

Lose It! Premium Meal Plan #33

Garden-Vegetable Baked Haddock
Skillet Turkey, Cauliflower and Bulgur
Breaded Chicken Breasts with Chive Sauce
Roasted Vegetable and White Bean Salad
Grilled Pork Tenderloin

SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

2 (6-ounce) boneless, skinless chicken breasts
½ pound turkey breast tenderloin*
¾ pound haddock filet, skinned
¾ pound pork tenderloin

*can substitute chicken breast for turkey

Produce

2 small zucchinis
3 small summer squash
Green beans (need ½ c)
2 plum tomatoes
Cherry tomatoes (need 8)
Broccoli florets (need 1c)
1 green bell pepper
2 scallions
1 red onion
1 head of garlic
1 lemon
Fresh parsley (need 2 T)
Fresh chives (need 2 T)

Dairy/Eggs/Juices

Grated Parmesan cheese (need 2 T)
Crumbled feta cheese (need ½ c)
Orange juice

Grains

Bulgur wheat (need ½ c)
Whole-wheat bread crumbs (need ½ c)
Angel hair pasta
Whole-wheat pita bread
Brown rice

Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt
Kosher salt
Dried thyme
Canola oil
Olive oil
White wine vinegar
Honey
Reduced-sodium soy sauce

Canned/jarred goods

8 oz reduced-sodium chicken broth
Dijon mustard (need 3 T)
Light mayonnaise (need 3 T)
1 (15.5-ounce) can cannellini beans

Frozen

Peas (need 1 c)

Other

Dry white wine (need 1/3 c)
Fresh butternut squash soup (look for in refrigerated section of store)

Garden-Vegetable Baked Haddock

Servings: 2

1 small zucchini, diced
2 plum tomatoes, diced
2 scallions, chopped
2 teaspoons olive oil
¼ + ¼ teaspoon salt
Freshly ground pepper to taste
¾ pound haddock filet, skinned and cut into 2 pieces
2 tablespoons grated Parmesan cheese
1/3 cup dry white wine

1. Preheat oven to 425° F.
2. In a medium bowl, combine zucchini, tomatoes, scallions, and olive oil. Season with ¼ teaspoon salt and freshly ground pepper to taste.
3. Place fish filets in a baking dish and season with remaining ¼ teaspoon salt. Top with the vegetable mixture and sprinkle with parmesan cheese. Pour wine around the fish and cover dish with foil. Bake for 15-18 minutes, until fish is opaque throughout and flakes easily with a fork.

Nutrition Information

(For ½ of recipe) 245 calories; 6 g carbohydrate; 34 g protein; 6 g fat (1 g sat); 2 g fiber; 710 mg sodium.

Side suggestions: **Angel hair pasta.**

Skillet Turkey, Broccoli, and Bulgur

Servings: 2

2 teaspoons olive oil
2 garlic cloves, minced
½ pound turkey breast tenderloin, cut into bite-size pieces
1 cup reduced-sodium chicken broth
½ cup bulgur wheat
¼ teaspoon dried thyme
1 cup broccoli florets
8 cherry tomatoes
¼ teaspoon salt
Freshly ground pepper to taste
2 tablespoons chopped fresh parsley

1. Heat olive oil in a medium skillet over medium-high heat. Add garlic and sauté for 1-2 minutes, until fragrant. Then toss in turkey and cook for 2-3 minutes.
2. Stir in chicken stock, bulgur, and thyme. Top with broccoli and cherry tomatoes, and bring to a boil.
3. Reduce heat, cover, and simmer for 7-10 minutes, or until turkey is cooked through and bulgur is tender. Season with salt and pepper to taste. Sprinkle with parsley and serve.

Nutrition Information

(For ½ of recipe) 330 calories; 34 g carbohydrate; 34 g protein; 8 g fat (1.5 g sat); 7.5 g fiber; 980 mg sodium.

