of the cooking water.
2. Meanwhile, heat oil in a nonstick skillet over medium-high heat. Add pancetta and cook about 7-9 minutes, until it begins to brown. Add the shallot and sauté another 1-2 minutes, or until tender.
3. Toss together pasta, pancetta mixture, and cheese. Add some of the reserved pasta water if the mixture seems dry.

Nutrition Information

(For ½ of recipe) 445 calories; 54 g carbohydrate; 16 g protein; 18.5 g fat (7 g sat); 6.5 g fiber; 715 mg sodium.

Side suggestions: **Tossed salad.**

Balsamic Chicken

Servings: 2

2 boneless, skinless chicken breast halves

¼ cup reduced-sodium chicken broth

¼ teaspoon salt

Freshly ground pepper to taste

1 cup boiling water

2 tablespoons raisins

1 tablespoon olive oil

1 tablespoon balsamic vinegar

1 teaspoon dried tarragon

Zest of ½ lemon

1. Preheat oven to 350° F.
2. Flatten chicken to about a ¾-inch thickness with a rolling pin or your fist. Place chicken in a baking dish, drizzle with broth, and season with salt and pepper.
3. Bake chicken for about 20 minutes, until it is cooked through.
4. Meanwhile, in a small bowl, cover raisins with boiling water. Let the raisins stand for 15 minutes, until they are plump, and then drain.
5. In a medium bowl, whisk together oil, vinegar, tarragon, and the lemon zest. Stir in the raisins.
6. Arrange chicken over lettuce and tomato (see below), drizzle with dressing, and serve.

Nutrition Information

(For ½ of recipe) 220 calories; 7 g carbohydrate; 28 g protein; 8.5 g fat (1.5 g sat); 0.5 g fiber; 465 mg sodium.

Side suggestions: **Bed of lettuce and tomato, whole-grain dinner roll.**



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NUTRITION PLAN

Marinated Broiled Flank Steak

Servings: 2

Marinating time: 30 minutes to overnight

2 tablespoons white wine vinegar

1 tablespoon olive oil

2 teaspoons dried rosemary

1 garlic clove, minced

½ pound flank steak

1/8 teaspoon salt

Freshly ground pepper to taste

Cooking spray

1. Mix together vinegar, oil, rosemary, and garlic. Combine marinade mixture and steak in a large zippered bag, toss to coat, and refrigerate 30 minutes to overnight, turning at least once.
2. Prepare broiler.
3. Season steak with salt and pepper and place on a broiler pan coated with cooking spray. Place on center oven rack and broil 6 minutes on each side, or until desired degree of doneness is reached. Slice and serve.

Nutrition Information

(For ½ of recipe) 240 calories; 2 g carbohydrate; 23 g protein; 15 g fat (4.5 g sat); 0.5 g fiber; 230 mg sodium.

Side suggestions: Sliced tomatoes and feta-loaded baked potatoes.



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NUTRITION PLAN

Spinach and Mushroom Pizza

Servings: 2

½ pound refrigerated pizza dough
2 teaspoons all-purpose flour
1 + 2 teaspoons olive oil
1 + 1 garlic clove, minced
½ + ½ teaspoon dried oregano
4 ounces tomato sauce
1 cup spinach leaves, chopped
1 cup mushrooms, sliced
1 plum tomato, seeded and chopped
½ cup shredded part-skim mozzarella cheese

1. Preheat oven to 425°F.
2. Roll pizza dough into a ball and sprinkle with flour. On a flat, floured surface (e.g., a countertop), roll or press pizza into a 9-inch round shape. Transfer dough to a baking stone or baking sheet, cover loosely with plastic wrap, and let set, 5-10 minutes.
3. Heat 1 teaspoon olive oil in a small saucepan over medium heat. Add 1 minced garlic clove, and cook for 1-2 minutes, until garlic is fragrant. Stir in tomato sauce and ½ teaspoon oregano, and continue cooking for 1-2 minutes, until slightly bubbly. Reduce heat to medium-low, stir in spinach, and continue cooking 2-3 minutes, until spinach wilts. Remove mixture from heat and set aside.
4. Meanwhile, in another small saucepan, heat 2 teaspoons olive oil over medium-high heat. Add mushrooms, 1 minced garlic clove, and ½ teaspoon oregano, and sauté 3-4 minutes, until mushrooms are tender and golden. Stir in tomato and continue cooking for 2 minutes.
5. Spoon tomato sauce over the pizza dough and top with mushroom mixture. Sprinkle with cheese and bake for about 15-20 minutes, until crisp.

Nutrition Information

(For ½ of recipe) 425 calories; 54 g carbohydrate; 18 g protein; 16 g fat (4.5 g sat); 7 g fiber; 1,040 mg sodium.

Side suggestions: **Italian "house" salad.**

