

Lose It! Premium Meal Plan #23

Pan-Fried Sole
Moroccan-Style Chicken
Pasta with Sun-Dried Tomatoes and Sausage
Classic Tomato Soup
Pork Tenderloin with Fall Vegetables

SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

$\frac{3}{4}$ pound sole filets
2 chicken quarters (legs)
 $\frac{1}{2}$ pound hot Italian turkey sausage
1 (about 2 $\frac{1}{2}$ pound) pork loin, tied

Produce

3 medium tomatoes (*1 for side*)
1 lemon
1 yellow onion
1 head of garlic
1 bunch parsley
Fresh thyme (or substitute dried)
1 bunch Swiss chard
2 large Yukon gold potatoes
1 large rutabaga
1 large sweet potato
Broccoli
1 orange
1 butternut squash
Fresh basil (for garnish)
Cucumber
Mixed salad greens (for side salads)

Dairy/Eggs/Juices

Butter
Grated parmesan cheese (need 2 T)
Heavy cream (need 4 oz)
Swiss cheese

Grains

Whole-wheat penne (need 4 oz)
Rice pilaf
Couscous
Whole grain bread

Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt
Freshly ground pepper
Paprika
Ground ginger
Ground cinnamon
Flour
Olive oil
Plain breadcrumbs
Slivered almonds
Raisins
Salad dressing (for side salads)

Canned/jarred goods

Reduced-sodium chicken stock (need 1 c *plus extra for side*)
Vegetable stock (need 3 c)
2 (14 $\frac{1}{2}$ ounce) cans diced no salt added tomatoes
Sun-dried tomatoes (need $\frac{1}{4}$ c)
Dijon mustard

Other

Hummus

Pan-Fried Sole

Servings: 2

¾ pound sole filets
½ teaspoon salt
1/8 teaspoon freshly ground pepper
¼ cup flour
½ cup plain breadcrumbs
2 tablespoons fresh parsley, chopped
1 large egg
2 teaspoons olive oil
2 teaspoons butter
½ lemon, sliced into wedges

1. Season fish filets with salt and pepper.
2. Distribute flour and breadcrumbs onto separate shallow plates. Add parsley to breadcrumbs and mix until evenly distributed. Lightly beat egg and place in another shallow plate. Dip filets in flour, then egg, and then breadcrumbs.
3. Heat oil and butter in a large nonstick skillet over medium heat. Add filets and cook for about 3 minutes on both sides, until golden and opaque throughout. Drizzle with lemon wedges and serve.

Nutrition Information

(For ½ of recipe) 395 calories; 29 g carbohydrate; 39 g protein; 13 g fat (4.5 g sat); 1.5 g fiber; 750 mg sodium.

Side suggestions: **Rice pilaf. Steamed broccoli.**

Moroccan-Style Chicken

Servings: 2

2 teaspoons olive oil
1 yellow onion, chopped
2 garlic cloves, minced
2 chicken quarters, skin removed
½ cup reduced-sodium chicken stock
Juice of ½ lemon
½ teaspoon paprika
½ teaspoon dried ginger
¼ teaspoon salt
Freshly ground pepper to taste
2 teaspoons lemon zest
1 tablespoon parsley, chopped

1. Preheat oven to 400° F.
2. Drizzle olive oil into a baking dish and then add onion and garlic. Place chicken on top of the onion and garlic, and pour over the chicken stock and fresh squeezed lemon juice. Season the chicken with the paprika, ginger, salt, pepper, and lemon zest.
3. Bake chicken in the oven for 30 minutes. Remove and baste with juices. Cover with aluminum foil and continue baking for another 15 minutes, or until a meat thermometer registers 175° F. Sprinkle with chopped parsley and serve.

Nutrition Information

(For ½ of recipe) 240 calories; 8 g carbohydrate; 29 g protein; 10 g fat (2 g sat); 1.5 g fiber; 595 mg sodium.

Side suggestions: **Couscous**. **Moroccan citrus salad**.

