

Lose It! Premium Meal Plan #40

Cod with Orange-Thyme Sauce
Pan-Seared Chicken with Chive Sauce
Pizza Hawaii
Lentil and Swiss Chard Soup
Sausage Lasagna

SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

12 ounces cod filet
½ pound boneless, skinless, chicken breast
8 ounces 90% lean ground beef
8 ounces Italian chicken sausage
2 ounces lean deli ham

Produce

1 head of garlic
Chives
1 bunch Swiss chard
1 celery stalk
1 yellow onion
1 sweet potato
1 pear
1 lemon
Broccoli
Cauliflower
Mixed greens (for 2 side salads)
Arugula (for weekend side salads)

Dairy/Eggs/Juices

Reduced-fat (2%) milk (need ¼ c)
Shredded part-skim mozzarella (need about 3 c)
15 ounces part-skim ricotta
2 ounces grated Parmesan cheese
Orange juice (need 1 T)
Butter
Crème fraiche
Eggs (need 1)

Grains

1 box no-boil lasagna noodles
Whole wheat couscous
Basmati rice
Crusty bread

Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt
Freshly ground pepper
Dried thyme
Dried basil
Lemon pepper
Flour
Extra-virgin olive oil
Balsamic vinaigrette
Walnuts

Canned/jarred goods

1 (8-oz) can tomato sauce, no salt added
1 (6-oz) can tomato paste, no salt added
Pineapple chunks, packed in juice (need ½ c)
Reduced-sodium chicken broth (need 6 oz)
2 (26-ounce) jars marinara sauce

Other

Red lentils (need ½ c)
Refrigerated pizza dough (need ½ lb)
Low sodium vegetable bouillon cubes

Cod with Orange-Thyme Sauce

Servings: 2

2 tablespoons flour

$\frac{3}{4}$ cup water

$\frac{1}{2}$ vegetable bouillon cube

$\frac{1}{4}$ cup reduced-fat (2%) milk

1 teaspoon dried thyme

1 tablespoon orange juice

12 ounces cod filet

$\frac{1}{4}$ teaspoon salt

Freshly ground pepper to taste

1. Whisk flour and water together in a large deep skillet or Dutch oven over medium-high heat. Crumble in the bouillon cube and add the milk, thyme, and orange juice. Continue to whisk until boiling.
2. Reduce heat to medium-low and add fish. Simmer for 4-5 minutes, until cooked through, flipping halfway through.
3. Season with salt and freshly ground pepper.

Nutrition Information

(For $\frac{1}{2}$ of recipe) 190 calories; 9 carbohydrate; 33 g protein; 2 g fat (1 g sat); 0.5 g fiber; 590 mg sodium.

Side suggestions: Rice Pilaf. Pan-seared baby spinach.

Pan-Seared Chicken with Chive Sauce

Servings: 2

2 (6-ounce) boneless, skinless chicken breasts

½ teaspoon lemon pepper

2 teaspoons olive oil

2 cloves garlic, chopped

6 ounces reduced-sodium chicken broth

1 tablespoon flour

3 tablespoons crème fraiche (or substitute reduced fat sour cream)

¼ cup chopped chives

1. Place chicken breasts between 2 sheets of plastic wrap and pound with a meat mallet or rolling pin until ½ inch thick. Season both sides with lemon pepper.
2. Heat olive oil in a large skillet over medium-high heat. Add chicken and cook until browned, about 2-3 minutes per side. Transfer to a plate and cover with foil to keep warm.
3. Add garlic to the pan and cook for about 1 minute. Add in broth and flour. Bring to a boil while stirring, scraping up any browned bits.
4. Return chicken and its juices to the pan. Reduce heat to low and simmer until cooked through.
5. Stir in crème fraiche and cook for another minute, turning the chicken a couple of times. Add the chives and serve.

Nutrition Information

(For ½ of recipe) 300 calories; 6 g carbohydrate; 43 g protein; 10 g fat (3 g sat); 0.5 g fiber; 560 mg sodium.

