

Lose It! Premium Meal Plan #26

Penne with Shrimp and Spinach
Artichoke and Sun-Dried Tomato-Stuffed Chicken Breast
Thyme-Crusted Pork Tenderloin
Turkey Parmesan
Vegetable Pot Pie

SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

½ pound medium or large uncooked shrimp
2 (5-ounce) boneless, skinless chicken breast halves
½ pound pork tenderloin (can buy 1 pound and freeze half for later use)
½ pound turkey breast cutlets

Produce

1 head garlic
1 small yellow onion
Fresh basil (need about 1/3 c + 2 t for side)
Fresh thyme
Baby spinach (need 4 c)
1 medium Yukon Gold potato
1 large tomato
Arugula salad (need 4 c)
1 pear
Zucchini
Broccoli

Dairy/Eggs/Juices

Parmesan cheese (need ½ c grated + 3 t *grated for sides*)
1 large egg
Mozzarella cheese (need ¼ c shredded)
Sharp cheddar cheese (need 4 oz shredded)

Grains

Penne pasta (need 4 oz)
Long-grain and wild rice pilaf
Whole-wheat spaghetti
Crusty bread

Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt
Kosher salt (can also use regular table salt)
Freshly ground pepper
All-purpose flour
Walnuts (need 3 T chopped)
Olive oil
Cooking spray
Red wine vinegar
Balsamic vinaigrette
Marinara sauce

Canned/jarred goods

Reduced-sodium vegetable broth (need 8 oz)
Water-packed artichoke hearts (need ¼ c)
Sun-dried tomatoes packed in oil (need ¼ c)

Frozen

1 (10-ounce) package frozen peas and carrots
1 (10-ounce) package frozen chopped spinach
1 frozen pie shell, preferably whole wheat

Penne with Shrimp and Spinach

Servings: 2

4 ounces penne pasta
1 tablespoon olive oil
½ pound medium or large uncooked shrimp, peeled and deveined
2 garlic cloves, minced
2 tablespoons chopped fresh basil
4 cups baby spinach
2 tablespoons grated Parmesan cheese

1. Cook pasta al dente according to package directions, omitting fat and salt. When pasta is done, reserve ½ cup of the water and drain the rest.
2. Heat oil in a large nonstick skillet over medium heat.
3. Add shrimp and cook for 1 minute. Turn shrimp over and add the garlic and basil. Cook for another 1-2 minutes, until shrimp is cooked through.
4. Add spinach, pasta, and reserved cooking water to the skillet, and mix until spinach is just wilted.
5. Top with Parmesan cheese.

Nutrition Information

(For ½ of recipe) 410 calories; 47 g carbohydrate; 32 g protein; 10 g fat (1.5 g sat); 3 g fiber; 220 mg sodium.

Side suggestion: **Baked tomatoes.**

Artichoke and Sun-Dried Tomato-Stuffed Chicken Breast

Servings: 2

1 tablespoon walnuts, chopped
¼ cup water-packed artichoke hearts, finely chopped*
¼ cup sun-dried tomatoes packed in oil, chopped
¼ cup mozzarella cheese, shredded
1 tablespoon chopped fresh basil
1 teaspoon red wine vinegar
1 + 2 teaspoons olive oil
2 (5-ounce) boneless, skinless chicken breast halves
¼ teaspoon salt
Freshly ground pepper

**Save the remaining artichoke hearts for tomorrow's lunch salad, or add to the below side salad.*

1. Place medium to large skillet over medium-high heat and add walnuts. Toast for 2-3 minutes, or until fragrant.
2. Mix together artichokes, tomatoes, mozzarella, basil, walnuts, vinegar, and 1 teaspoon of olive oil in a small bowl.
3. Using a sharp paring knife, slice deep pockets in the sides of the chicken breasts, making as much room for the stuffing as possible. (If you accidentally cut through to the side, seal with a toothpick after adding stuffing.)
4. Stuff ½ of artichoke-tomato mixture into each chicken breast.
5. Add 2 teaspoons olive oil to the skillet and heat over medium-high heat. Add chicken and cook for 5-6 minutes on each side. Season with salt and pepper.

