

Lose It! Premium Meal Plan #34

Lemon-Basil Grilled Shrimp
Tarragon Chicken Salad
Fresh Tomato Pasta
Beef and Broccoli Stir-Fry
Southwestern Turkey Stew

SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

$\frac{3}{4}$ pound large shrimp
 $\frac{1}{2}$ pound boneless, skinless chicken breast
 $\frac{1}{2}$ pound sirloin steak
 $\frac{1}{2}$ pound lean ground turkey

Produce

3 lemons
Red seedless grapes (need $\frac{1}{2}$ c)
Head of garlic
Fresh basil
Celery (need 1 stalk)
Romaine lettuce (need 2 c)
3 medium tomatoes
1 red onion
1 small white onion
Broccoli (need 2 c flowerets)
1 large zucchini
Asparagus
Salad greens (for 2 side salads)
Salad veggies (for 2 side salads)
Fresh salsa

Dairy/Eggs/Juices

Reduced-fat sour cream
Parmesan cheese (need 2 T, grated)

Frozen

Corn kernels (need 1 c)

Grains

Angel hair pasta (need 4 oz)
Brown rice
White long-grain rice
Crusty bread

Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt
Kosher salt
Freshly ground pepper
Ground white pepper
Dried tarragon
Ground ginger
Chili powder
Onion powder
Ground cumin
Sugar
Cornstarch
Olive oil
Canola oil
Sesame oil
Balsamic vinegar
Low-sodium soy sauce
Walnuts (need 2 T, chopped)
Salad dressing

Canned/jarred goods

Reduced-sodium chicken broth (need 20 oz)
1 (15-ounce) can diced tomatoes
Reduced-fat mayonnaise
Capers

Lemon-Basil Grilled Shrimp

Servings: 2

Marinating time: 1 hour

Juice of 3 lemons

1 tablespoon olive oil

1 garlic clove, minced

2 tablespoons fresh basil, chopped

¼ teaspoon salt

¼ teaspoon ground white pepper

¾ pound large shrimp, peeled and deveined

1. In a medium bowl, whisk together lemon juice and olive oil. Stir in garlic, basil, salt, and pepper. Toss lemon-basil mixture with shrimp and let marinate 1 hour.
2. Prepare grill. Remove shrimp from marinade and grill 3-5 minutes a side, or until cooked through.

Nutrition Information

(For ½ of recipe) 260 calories; 8 g carbohydrate; 35 g protein; 10 g fat (1.5 g sat); 0 g fiber; 545 mg sodium.

Side suggestions: **Brown rice. Steamed asparagus.**

Tarragon Chicken Salad

Servings: 2

½ pound boneless, skinless chicken breast
½ cup reduced-sodium chicken broth
2 tablespoons chopped walnuts
2 tablespoons reduced-fat sour cream
2 tablespoons reduced-fat mayonnaise
1 teaspoon dried tarragon
¼ teaspoon salt
Freshly ground pepper to taste
1 celery stalk, diced
½ cup red seedless grapes, halved
2 cups romaine lettuce, chopped

1. Preheat oven to 450° F.
2. Place chicken in a small baking dish and pour broth over chicken. Bake chicken about 30 minutes, until cooked through. Transfer to cutting board, let cool slightly, then cut into ½-inch cubes. Set aside.
3. Meanwhile, combine walnuts, sour cream, mayonnaise, tarragon, salt, pepper, celery, and grapes in a large bowl. Toss chicken with walnut mixture and refrigerate at least 1 hour. Serve chicken salad over beds of lettuce.

Nutrition Information

(For ½ of recipe) 230 calories; 13 g carbohydrate; 17 g protein; 13 g fat (2.5 g sat); 2.5 g fiber; 480 mg sodium.

