

## Lose It! Premium Meal Plan #5

Ginger Salmon  
Chicken, Arugula, and Bell Pepper Pasta  
Thai Tofu Curry  
Thyme-Crusted Pork Tenderloin  
Turkey, Swiss, and Prosciutto Rolls

### SHOPPING LIST

*Ingredients for the side dishes are in italics.*

#### Meat

10 ounces salmon filet  
1 pound pork tenderloin  
1 turkey breast half (about  $\frac{3}{4}$  pound)  
 $\frac{1}{2}$  pound boneless, skinless chicken breast  
2 ounces thinly sliced prosciutto

#### Produce

Fresh ginger root (need 1 T grated)  
Fresh thyme  
Head of garlic  
1 shallot  
Scallions (need 2)  
1 lemon  
1 bag baby spinach  
1 bag arugula salad (need about 8 oz, 4 for side)  
Snap peas (need 1 c)  
1 red bell pepper  
1 bunch asparagus  
Green beans  
1 pint cherry tomatoes  
1 pear  
1 bag mixed greens (for 2 side salads)

#### Dairy/Eggs/Juices

Orange juice (need 2 T)  
Swiss cheese (need 2 oz, thinly sliced)

#### Grains

Farfalle (or other shaped) pasta (need 4 oz)  
*Jasmine rice*  
*Brown rice*  
*Bulgur wheat*

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

Salt  
Kosher salt (can substitute regular)  
Freshly ground black pepper  
Sugar  
Olive oil  
Canola oil  
Cooking spray  
Reduced-sodium soy sauce  
Red curry paste  
Honey  
*Walnuts (need 2 T chopped)*  
*Balsamic vinaigrette*

#### Canned/jarred goods

Lite coconut milk (need 4 oz)  
Chicken stock (need 6 oz)

#### Other

Extra-firm tofu (need 7 oz)  
Toothpicks



**Lose It!**

NUTRITION PLAN

## Ginger Salmon

Servings: 2

Marinating time: 30 minutes to overnight

1 tablespoon fresh ginger root, grated  
1 garlic clove, minced  
1 tablespoon honey  
2 tablespoons reduced-sodium soy sauce  
2 tablespoons orange juice  
2 (5-ounce) salmon filets  
Cooking spray  
2 scallions, chopped

1. Mix together ginger, garlic, honey, soy sauce, and orange juice. Place fish and marinade into a resealable plastic bag. Refrigerate for 30 minutes to overnight.
2. Preheat broiler (on high setting, if applicable) and position the oven rack about 10 inches below the heat.
3. Remove fish from bag, reserving marinade, and place skin-side up on a broiling rack coated with non-stick cooking spray. Broil fish for about 2 minutes, then remove from oven and pull the skin off with tongs. Baste with marinade and return to oven. After another 2-3 minutes, turn fish over and broil another 4-5 minutes. Fish will flake easily when done.
4. When fish is done, garnish with the scallions and enjoy!

### Nutrition Information

(For ½ of recipe) 285 calories; 14 g carbohydrate; 32 g protein; 11 g fat (3 g sat); 1 g fiber; 670 mg sodium.

Side suggestions: **Garlic-sautéed asparagus** and **jasmine rice**.



## Chicken, Arugula, and Bell Pepper Pasta

Servings: 2

Marinating time: 1-2 hours

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

2 + 2 teaspoons olive oil

1 tablespoon lemon juice

2 sprigs thyme

4 ounces farfalle pasta (or other shaped pasta)

1 garlic clove, chopped

1 shallot, chopped

¼ teaspoon salt

Freshly ground pepper

4 cups arugula salad (about 4 ounces; can also substitute baby spinach)

1 red bell pepper, cut into short, thin strips

1. Combine chicken, 2 teaspoons olive oil, lemon juice, and thyme in a resealable plastic bag. Place in the refrigerator and marinate for 1-2 hours, turning halfway through.
2. Cook pasta according to package directions, omitting salt and oil. Drain and set aside.
3. Meanwhile, heat remaining olive oil in a large non-stick skillet over medium-high heat. Add garlic and shallot and sauté for 1-2 minutes, until fragrant. Add chicken and season with salt and freshly ground pepper. Cook for 3-5 minutes on each side, or until cooked through.
4. Reduce heat to low and add the drained pasta, arugula, and bell pepper to the skillet. Stir to combine with the pasta and cook until arugula is just wilted, another minute or so.