Nutrition Information

(For ½ of recipe) 350 calories; 6.5 g carbohydrate; 42 g protein; 17 g fat (5 g sat); 2 g fiber; 560 mg sodium.

Side suggestions: **Arugula Salad.**

Thyme-Crusted Pork Tenderloin

Servings: 2

1 garlic clove, minced
2 teaspoons fresh thyme, chopped
½ teaspoon Kosher salt (or substitute ¼ t regular salt)
1/8 teaspoon freshly ground pepper
1 + 2 teaspoons olive oil
½ pound pork tenderloin (freeze the rest for later use)

1. Preheat oven to 400° F.
2. Combine garlic, thyme, salt, pepper, and 1 teaspoon of olive oil in a shallow plate. Place pork tenderloin in spice mixture and roll to coat.
3. Heat remaining 2 teaspoons of olive oil in a large oven-proof skillet over medium-high heat. Add pork and sear until browned on all sides, about 6 minutes.
4. Transfer pork to oven and roast for about 20 minutes, until a thermometer inserted into the thickest part registers 150° F. Transfer to a cutting board, cover loosely with foil, and let rest for 10 minutes. Slice and serve.

Nutrition Information

(For ½ of recipe) 195 calories; 0 g carbohydrate; 24 g protein; 11 g fat (2 g sat); 0 g fiber; 350 mg sodium.

Side suggestions: Long grain and wild rice pilaf. Steamed zucchini.

Turkey Parmesan

Servings: 2

1 large egg

½ tablespoon water

Dash of salt

Pepper to taste

1/3 cup grated Parmesan cheese

2 tablespoons basil, chopped

½ pound turkey breast cutlets, cut into smaller pieces if long

1 tablespoon olive oil

1. Mix together the egg, water, salt, pepper, cheese, and basil in a small bowl.
2. Place cutlets between 2 sheets of plastic wrap and pound with a meat mallet or the palm of your hand until about ¼ inch thick.
3. Heat olive oil in a large nonstick skillet over medium-high heat.
4. Dip cutlets in the egg mixture, and then cook until golden and cooked through, about 2-3 minutes on each side.

Nutrition Information

(For ½ of recipe) 280 calories; 1 g carbohydrate; 33.5 g protein; 15 g fat (5 g sat); 0 g fiber; 494 mg sodium.

Side suggestions: **Whole wheat spaghetti with marinara sauce. Steamed broccoli.**

Vegetable Pot Pie

Servings: 4

- 2 teaspoons olive oil
- 3 garlic cloves, minced
- 1 small yellow onion, diced
- 2 teaspoons fresh thyme, chopped
- 1 tablespoon all-purpose flour
- 1 cup reduced-sodium vegetable broth
- 1 (10-ounce) package frozen peas and carrots, thawed
- 1 medium Yukon Gold potato, diced
- 1 (10-ounce) package frozen chopped spinach
- 4 ounces sharp cheddar cheese, shredded
- 1 frozen pie shell, preferably whole wheat, thawed

1. Preheat oven to 400°F. Cover a baking sheet with aluminum foil.
2. Heat olive oil in a large pot or Dutch oven over medium-high heat. Add garlic and onion and sauté for 3-4 minutes, until fragrant. Add the thyme and sprinkle with the flour; cook for an additional minute. Pour in the broth and stir until slightly thickened. Mix in the vegetables and remove from heat.
3. Squeeze out excess moisture from the thawed spinach by pressing it with paper towels.
4. Place vegetable mixture into a pie dish or a 1.5 quart casserole dish. Top with the spinach, and then sprinkle with the cheese. Drape pie shell over the dish and seal by pressing the sides.
5. Place pie dish on the lined baking sheet and bake for about 40 minutes, until golden brown on top. Let stand for 5-10 minutes before serving.

Nutrition Information

(For ½ of recipe) 420 calories; 39 g carbohydrate; 16 g protein; 23 g fat (8 g sat); 6.5 g fiber; 780 mg sodium.

Side Suggestions: **Crusty bread.**