

## Lose It! Premium Meal Plan #25

Salmon-Stir Fry  
Pesto-Topped Pork Loin  
Beef Stroganoff  
Potato-Leek Soup  
Chicken Souvlaki

### SHOPPING LIST

*Ingredients for the side dishes are in italics.*

#### Meat

$\frac{3}{4}$  pound salmon filet  
 $\frac{1}{2}$  pound boneless beef round steak  
 $\frac{1}{2}$  pound boneless, skinless chicken breast  
2 (6-ounce) boneless pork loin chops

#### Produce

Fresh ginger (need 1 t grated)  
1 head of garlic  
4 scallions  
3 leeks  
Snow peas (need  $\frac{1}{2}$  c)  
4 medium Yukon gold potatoes  
1 yellow onion  
4 ounces mushrooms  
1 bunch parsley  
Fresh thyme (can also substitute dried)  
2 lemons  
1 heart of Romaine lettuce  
3 medium tomatoes (*2 for sides*)  
1 red onion  
*Mixed greens (for 2 side salads)*  
*1 yellow bell pepper*  
*1 English cucumber*  
*1 large Russet potato*  
*1 head of broccoli*  
*1 small bag baby carrots*

#### Dairy/Eggs/Juices

Crème-fraiche (can substitute reduced-fat sour cream)  
Butter (need 1 T)  
Crumbled feta  
Plain low-fat yogurt (need  $\frac{1}{4}$  c)  
*Cheese (such as Jarlsberg or Gouda)*

#### Grains

Pita bread  
*Brown rice*  
*Egg noodles*  
*Crisp bread (such as Wasa®)*

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

Olive oil  
Canola oil  
Salt  
Freshly ground pepper  
Reduced-sodium soy sauce  
Rice wine vinegar  
Balsamic vinegar

#### Canned/jarred goods

Tomato paste (need 1 T)  
Kalamata olives, pitted  
Reduced-sodium chicken stock

#### Other

Reduced-sodium vegetable bouillon cubes  
Pesto sauce (need 2 T)  
*Hummus*

## Salmon Stir-Fry

Servings: 2

Marinating time: 30 minutes to 1 hour

¾ pound salmon filet, cut into ¾-inch cubes  
1 teaspoon + 2 teaspoons reduced sodium soy sauce  
1 teaspoon fresh ginger, grated  
1 tablespoon rice wine vinegar  
2 teaspoons canola oil  
2 cloves garlic, minced  
½ cup snow peas, trimmed  
4 scallions, cut into 1-inch pieces  
1 tablespoon water

1. Combine salmon, soy sauce, ginger, and rice wine vinegar in a resealable plastic bag. Toss to combine and marinate for 30 minutes to 1 hour in the refrigerator.
2. Heat oil in a wok or large nonstick skillet over medium-high heat. Add salmon, discarding any excess marinade first, and stir-fry for 4-5 minutes, or until cooked through. Transfer to a plate.
3. Add garlic and vegetables and cook for 2-3 minutes, until tender-crisp. Add salmon back in and also add water and remaining 2 teaspoons of soy sauce.

### Nutrition Information

(For ½ of recipe) 380 calories; 6 g carbohydrate; 36 g protein; 23 g fat (4 g sat); 2 g fiber; 410 mg sodium.

Side suggestions: **Brown rice.**

## Pesto-Topped Pork Loin

Servings: 2

2 teaspoons olive oil

2 (6-ounce) boneless pork loin chops

2 tablespoons pesto sauce

½ cup reduced-sodium chicken stock (plus more as needed)

1. Preheat oven to 425° F.
2. Heat oil over medium-high heat in an oven safe skillet. Add pork and sear for 2-3 minutes on both sides, until browned. Top with pesto sauce and pour broth around.
3. Bake for 15-20 minutes, or until a meat thermometer inserted into the thickest part of the pork registers 165° F. While in the oven, add additional broth if necessary. Let rest for 5 minutes before serving.

### Nutrition Information

(For ½ of recipe) 376 calories; 3 g carbohydrate; 35 g protein; 25.5 g fat (7 g sat); 0.5 g fiber; 860 mg sodium.

