

## Lose It! Premium Meal Plan #14

Sautéed Shrimp Salad  
Sesame-Carrot Crusted Chicken Skewers  
Pesto Pasta  
Herbs de Provence Pork Loin Chops  
Turkey Salad with Pears and Hazelnuts

### SHOPPING LIST

*Ingredients for the side dishes are in italics.*

#### Meat

¾ pound shrimp, peeled and deveined  
½ pound boneless, skinless chicken breast  
½ pound boneless, skinless turkey breast (or substitute chicken breast)  
2 (5-ounce) boneless, center-cut pork loin chops

#### Produce

1 pear  
1 yellow bell pepper  
1 small zucchini  
2 carrots  
1 celery stalk  
1 red onion  
1 head of garlic  
1 ripe avocado  
Fresh parsley  
Fresh basil (need 2 c, packed)  
Arugula salad (need 2 c, packed)  
*Broccoli*  
*Mixed greens (for 2 side salads)*  
*Cherry tomatoes*  
*Asparagus*  
1 lemon

#### Dairy/Eggs/Juices

Large eggs (need 1)  
Grated parmesan cheese (need 1 oz)

#### Grains

Pasta (any kind, need 4 oz)  
*Ciabatta bread*  
*Whole-wheat baguette*  
*Basmati rice*  
*Bulgur wheat*

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

Salt  
Freshly ground pepper  
Sesame seeds  
Curry powder  
Herbs de Provence  
All-purpose flour  
Walnuts (need 2 T)  
Hazelnuts (need ¼ c)  
Olive oil  
*Salad dressing*  
*White wine vinegar*

#### Canned/jarred goods

Light mayonnaise  
Reduced-sodium chicken broth (need about 1 c)  
*Mango chutney*

#### Other

Wooden skewers  
*Dried lentils (need ½ c)*

## Sautéed Shrimp Salad

Servings: 2

2 teaspoons olive oil  
1 yellow bell pepper, diced  
1 small zucchini, diced  
¾ pound shrimp, peeled and deveined  
1 ripe avocado, diced  
1 tablespoon chopped parsley  
¼ teaspoon salt  
Fresh ground pepper to taste

1. Heat 2 teaspoons olive oil in a large nonstick skillet or wok over medium-high heat. Add the bell pepper and zucchini, and sauté for 2 minutes. Then add the shrimp and sauté until cooked through, about 3-4 minutes.
2. Remove the skillet or wok from heat, and stir in the avocado and parsley. Season with salt and pepper to taste.

### Nutrition Information

(For ½ of recipe) 410 calories; 15 g carbohydrate; 38 g protein; 23 g fat (4 g sat); 6 g fiber; 555 mg sodium.

Side suggestions: **Ciabatta bread.**

## Sesame-Carrot Crusted Chicken Skewers

Servings: 2

½ pound boneless, skinless chicken breast, cut into long, 1-inch wide pieces

¼ + ¼ teaspoon salt

1 large egg

1/3 cup all-purpose flour

2 carrots, finely shredded

2 tablespoons sesame seeds

2 teaspoons curry powder

Freshly ground pepper to taste

Wooden skewers

1. Preheat oven to 425°F.
2. Season chicken pieces with ¼ teaspoon salt.
3. Break egg into a shallow bowl and beat lightly with a fork. Combine flour, shredded carrot, sesame seeds, curry powder, remaining ¼ teaspoon salt, and pepper in another shallow bowl.
4. Dip chicken pieces into the egg mixture and then coat with the sesame-carrot mixture. Thread onto wooden skewers and place on a nonstick baking sheet. Cook in the center of oven for 20 minutes.

### Nutrition Information

(For ½ of recipe) 245 calories; 10 g carbohydrate; 32 g protein; 9 g fat (2 g sat); 4 g fiber; 710 mg sodium.

Side suggestions: **Basmati rice. Steamed broccoli. Mango chutney.**

## Pesto Pasta

Servings: 2 + leftover pesto sauce (use as a spread for sandwiches, as a pizza topping, as a sauce for grilled chicken, or freeze)

2 tablespoons walnuts  
2 cloves garlic  
2 cups packed fresh basil  
1 ounce Parmesan cheese, grated  
3 tablespoons olive oil  
¼ teaspoon salt  
4 ounces pasta (of your choice)

1. Add walnuts to a food processor or blender and pulse a few times, until chopped. Then add basil and garlic and pulse 20-30 times. With the food processor or blender running, slowly drizzle in the olive oil. Scrape down the sides of the food processor, and add the Parmesan cheese and salt. Pulse until blended.
2. Cook pasta according to package directions, omitting fat and salt. When pasta is cooked, drain, return to pot, and mix in about 2 tablespoons of pesto sauce.

### Nutrition Information

(For ½ of pasta and 1/12 of pesto sauce [about 1 T]) 250 calories; 43 g carbohydrate; 9 g protein; 6 g fat (1 g sat); 2.5 g fiber; 95 mg sodium.

Side suggestions: **Cherry tomato and mixed green salad.**

## Herbs de Provence Pork Loin Chops

Servings: 2

2 (5-ounce) boneless, center-cut pork loin chops

1 teaspoon herbs de Provence

¼ teaspoon salt

Freshly ground pepper to taste

2 teaspoons olive oil

1/3 cup reduced-sodium chicken broth

1. Place pork chops between 2 pieces of plastic wrap and pound until about ½- to ¾-inch thick. Season the pork with the herbs de Provence, salt, and pepper.
2. Heat oil in a large skillet over medium-high heat. Add pork and cook for about 4-5 minutes on each side.
3. Reduce heat and add the broth. Scrape the brown bits off the bottom of the pan, then cover and simmer for 2-4 minutes, until pork is cooked through. Portion pork onto plates and drizzle with the sauce.

### Nutrition Information

(For ½ of recipe) 260 calories; 0 g carbohydrate; 32 g protein; 14 g fat (4 g sat); 0 g fiber; 480 mg sodium.

Side suggestions: Lentil-bulgur pilaf. Steamed asparagus.

## Turkey Salad with Pears and Hazelnuts

Serves: 2

½ pound boneless, skinless turkey breast (or substitute chicken breast)  
½ cup reduced-sodium chicken broth  
¼ cup chopped hazelnuts  
½ celery stalk, diced  
1 ripe pear, peeled and diced  
2 tablespoons red onion, chopped  
¼ cup light mayonnaise  
1/8 teaspoon salt  
Freshly ground pepper to taste  
2 cups arugula, packed

1. Preheat oven to 450° F.
2. Place turkey in a small baking dish; pour broth over the turkey. Bake for about 30 minutes, until cooked through. Transfer to cutting board, let cool slightly, then cut into ½-inch cubes. Set aside.
3. Meanwhile, place a nonstick skillet over medium heat. Add hazelnuts and toast for 3-5 minutes, until fragrant.
4. In a large bowl, combine turkey, hazelnuts, celery, pears, red onion, and mayonnaise. Season with salt and pepper.
5. Portion arugula onto two plates and top with the turkey salad.

### Nutrition Information

(For ½ of recipe) 395 calories; 20 g carbohydrate; 30 g protein; 23 g fat (3.5 g sat); 4 g fiber; 670 mg sodium.

Side suggestions: **Whole-wheat baguette (or other whole-grain bread).**