Side suggestions: **Lemony couscous. Steamed cauliflower and broccoli.**

Pizza Hawaii

Servings: 2

½ pound refrigerated pizza dough
4 ounces tomato sauce, no salt added
¾ cup shredded part-skim mozzarella cheese
½ cup pineapple chunks, packed in juice, drained
2 ounces lean deli ham, sliced into small strips

1. Preheat oven to 425°F.
2. Roll pizza dough into a ball and sprinkle with flour. On a flat, floured surface (e.g., a countertop), roll or press pizza into a 9-inch round shape. Cover loosely with plastic wrap and let set, 5-10 minutes.
3. Spoon tomato sauce over pizza dough. Sprinkle with cheese. Top with pineapple and ham.
4. Bake for 15-20 minutes, until cheese is melted and crust is a golden brown.

Nutrition Information

(For ½ of recipe) 480 calories; 65 g carbohydrate; 29 g protein; 12 g fat (6 g sat); 2 g fiber; 1,360 mg sodium.

Side suggestions: **Mixed green salad.**

Lentil and Swiss Chard Soup

Servings: 3 (save leftovers for lunch)

4 cups water
2 low sodium vegetable bouillon cubes
½ cup red lentils
½ bunch Swiss chard, rinsed and chopped
½ sweet potato, peeled and cubed
1 celery stalk, chopped
½ yellow onion, chopped
2 garlic cloves, minced
½ (6-oz) can no salt added tomato paste
½ tablespoon dried basil
½ teaspoon dried thyme
Freshly ground black pepper to taste
4 teaspoons extra-virgin olive oil

1. Add water and bouillon cubes to a large pot or Dutch oven. Place over medium-high heat. Add the lentils through the black pepper and bring to a boil.
2. Reduce heat to low, cover, and simmer for 40-45 minutes, until lentils and potatoes are tender.
3. Portion into bowls and drizzle each with a teaspoon of extra virgin olive oil before serving.

Nutrition Information

(For 1/3 of recipe) 230 calories; 36 g carbohydrate; 13 g protein; 6 g fat (2.5 g sat); 13 g fiber; 270 mg sodium.

Side suggestions: **Crusty bread.**

Sausage Lasagna

Servings: 10 (Save some for lunch and freeze the rest.)

8 ounces 85% lean ground beef
8 ounces Italian chicken sausage, casings removed
¼ teaspoon salt
1/8 teaspoon freshly ground pepper
2 (26-ounce) jars marinara sauce
1 large egg
15 ounces part-skim ricotta cheese
1 cup (2 ounces) grated Parmesan cheese
12 no-boil lasagna noodles
2 cups (8 ounces) shredded part-skim mozzarella cheese

1. Preheat oven to 375° F.
2. Add ground beef and crumbled chicken sausage to a large nonstick skillet over medium-high heat. Mash together using a fork or wooden spoon and cook for 8-10 minutes, until slightly browned. Season with salt and freshly ground pepper.
3. Transfer meat to a large bowl and combine with marinara sauce.
4. In a medium bowl, lightly beat the egg and then mix in the ricotta and Parmesan cheeses.
5. Distribute 1 cup of the meat sauce onto the bottom of a 9-by-13-inch baking dish. Arrange 3 lasagna noodles on top of the sauce. Top with 1 ½ cups of the meat sauce, being sure to spread it evenly and to the edges. Use a small spoon to dollop half of the cheese mixture over the sauce. Continue the layering by topping with the lasagna noodles, 1 ½ cups of meat sauce, and the remaining cheese mixture. Top with the remaining cheese mixture and then the shredded mozzarella.
6. Loosely cover the lasagna with foil and bake in the oven for 35 minutes. After 35 minutes remove the foil and continue baking for another 10 minutes, until cheese is bubbly and melted. Let stand 15 minutes before serving.

Nutrition Information

(For 1/10 of recipe) 430 calories; 33 g carbohydrate; 29 g protein; 20 g fat (9 g sat); 3.5 g fiber; 1,320 mg sodium.

Side suggestions: **Arugula Salad.**

