

Lose It! Premium Meal Plan #11

Ginger-Soy Pork Chops
Veggie Burritos
Turkey Lettuce Wraps
Roasted Halibut with Lemon and Capers
Chicken and Dumplings

SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

2 (6-ounce) boneless pork loin chops
½ pound lean ground turkey
2 (6-ounce) halibut steaks
¾ pound chicken breast tenders

Produce

Fresh ginger
Head of garlic
3 small white onions
2 red bell peppers
Carrots (need 5; 2 for side)
Scallions
Butter or iceberg lettuce (need 6 large leaves for wraps)
1 lemon
1 large tomato
1 avocado
1 bunch asparagus
Salad greens (for 2 side salads)
Salad vegetables (for 2 side salads)

Dairy

Reduced-fat sour cream (need 2 T)
Reduced-fat cheddar cheese (need 2 T, grated)
Low-fat milk
Eggs (need 1)
Parmesan cheese (need 2 t, grated)

Grains

Whole-wheat tortillas (need 4 10-inch)
Long grain and wild rice
Brown Rice
Couscous

Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt
Freshly ground pepper
Cumin
Chili powder
Dried thyme
All-purpose flour
Baking powder
Cornmeal
Canola oil
Olive oil
Cooking spray
Rice wine vinegar
Low-sodium soy sauce
Peanut sauce
Hoisin sauce
Salad dressing

Canned/jarred goods

Reduced-sodium chicken broth (need 16 oz)
1 (11-ounce) can low-fat cream of celery soup
1 (15-ounce) can black beans
1 (14-ounce) can diced tomatoes with green chilies
Capers

Frozen

Frozen corn (need ½ c)

Ginger-Soy Pork Chops

Servings: 2

Marinating time: 30 minutes to 4 hours

2 tablespoons rice wine vinegar
2 tablespoons low-sodium soy sauce
1 teaspoon fresh ginger, minced
1 garlic clove, minced
2 (6-ounce) boneless pork loin chops
2 teaspoons canola oil

1. In a medium bowl, combine vinegar, soy sauce, ginger, and garlic. Add this mixture and the pork to a large plastic resealable bag and shake to coat well. Marinate in the refrigerator 30 minutes to 4 hours, turning at least once.
2. Heat oil in a large skillet over medium-high heat. Remove pork from marinade, add it to the skillet, and cook about 5 minutes per side, or until pork is cooked through.

Nutrition Information

(For ½ of recipe) 265 calories; 2 g carbohydrate; 37 g protein; 17 g fat (2.5 g sat); 0 g fiber; 985 mg sodium.

Side suggestions: Long grain and wild rice. Sautéed carrots.

Veggie Burritos

Servings: 4 (Keep extra tortillas and veggie mixture separate and save for lunch)

- 4 (10-inch) whole wheat tortillas, warmed
- 1 tablespoon canola oil
- 1 small white onion, chopped
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 red bell pepper, chopped
- 1 medium carrot, diced
- ½ cup frozen corn kernels
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (14-ounce) can diced tomatoes with green chilies, drained
- 2 tablespoons reduced-fat sour cream
- 2 tablespoons reduced-fat shredded cheddar cheese

1. While tortillas warm, heat oil in a large skillet over medium-high heat. Add onion and sauté until slightly tender, about 2 minutes. Stir in cumin and chili powder and cook for 30 seconds. Add bell pepper, carrot, and corn, and cook another 5 minutes.
2. Stir beans and tomatoes into mixture, cover, and cook 10 minutes, stirring often.
3. Top each tortilla with ¼ of vegetable mixture (about 1 cup), sour cream, and cheese. Fold tortillas burrito-style by tucking in ends, folding sides over, and flipping so the seam-side is down.

Nutrition Information

(For ¼ of recipe) 345 calories; 55 g carbohydrate; 14 g protein; 9.5 g fat (2 g sat); 14 g fiber; 1,060 mg sodium.