Pasta with Sausage and Sun-dried Tomatoes

Servings: 2

¼ cup dried sun-dried tomatoes, sliced (use scissors to cut into small strips)
4 ounces whole wheat penne (or other pasta)
2 teaspoons olive oil
½ pound hot Italian turkey sausage, casings removed
2 garlic cloves, thinly sliced
½ cup reduced sodium chicken stock
1 bunch Swiss chard (about ½ pound), washed and stems removed
2 tablespoons grated Parmesan cheese

1. Steam sun-dried tomatoes in a small amount of boiling water for 5 minutes, or until tender.
2. Bring a large pot of water to boil over high heat. Cook pasta al dente according to package directions, omitting salt and oil.
3. Meanwhile, heat olive oil in a large pot or Dutch oven over medium-high heat. Add sausage and cook for 5 minutes, breaking it apart with a fork as it cooks, until evenly browned. Add garlic and cook another minute.
4. Add chicken broth to the skillet. Stir around, scraping any brown bits off the bottom of the pan. Add the Swiss chard, cover and cook for another 2 minutes, until Swiss chard is tender.
5. Reduce heat to low and add in sun-dried tomatoes and drained pasta. Stir to combine. Top with Parmesan cheese and serve.

Nutrition Information

(For ½ of recipe) 490 calories; 58 g carbohydrate; 32 g protein; 17.5 g fat (6 g sat); 8.5 g fiber; 1,710* mg sodium.

** To reduce sodium, skip the sausage and make it a vegetarian meal.*

Side suggestions: **Roasted butternut squash.**

Classic Tomato Soup

Servings: 4 (Save leftovers for lunch.)

2 teaspoons olive oil

3 garlic cloves, minced

2 medium tomatoes, chopped

3 cups vegetable stock

2 (14 ½ ounce) cans diced no salt added tomatoes, undrained

4 ounces heavy cream

Fresh basil (optional; for garnish)

1. Heat oil in a Dutch oven or large pot over medium-high heat. Add garlic and sauté for 1 minute. Add fresh tomatoes and sauté another 2-3 minutes.
2. Stir in stock and diced tomatoes. Bring to a boil and then reduce heat and simmer for 20 minutes.
3. Carefully pour (or scoop) half of the mixture into a blender and process until smooth. Pour into a bowl and repeat with remaining mixture.
4. Pour soup back into the pot and stir in the heavy cream over low heat. Garnish with fresh basil and serve.

Nutrition Information

(For ¼ of recipe) 230 calories; 20 g carbohydrate; 8.5 g protein; 15 g fat (7.5 g sat); 4.5 g fiber; 855 mg sodium.

Side suggestions: **Open-faced sandwiches.**

Roast Pork Loin with Fall Roots

Servings: 8 (Entertain with this dish, or freeze leftover pork for quick dinners.)

2 cloves garlic, minced

$\frac{3}{4}$ teaspoon + $\frac{1}{2}$ teaspoon salt

Freshly ground pepper to taste

1 tablespoon fresh thyme leaves (or substitute 1 teaspoon dried)

2 tablespoons Dijon mustard

1 (about 2 $\frac{1}{2}$ pound) pork loin, trimmed and tied

2 large Yukon gold potatoes, scrubbed and largely diced

1 large rutabaga, peeled and largely diced

1 large sweet potato, peeled and largely diced

2 tablespoons olive oil

Chopped parsley for garnish

1. Preheat oven to 425° F.
2. Using mini food processor, or mortar and pestle, grind the garlic, $\frac{3}{4}$ teaspoon salt, and thyme leaves into a paste. Mix in the mustard and spread the mixture over the pork loin. Let sit at room temperature for 30 minutes.
3. Place vegetables in a large roasting pan and toss with olive oil and remaining $\frac{1}{2}$ teaspoon of salt. Push vegetables aside and place the pork loin in the center of the roasting pan. Roast for 45 minutes to an hour, or until a thermometer inserted into the middle of the pork reaches 145° F.
4. Remove the pork, transfer to a cutting board, cover loosely with aluminum foil, and let rest for 15 minutes. Meanwhile, keep vegetables warm in the oven.
5. Cut the strings off the pork and slice. Arrange pork and vegetables onto a serving platter. Garnish with chopped parsley, if desired.

Nutrition Information

(For 1/8 of recipe) 360 calories; 28 g carbohydrate; 33 g protein; 12 g fat (3.5 g sat); 5 g fiber; 505 mg sodium.

Side suggestions: **Mixed green salad**