Side suggestions: **Butternut squash soup.**

Breaded Chicken Breasts with Chive Sauce

Servings: 2

½ cup whole-wheat bread crumbs
2 teaspoons olive oil
¼ + ¼ teaspoons salt
1/8 + 1/8 teaspoons freshly ground pepper
3 tablespoons Dijon mustard
3 tablespoons light mayonnaise
2 tablespoons crème fraîche
2 tablespoons chopped fresh chives
2 (6-ounce) boneless, skinless chicken breasts

1. Preheat oven to 425° F.
2. In a small bowl, combine bread crumbs, oil, ¼ teaspoon salt, and 1/8 teaspoon pepper.
3. In another small bowl, combine mustard and mayonnaise. Remove and reserve 2 tablespoons of the mixture and then stir in the crème fraîche and chives.
4. Place chicken in a baking dish and season with remaining ¼ teaspoon salt and 1/8 teaspoon pepper. Spread top side of chicken with the reserved 2 tablespoons of the mustard-mayo mixture and then sprinkle the bread crumb mixture on top.
5. Bake in the oven for 20-25 minutes, or until a meat thermometer inserted into the middle of the chicken registers 165° F. Serve with the chive sauce.

Nutrition Information

(For ½ of recipe) 450 calories; 24 g carbohydrate; 44 g protein; 19 g fat (5 g sat); 2 g fiber; 995 mg sodium.

Side suggestions: **Sautéed zucchini and peas.**

Roasted Vegetable and White Bean Salad

Servings: 2

1 small zucchini, diced
1 small summer squash, diced
½ cup green beans, trimmed and sliced into ½-inch pieces
2 + 2 teaspoons olive oil
1/8 + 1/8 teaspoon salt
Freshly ground pepper to taste
1 (15.5-ounce) can cannellini beans, drained and rinsed
¼ cup chopped red onion
½ cup crumbled feta cheese
Juice of ½ lemon

1. Preheat oven to 425° F.
2. Combine zucchini, squash, and green beans with 2 teaspoons olive oil and distribute evenly on a nonstick baking sheet. Sprinkle with 1/8 teaspoon salt and freshly ground pepper to taste. Roast in the oven for 10-15 minutes, tossing half way through.
3. Combine roasted vegetables, beans, red onion, feta, lemon juice, and remaining olive oil in a medium bowl. Season with remaining 1/8 teaspoon salt and freshly ground pepper to taste.

Nutrition Information

(For ½ of recipe) 400 calories; 43 g carbohydrate; 19 g protein; 18 g fat (7 g sat); 11 g fiber; mg sodium.

Side suggestions: **Whole-wheat pita bread.**

Grilled Pork Tenderloin

Servings: 2

Marinating time: 2 hours

2 tablespoons reduced-sodium soy sauce

1 tablespoon honey

1 tablespoon white wine vinegar

1 tablespoon olive oil

½ tablespoon orange juice

1 clove garlic, minced

¾ pound pork tenderloin, visible fat removed

1. Whisk together soy sauce, honey, vinegar, oil, orange juice, and garlic in a small bowl. Pour half of the marinade into a resealable plastic bag. Reserve the other half the marinade to serve as a dressing with the cooked tenderloin.
2. Place pork in the bag and toss around until it is thoroughly coated. Marinate in the refrigerator for 1 ½ to 2 hours, turning at least once. Remove from the refrigerator 20 – 30 minutes before grilling.
3. Prepare indoor or outdoor grill. Grill the tenderloin for 20-25 minutes, turning often, until a meat-thermometer registers 150° F. Let rest for 5-10 minutes before slicing.
4. Pour the remaining marinade over the sliced pork and serve.

Nutrition Information

(For ½ of recipe) 285 calories; 9g carbohydrate; 37 g protein; 11 g fat (3 g sat); 0.5 g fiber; 535 mg sodium.

Side suggestions: **Grilled vegetables. Brown rice.**