Side suggestions: Sliced tomatoes and avocado.

Turkey Lettuce Wraps

Servings: 2

1 tablespoon canola oil
1 small white onion, chopped
½ pound lean ground turkey
Green portions of 2 scallions, sliced
½ red bell pepper, chopped
3 tablespoons peanut sauce
1 tablespoon hoisin sauce
1 tablespoon low-sodium soy sauce
¼ teaspoon salt
6 large, crisp lettuce leaves (butter or iceberg work well)

1. Heat oil in a large skillet over medium-high heat. Add onion and sauté 2-3 minutes, or until slightly softened. Add turkey and sauté 6-8 minutes, or until cooked through.
2. Stir in scallions, bell pepper, peanut sauce, hoisin sauce, and soy sauce, and cook for 2-3 minutes.
3. Remove from heat and season with salt.
4. Spoon turkey mixture into lettuce “wraps,” wrap, and enjoy.

Nutrition Information

(For ½ of recipe) 315 calories; 6 g carbohydrate; 21 g protein; 19 g fat (4 g sat); 2 g fiber; 865 mg sodium.

Side suggestions: **Brown rice.**

Roasted Halibut with Lemon-Caper Sauce

Servings: 2

Juice of ½ lemon

1 teaspoon capers

1 teaspoon olive oil

½ teaspoon dried thyme

2 (6-ounce) halibut steaks

¼ teaspoon salt

Freshly ground pepper to taste

Cooking spray

1. Preheat oven to 450°F.
2. Combine lemon juice, capers, olive oil, and thyme in a small bowl. Set aside.
3. Season halibut with salt and pepper, and roast in a casserole dish coated with cooking spray in center of oven until cooked through, about 15-20 minutes.
4. Drizzle halibut with lemon-caper sauce and serve.

Nutrition Information

(For ½ of recipe) 190 calories; 1 g carbohydrate; 35 g protein; 4 g fat (0.5 g sat); 0 g fiber; 425 mg sodium.

Side Suggestions: **Sautéed asparagus, couscous.**

Chicken and Dumplings

Servings: 4 (refrigerate dumplings and soup in separate containers, and save for lunch)

2 teaspoons olive oil
¾ pound chicken breast tenders, cut into 1" squares
1 small white onion, chopped
2 carrots, peeled and sliced
1 garlic clove, minced
½ teaspoon dried thyme
2 cups reduced-sodium chicken broth
2 cups water
1 (11-ounce) can low-fat cream of celery soup
1/3 cup low-fat milk
1 egg
¾ cup all-purpose flour
1 ½ teaspoons baking powder
1 ½ teaspoons cornmeal
Freshly ground pepper to taste

1. Heat olive oil in a large pot over medium-high heat. Add chicken pieces and cook 3-4 minutes, until they are browned on all sides. Remove chicken and set aside.
2. Add onion, carrots, garlic, and thyme to pan, and sauté 4-6 minutes, until onions are tender.
3. Stir in the chicken broth, water, and cream of celery soup to vegetables, and bring to a boil.
4. Return chicken to the pot, cover, and simmer for 10 minutes.
5. While soup is simmering, prepare dumpling batter by whisking milk and egg together in a medium bowl. In another bowl, sift together flour, baking powder, and cornmeal with a fork. Add flour mixture to milk mixture and stir until moistened.
6. Drop half of batter, in tablespoons, into simmering soup. Cover and cook 3-5 minutes, until dumplings are done (they will be puffy and will float on top of soup). Remove dumplings with a slotted spoon and set aside. Repeat with second half of batter. (Makes about 12 dumplings.)
7. Serve soup over dumplings, and sprinkle with pepper.

Nutrition Information

(For ¼ of recipe) 195 calories; 29 g carbohydrate; 12 g protein; 4 g fat (1 g sat); 2 g fiber; 710 mg sodium.

Side suggestions: **Tossed salad.**