### Nutrition Information

(For ½ of recipe) 430 calories; 50 g carbohydrate; 35 g protein; 9 g fat (1.5 g sat); 3.5 g fiber; 380 mg sodium.

Side suggestions: Mixed green salad with balsamic vinaigrette



## Thai-Tofu Curry

*You can substitute boneless, skinless chicken breast*

Servings: 2

7 ounces extra-firm, drained tofu (see directions below)

½ cup lite coconut milk

½ - 2 teaspoons red curry paste (depending on taste)

½ teaspoon sugar

¼ teaspoon salt

1 tablespoon canola oil

2 cups baby spinach, packed

1 cup snap peas

1. Press water from 14-ounce block of tofu by putting it in between several layers of paper towels and placing a dinner plate on top. Let sit for 15 minutes. Divide block into 2 halves, keep 1 half and freeze the other half for later use.
2. Cube the tofu into ½ inch squares.
3. Mix together the coconut milk, curry paste, sugar, and salt in a small bowl.
4. Heat oil in a large wok or nonstick sauté pan over medium-high heat. Add tofu and cook for 5-7 minutes, rotating until each side until golden.
5. Add snap peas and sauce. Cook for another 5 minutes. Add the spinach and cook for another 2 minutes, until vegetables are tender and spinach is wilted. Serve over rice.

### Nutrition Information

(For ½ of recipe) 235 calories; 12 g carbohydrate; 13 g protein; 16 g fat (4 g sat); 5 g fiber; 400 mg sodium.

Side suggestions: Brown rice.



## Thyme-Crusted Pork Tenderloin

Servings: 4 (Freeze leftovers for a quick, on-hand dinner)

2 garlic cloves, minced

4 teaspoons fresh thyme, chopped (or substitute 1 ½ t dried thyme)

1 teaspoon Kosher salt (or substitute ½ t regular salt)

¼ teaspoon freshly ground pepper

2 + 4 teaspoons olive oil

1 pound pork tenderloin

1. Preheat oven to 400° F.
2. Combine garlic, thyme, salt, pepper, and 2 teaspoons of olive oil in a shallow plate. Place pork tenderloin in spice mixture and roll to coat.
3. Heat remaining 4 teaspoons of olive oil in a large oven-proof skillet over medium-high heat. Add pork and sear until browned on all sides, about 6 minutes.
4. Transfer pork to oven and roast for about 20 minutes, until a thermometer inserted into the thickest part registers 150° F. Transfer to a cutting board, cover loosely with foil, and let rest for 10 minutes. Slice and serve.

### Nutrition Information

(For ¼ of recipe) 195 calories; 0 g carbohydrate; 24 g protein; 11 g fat (2 g sat); 0 g fiber; 350 mg sodium.

Side suggestions: **Bulgur wheat, oven-roasted cherry tomatoes, and steamed green beans.**

## Turkey, Swiss, and Prosciutto Rolls

Servings: 4 (Save leftovers for tomorrow's lunch.)

*Tip: Get sweet potatoes in the oven before starting this recipe.*

1 turkey breast half (about  $\frac{3}{4}$  pound)

$\frac{1}{4}$  teaspoon salt

Freshly ground pepper to taste

2 ounces prosciutto, thinly sliced

2 ounces Swiss cheese, thinly sliced

1 tablespoon olive oil

Toothpicks

$\frac{2}{3}$  cup chicken stock

1. Preheat oven to 400°F.
2. Place turkey breast between 2 pieces of plastic wrap and flatten using the palm or your hand or a meat mallet. Season with salt and pepper.
3. Lay out the prosciutto and Swiss cheese on top of the turkey breast. Roll together and secure with tooth picks.
4. Heat olive oil in a large skillet over medium-high heat. Add the turkey rolls and sear on all sides. Transfer to a baking dish.
5. Add chicken stock to the skillet and scrape up any browned bits. Pour broth over the turkey and bake for about 35-40 minutes in the oven, until thermometer inserted into middle of roll reaches 160°F.
6. Let rest for 5 minutes and then slice into 8 thin rolls.

### Nutrition Information

(For  $\frac{1}{4}$  of recipe) 200 calories; 0 g carbohydrate; 28 g protein; 9 g fat (4 g sat); 0 g fiber; 645 mg sodium.

Side suggestions: **Arugula salad and baked sweet potatoes.**

