

Lose It! Premium Meal Plan #17

Barbequed Turkey Burgers
Greek Pita Sandwiches
Spice-Rubbed Pork
Tomato-Basil Chicken
Halibut Tacos

SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

½ pound lean ground turkey
2 (6-ounce) boneless pork loin chops
2 boneless, skinless chicken breast halves
¾ pound halibut

Produce

1 shallot
Romaine lettuce
5 tomatoes
2 red onions (*1 for side*)
1 small eggplant
1 avocado
1 lime
1 lemon
Flat-leaf parsley
Basil
1 medium sweet potato
Cherry tomatoes
Salad vegetables (for 2 side salads)

Dairy/Eggs/Juices

Eggs (need 1)
Feta cheese (need ¼ c crumbled)
Reduced-fat sour cream (need ¼ c)

Grains

Breadcrumbs (need ¼ c)
Whole wheat burger buns (need 2)
Whole wheat pita rounds (need 2 6-inch)
White corn tortillas (need 4)
Brown rice pilaf
Whole wheat linguini

Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt
Freshly ground pepper
Grill seasoning (e.g., Montreal Steak seasoning)
Ground cumin
Paprika
Chili powder
Onion powder
Lemon pepper seasoning
Olive oil
Cooking spray
Barbeque sauce
Red wine vinegar
Salad dressing

Canned/jarred goods

1 (15-ounce) can garbanzo beans
Water-packed artichoke hearts
Refried black beans

Other

Dry white wine (need ¼ c; can substitute chicken broth)

Barbequed Turkey Burgers

Servings: 2

½ pound lean ground turkey
¼ cup breadcrumbs
1 egg white, lightly beaten
½ teaspoon grill seasoning
½ small shallot, finely chopped
2 + 1 tablespoons barbeque sauce
Cooking spray
2 whole wheat burger buns
2 leaves romaine lettuce
1 tomato, sliced
½ small red onion, sliced

1. Combine meat, breadcrumbs, egg, grill seasoning, shallot, and 2 T barbeque sauce in a mixing bowl.
2. Divide mixture in half and form into two ¾-inch patties. Cook patties in a skillet or grill pan coated with cooking spray over medium-high heat for 4-6 minutes on each side, or until cooked through.
3. Place patties on buns, and top each with ½ T barbeque sauce, a lettuce leaf, and slices of tomato and red onion.

Nutrition Information

(For ½ of recipe) 365 calories; 57 g carbohydrate; 18 g protein; 6 g fat (0 g sat); 3.5 g fiber; 970 mg sodium.

Side suggestions: **Sweet potato fries.**

Greek Pita Sandwiches

Servings: 4 (Save leftovers for lunch)

2 (6-inch) whole-wheat pita rounds
2 teaspoons olive oil
½ small eggplant, cut into ½-inch cubes
½ red onion, chopped
1 (15-ounce) can garbanzo beans, drained
1 teaspoon ground cumin
Juice of ½ lemon
1 tomato, seeded and chopped
2 tablespoons flat-leaf parsley, chopped
2 + 2 tablespoons crumbled feta cheese
¼ teaspoon salt
Freshly ground pepper to taste

1. Heat oven to 200° F. Wrap pita rounds in aluminum foil and warm in oven about 10 minutes.
2. Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add eggplant and onion, and sauté 9 minutes. Stir in garbanzo beans, cumin, lemon juice, and tomato, and cook 3-4 minutes, until beans are heated through. Add parsley and 2 T feta, season with salt and pepper, and remove from heat.
3. Cut warmed pita rounds in half. Spoon eggplant mixture into each half, top with remaining 2 tablespoons feta, and serve.

Nutrition Information

(For ¼ of recipe) 270 calories; 44 g carbohydrate; 10 g protein; 7.5 g fat (2 g sat); 8 g fiber; 695 mg sodium.

Side suggestions: **Mediterranean salad.**

Spice-Rubbed Pork

Servings: 2

1 tablespoon paprika
1 teaspoon chili powder
½ teaspoon onion powder
2 (6-ounce) pork loin chops, visible fat trimmed
2 teaspoons olive oil

1. Prepare indoor or outdoor grill.
2. In a small bowl, mix together paprika, chili powder, and onion powder. Drizzle pork with oil and rub with paprika mixture.
3. Grill pork over medium to medium-high heat for 6-8 minutes per side, or until done.

Nutrition Information

(For ½ of recipe) 280 calories; 0 g carbohydrate; 37 g protein; 13 g fat (3.5 g sat); 0 g fiber; 110 mg sodium.

Side suggestions: **Brown rice pilaf. Tossed salad.**

Tomato-Basil Chicken

Servings: 2

2 teaspoons olive oil

½ shallot, chopped

2 boneless, skinless chicken breast halves, cut into 1-inch pieces

¼ cup dry white wine (can substitute chicken broth)

2 large tomatoes, seeded and chopped

¼ teaspoon salt

Freshly ground pepper to taste

2 tablespoons basil, chopped

1. Heat oil in a large skillet over medium-high heat. Add shallot and cook 30 seconds to 1 minute, or until fragrant. Stir in chicken and sauté 6-8 minutes, until nicely browned.
2. Add wine and tomatoes to skillet, bring to a boil, and cook 4 minutes. Season with salt and pepper, stir in basil, and serve.

Nutrition Information

(For ½ of recipe) 235 calories; 10 g carbohydrate; 29 g protein; 6.5 g fat (1 g sat); 2 g fiber; 385 mg sodium.

Side suggestions: **Whole wheat linguini.**

Halibut Tacos

Servings: 2

¼ cup reduced-fat sour cream
½ medium avocado, mashed into a paste with a fork
Juice of ½ lime
1/8 teaspoon salt
¾ pound halibut
½ teaspoon lemon pepper seasoning
Cooking spray
4 white corn tortillas
1 tomato, chopped
¼ cup Romaine lettuce, chopped

1. Combine sour cream, avocado, lime juice, and salt in a small bowl. Set aside.
2. Season halibut with lemon pepper. Grill (on a grill or grill pan coated with cooking spray) over medium-high heat 4-6 minutes per side, or until cooked through.
3. Meanwhile, heat each tortilla in a small skillet over medium heat until warmed, about 30 seconds per side.
4. Cut/break grilled fish into ¼-inch pieces. Top each tortilla with fish pieces, tomato, and lettuce. Top with avocado mixture and serve.

Nutrition Information

(For ½ of recipe) 455 calories; 34 g carbohydrate; 42 g protein; 18 g fat (3 g sat); 6.5 g fiber; 370 mg sodium.

Side suggestion: **Refried black beans.**