Side suggestions: **Crusty bread (Italian or French).**

Fresh Tomato Pasta

Servings: 2

Marinating time: 30 minutes

3 medium tomatoes, seeded and chopped into 1-inch chunks

¼ red onion, diced

2 tablespoons fresh basil, coarsely chopped

1 garlic clove, minced

2 teaspoons capers

1 tablespoon olive oil

2 teaspoons balsamic vinegar

½ teaspoon kosher salt

4 ounces angel hair pasta

2 tablespoons grated Parmesan cheese

1. Combine tomatoes, onion, basil, garlic, capers, oil, vinegar, and salt in a large bowl. Let marinate at room temperature for 30 minutes.
2. Cook pasta according to package directions, omitting fat and salt. Drain pasta, toss with tomato mixture, and top with Parmesan cheese.

Nutrition Information

(For ½ of recipe) 330 calories; 56 g carbohydrate; 8 g protein; 10 g fat (2 g sat); 8.5 g fiber; 780 mg sodium.

Side suggestions: **Tossed salad.**

Beef and Broccoli Stir-Fry

Servings: 2

Marinating time: 20 minutes

2 teaspoons + 1 tablespoon low-sodium soy sauce

¼ + 1 teaspoon sugar

1/8 + 1/8 teaspoon salt

½ pound sirloin steak, visible fat trimmed and cut into ¼-inch thin strips

1 tablespoon cornstarch

¼ + ¼ cup water

¼ teaspoon ground ginger

1 teaspoon sesame oil

2 teaspoons canola oil

1 garlic clove, minced

2 cups broccoli flowerets

1. Combine 2 teaspoons soy sauce, ¼ teaspoon sugar, 1/8 teaspoon salt, and beef strips in a plastic resealable bag. Toss to coat and let marinate for 20 minutes in the refrigerator.
2. Meanwhile, in a small bowl, dissolve cornstarch in 1 tablespoon soy sauce. Stir ¼ cup water, sesame oil, ginger, and 1 teaspoon sugar into the bowl. Set sauce aside.
3. Heat canola in a large wok or nonstick skillet over medium-high heat. Add garlic and beef to pan, and stir-fry 1-2 minutes, until beef is browned. Remove beef with a slotted spoon and set aside.
4. Add broccoli to pan and stir-fry 1 minute. Then add ¼ cup of water, cover, and steam about 2 minutes, until broccoli is tender-crisp.
5. Stir sauce, then add sauce and beef to the pan and cook 1-2 minutes, until sauce has thickened and beef is heated through. Remove from heat and serve.

Nutrition Information

(For ½ of recipe) 340 calories; 7 g carbohydrate; 25 g protein; 23.5 g fat (7 g sat); 3 g fiber; 820 mg sodium.

Side suggestions: **White long-grain rice.**

Southwestern Turkey Stew

Servings: 4 (Freeze or save leftovers for lunch)

½ pound lean ground turkey
1 small white onion, chopped
1 garlic clove, minced
1 tablespoon chili powder
2 teaspoons onion powder
1 teaspoon ground cumin
2 cups reduced-sodium chicken broth
1 large zucchini, diced into ¼-inch cubes
1 (15-ounce) can diced tomatoes, drained
1 cup frozen corn kernels
½ teaspoon salt
Freshly ground pepper to taste

1. In a large pot, brown turkey over medium-high heat, breaking turkey apart and stirring until it is cooked through. Remove turkey from pan with a slotted spoon and set aside.
2. Add onion and garlic to pan, and sauté 2-3 minutes, or until onion is translucent. Return turkey to pot and stir in chili powder, onion powder, and cumin.
3. Stir in chicken broth, zucchini, tomatoes, and corn. Bring to a boil and then reduce heat to low and simmer stew 20 minutes.
4. Season with salt and pepper, top with side suggestions, and serve.

Nutrition Information

(For ¼ of recipe) 155 calories; 15 g carbohydrate; 15 g protein; 5.5 g fat (1 g saturated); 3 g fiber; 450 mg sodium.

Side suggestions. **Fresh salsa. Reduced-fat sour cream.**