Side suggestions: **Baked potato fries. Steamed broccoli and baby carrots.**

## Beef Stroganoff

Servings: 2

2 teaspoons olive oil

½ pound boneless beef round steak, sliced into ¼ by 1 inch strips

1 yellow onion, thinly sliced

4 ounces mushrooms, cleaned and sliced

½ teaspoon salt

Freshly ground pepper to taste

1 tablespoon tomato paste

½ cup water

¼ cup crème fraiche (can substitute reduced-fat sour cream)

1 teaspoon fresh lemon juice

2 tablespoons parsley, chopped

1. Heat oil in a large skillet over medium heat. Add the beef and sauté for 3-4 minutes, until browned on all sides. Remove from skillet and set aside.
2. Add onion to the skillet and sauté for 3-4 minutes, until translucent. Add the mushrooms and cook for another minute, until soft.
3. Add the beef back to the skillet, and mix in the salt, pepper, tomato paste, and water. Cover and cook over low heat for about 4 minutes. Mix in crème fraiche and cook for another minute. (If using sour cream, mix in at the very end—do not continue to cook.)
4. Drizzle with lemon juice and then sprinkle with parsley.

### Nutrition Information

(For ½ of recipe) 390 calories; 11 g carbohydrate; 27 g protein; 26 g fat (10 g sat); 2 g fiber; 730 mg sodium.

Side suggestions: **Mixed green vegetable salad. Egg Noodles.**

## Potato-Leek Soup

Servings: 6 (Save leftovers for lunch.)

- 1 tablespoon butter
- 1 tablespoon olive oil
- 3 leeks, white and light green parts only, chopped and rinsed
- ½ teaspoon salt
- Freshly ground pepper to taste
- 4 medium Yukon Gold potatoes, peeled and diced
- 4 cups water
- 4 low-sodium vegetable bouillon cubes (\*if using regular bouillon cubes use only 2 cubes; if substituting regular broth use 2 cups regular broth and 2 cups water—this will help keep the sodium content low)
- 2 tablespoons chopped parsley

1. Heat butter and olive oil in a large Dutch oven or heavy pot over medium-low heat. Add leeks, salt, and freshly ground pepper to taste. Cover and cook for 10 minutes, stirring every now and then and making sure the leeks don't brown.
2. Add the potatoes, water, and bouillon cubes. Turn heat to medium-high and bring to a simmer. Reduce heat, cover, and simmer for 20 minutes, or until potatoes are ready.
3. Ladle half of the soup into a blender and puree until smooth. Transfer back to the pan. Stir and season with chopped parsley and freshly ground pepper to taste.

### Nutrition Information

(For 1/6 of recipe) 190 calories; 26 g carbohydrate; 2 g protein; 5 g fat (1.5 g sat); 3.5 g fiber; 256 mg sodium.

Side suggestions: **Crisp bread with cheese.**

## Chicken Souvlaki

Servings: 2

Marinating time: 1 hour

1 ½ teaspoons fresh thyme (or ¾ teaspoon dried)  
Freshly ground pepper to taste  
1 teaspoon balsamic vinegar  
2 + 2 teaspoons fresh lemon juice  
4 + 2 teaspoons olive oil  
½ pound boneless, skinless chicken breast  
½ heart of romaine lettuce, sliced  
1 medium tomato, sliced into wedges  
¼ red onion, sliced  
1/3 cup crumbled feta  
¼ cup Kalamata olives, pitted  
¼ cup plain low-fat yogurt  
½ clove garlic, minced  
¼ cup diced English cucumber  
Dash of salt  
2 pita breads

1. Combine thyme, pepper, balsamic vinegar, and 2 teaspoons lemon juice in a small bowl. Add 4 teaspoons olive oil and whisk until incorporated.
2. Place chicken in a resealable plastic bag and add half of the dressing (about 1 tablespoon). Toss to coat and marinate in the refrigerator for 1 hour.
3. Combine lettuce, tomatoes, onion, Feta, and olives in a medium bowl. Toss with the remaining dressing.
4. Combine yogurt, garlic, cucumber, remaining lemon juice, and salt in a small bowl.
5. Prepare an outdoor grill or indoor grill pan. Remove chicken from marinade and grill for 6-8 minutes on each side, until cooked through. Let rest for 5 minutes and then slice into thin strips.
6. Grill pita breads for about 1 minute on each side, until warmed.
7. Spread yogurt sauce over pita bread. Top with the chicken and salad.

### **Nutrition Information**

(For ½ of recipe) 500 calories; 44 g carbohydrate; 38 g protein; 19 g fat (6 g sat); 3.5 g fiber; 920 mg sodium.

Side suggestions: **Hummus and pita bread.**