

Lose It! Premium Meal Plan #1

Mediterranean Chicken Wrap
Turkey Parmesan
Wild Salmon Cakes
Herb-Grilled Filet Mignon
Swiss Chard Lasagna

SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

½ pound boneless, skinless chicken breast
½ pound turkey breast cutlets
2 (6-ounce) filets of beef tenderloin

Produce

1 head of garlic
2 yellow onions
1 large bag baby spinach
½ pound Swiss chard (about 1 bunch)
Fresh chives (can substitute scallions)
Fresh basil
1 stalk celery
1 lemon
Cherry tomatoes
Broccoli
2 sweet potatoes
Green beans
Tossed salad ingredients (for 2 side salads)

Dairy/Eggs/Juices

Large eggs (need 2)
Grated Parmesan cheese (need 1 c)
Shredded part-skim mozzarella (need about 1 c)
Low fat ricotta cheese (need 10 oz)
Reduced-fat sour cream
Low-fat (1%) milk

Grains

Whole-wheat tortillas
1 box no-cook lasagna noodles
Whole-wheat spaghetti

Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt
Freshly ground pepper
Dried rosemary
Dried mustard
Plain bread crumbs
Flour
Olive oil
Cooking spray
Balsamic vinegar
Paprika

Canned/jarred goods

Light mayonnaise
1 (6-ounce) can wild salmon
1 (28-ounce) can crushed tomatoes
1 (15.5-ounce) can cannellini beans
Marinara sauce

Other

Aluminum foil

Mediterranean Chicken Wrap

Servings: 2

2 teaspoons olive oil
2 cloves garlic, minced
½ pound boneless, skinless chicken breast, cut into strips
¼ teaspoon salt
½ red bell pepper, cut into strips
½ cup canned cannellini beans
4 cups baby spinach
2 whole-wheat tortillas
¼ cup shredded part-skim mozzarella
Aluminum foil

1. Heat oil in a large, nonstick skillet over medium heat. Add garlic and sauté for 1 minute. Add chicken and cook until lightly browned and no longer pink in the middle, about 5-6 minutes. Season with salt and freshly ground pepper to taste.
2. Add bell pepper and beans to skillet and cook for another 2 minutes. Reduce heat to low and stir in baby spinach until just wilted.
3. Heat tortillas in a medium nonstick skillet over high heat for about 30 seconds on each side. Transfer to plates and top with the chicken, spinach, and bean mixture. Sprinkle with mozzarella. Roll up and fold up the bottom end. To prevent spillage, wrap bottom half with foil.

Nutrition Information

(For ½ of recipe) 465 calories; 52 g carbohydrate; 37 g protein; 11 g fat (2 g sat); 8 g fiber; 970 mg sodium.

Side suggestions: **Cherry tomatoes.**



Turkey Parmesan

Servings: 2

¼ cup flour

1 large egg

½ tablespoon low-fat milk

Dash of salt

Freshly ground pepper to taste

1/3 cup freshly grated Parmesan cheese

2 tablespoons chopped fresh basil

½ pound turkey breast cutlets, cut or pounded into ¼ inch thin pieces

1 tablespoon olive oil

1. Place flour in a shallow bowl.
2. In another shallow bowl, mix together the egg, milk, salt, pepper, cheese, and basil.
3. Heat oil in a large nonstick skillet over medium heat.
4. Coat cutlets with flour and then dip in the egg mixture.
5. Let any excess egg mixture drip off, and cook cutlets until golden and cooked through, about 2 minutes on each side. Repeat with remaining oil and cutlets.

Nutrition Information

(For ½ of recipe) 280 calories; 1 g carbohydrate; 34 g protein; 15 g fat (5 g sat); 0 g fiber; 495 mg sodium.

Side suggestions: **Whole wheat spaghetti with marinara sauce. Steamed broccoli.**



Lose It!

NUTRITION PLAN

Wild Salmon Cakes

Servings: 2

2 tablespoons light mayonnaise
2 tablespoons reduced-fat sour cream
1 + 2 tablespoons chopped fresh chives (or substitute scallions)
½ lemon, cut into wedges + juice of ¼ lemon
1 (6-ounce) can wild salmon, drained
1 large egg, beaten
½ stalk celery, finely diced
1 tablespoon fresh parsley, chopped
1/2 cup plain bread crumbs
Freshly ground pepper to taste
1 teaspoon olive oil

1. Make the sauce by combining the mayonnaise, sour cream, 1 tablespoon chives, and lemon juice in a small bowl.
2. In a medium bowl, flake salmon with a fork. Add egg, celery, 2 tablespoons chives, parsley, breadcrumbs, and pepper, and mix well. Use hands to form into 4 small patties.
3. Heat olive oil in a nonstick skillet over medium-high heat. Add salmon cakes and cook for 2-3 minutes on each side, until lightly browned.
4. Serve salmon cakes with sauce and lemon wedges.

Nutrition Information

(For ½ of recipe) 360 calories; 24 g carbohydrate; 24 g protein; 18 g fat (4.5 g sat); 1 g fiber; 450 mg sodium.

Side suggestions: **Spinach salad.**



Herb-Grilled Filet Mignon

Servings: 2

Freshly ground black pepper to taste

¼ teaspoon dried rosemary

½ teaspoon dry mustard

½ teaspoon salt

2 garlic cloves, minced

2 (6-ounce) filets of beef tenderloin, visible fat trimmed

1. Prepare grill.
2. Combine pepper, rosemary, mustard, salt, and garlic. Rub mixture evenly over both sides of steak.
3. Grill 3 minutes on each side or until cooked to preference.

Nutrition Information

(For ½ of recipe) 325 calories; 0 g carbohydrate; 37 g protein; 19 g fat (7 g sat); 0 g fiber; 680 mg sodium. *Exchanges:* 5 ½ lean meats.

Side suggestions: **Baked sweet potatoes and steamed green beans.**



Lose It!

NUTRITION PLAN

Swiss Chard Lasagna

Servings: 4 (Save leftovers for lunch or freeze in individual containers)

½ pound (about 1 bunch) Swiss chard, cleaned and ends trimmed

10 ounces low fat ricotta cheese

2/3 cup shredded Parmesan cheese

2/3 cup shredded part-skim mozzarella

2 teaspoons olive oil

2 small yellow onions, diced

3 garlic cloves, sliced

28-ounce can crushed tomatoes

1 tablespoon fresh basil, chopped

1 box no cook lasagna noodles (need about ½ box)

Cooking spray

½ cup low-fat (1%) milk

1. Preheat oven to 425° F.
2. Place the chard in a large pot of boiling water and cook for about 5 minutes. Drain and let cool a bit. Squeeze out any excess water and cut the chard into large pieces.
3. Mix chard, ricotta, and 1/3 cup of each type of shredded cheese in a bowl. Set aside.
4. Heat oil in a deep nonstick skillet over medium-high heat. Add onion and garlic, and sauté for a few minutes. Reduce heat to medium, and add tomatoes and basil. Cook for 10-15 minutes without a lid, stirring occasionally.
5. Coat a 9x9-inch, or similar sized, baking pan with nonstick cooking spray. Layer first with the chard-ricotta mixture, then the noodles, and then the sauce. Repeat layers about 2 more times (or until sauces run out), finishing with tomato sauce on top. Add the milk around the pan's edges and sprinkle with the remaining cheese.
6. Bake uncovered in oven for 30-35 minutes.

Nutrition Information

(For ¼ of recipe) 440 calories; 43 g carbohydrate; 28 g protein; 20 g fat (11 g sat); 9 g fiber; 1,215 mg sodium.

Serving suggestions: **Tossed salad.**

