

Lose It! Premium Meal Plan #41

Steak with Shallot-Mushroom Sauce
Chicken and Vegetable Soup
Halibut with Creamy Horseradish Sauce
Pasta with Artichoke Hearts and Goat Cheese
Pork Tenderloin with Roasted Apples

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Ingredients for the side dishes are in italics.

Meat

12 ounces boneless top loin steak
2 boneless, skinless chicken breast halves
2 (6-oz) halibut filets
1 (12-oz) pork tenderloin

Produce

1 white onion
2 shallots
Head of garlic
Fresh basil (need 2 T, chopped)
Mushrooms (e.g., baby bellas; need 3 oz)
1 zucchini
2 plum tomatoes
1 large tomato
2 Granny Smith apples
Broccoli
Green beans
2 baking potatoes
2 large red potatoes
Asparagus (need 10-12 spears)
Salad greens (for 2 side salads)
Salad vegetables (for 2 side salads)

Dairy/Eggs/Juices

Butter
Reduced-fat sour cream
Crumbled goat cheese
Parmesan cheese (need 2 t, grated)

Grains

Orzo pasta (need ¼ c uncooked)
Cavatappi or shell-shaped pasta (need 4 oz)
Crusty bread
Couscous

Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt
Freshly ground pepper
Dried thyme
Dried oregano
Canola oil
Olive oil
Cooking spray
Salad dressing

Canned/jarred goods

1 (14-oz) can reduced-sodium chicken broth
1 (15-oz) can water-packed artichoke hearts
Prepared horseradish
Dijon mustard

Other

Red wine (need ¼ c)

Steak with Shallot-Mushroom Sauce

Servings: 2

Cooking spray

12 ounces top loin steak, cut into two pieces

1 teaspoon freshly ground pepper

2 teaspoons canola oil

1 teaspoon butter

1 shallot, thinly sliced

3 ounces mushrooms (e.g., baby bellas), diced

¼ cup red wine (can substitute beef broth)

½ teaspoon dried thyme

1. Heat a large skillet that has been coated with cooking spray over medium-high heat. Sprinkle both sides of steaks with pepper, pressing it into the meat. Add steaks to pan and cook 3-6 minutes per side, or until they reach the desired degree of doneness (will depend on thickness of steaks). Remove steaks from pan, cover, and set aside.
2. Add oil to pan. Stir in mushrooms, shallot, and thyme, and sauté 3 minutes. Add wine, bring to a boil, and cook until the liquid reduces by about half. Whisk butter into the sauce.
3. Spoon sauce over steaks and serve.

Nutrition Information

(For ½ of recipe) 485 calories; 5 g carbohydrate; 72 g protein; 32 g fat (11.5 g sat); 1 g fiber; 95 mg sodium.

Side suggestions: **Steamed broccoli.** **Baked potatoes.**

Chicken and Vegetable Soup

Servings: 2

2 teaspoons olive oil
2 boneless, skinless chicken breast halves, cut into ½-inch chunks
1 zucchini, cut in half lengthwise and sliced
1 shallot, chopped
½ teaspoon dried oregano
1 (14-ounce) can reduced-sodium chicken broth
2 plum tomatoes, chopped
¼ cup uncooked orzo pasta
¼ teaspoon salt
Freshly ground pepper to taste

1. Heat oil in a Dutch oven or large pot over medium heat. Add chicken and cook until almost done, about 4-5 minutes.
2. Add zucchini, shallot, and oregano to pot, and cook about 3 minutes, until vegetables are softened. Stir in broth, tomatoes, and orzo, bring to a boil, and cook 8 minutes.
3. Return chicken to pan, season with salt and pepper, and serve.

Nutrition Information

(For ½ of recipe) 310 calories; 24 g carbohydrate; 36 g protein; 8 g fat (1.5 g sat); 4.5 g fiber; 920 g sodium.

Side suggestions: **Crusty bread.**

Halibut with Creamy Horseradish Sauce

Servings: 2

¼ cup reduced-fat sour cream
2 teaspoons prepared horseradish
1/8 + 1/8 teaspoon salt
Freshly ground pepper to taste
2 (6-ounce) halibut steaks
Cooking spray

1. Preheat oven to 375°F.
2. In a medium bowl, combine sour cream, horseradish, 1/8 teaspoon salt, and pepper. Set aside.
3. Season halibut with remaining salt and pepper, and place into a baking dish that has been coated with cooking spray. Bake until fish is opaque throughout, about 15 minutes. Top fish with horseradish sauce and serve.

Nutrition Information

(For ½ of recipe) 235 calories; 3 g carbohydrates; 37 g protein; 7.5 g fat (3 g sat); 0 g fiber; 415 mg sodium.

Side suggestions: Sautéed asparagus with Parmesan. Couscous.

Pasta with Artichoke Hearts and Goat Cheese

Servings: 2

4 ounces cavatappi or shell-shaped pasta

2 teaspoons olive oil

1 garlic clove, minced

1 large tomato, seeded and chopped

1 (15-ounce) can water-packed artichoke hearts, drained and coarsely chopped

2 tablespoons basil, chopped

2 ounces crumbled goat cheese

1. Cook pasta according to package directions, omitting fat and salt. Reserve $\frac{1}{4}$ cup of pasta water, drain, and set aside.
2. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add garlic and cook one minute. Stir in tomatoes and artichoke hearts, and cook 2-3 minutes. Add basil, turn off heat, and stir.
3. Toss pasta with vegetable mixture and goat cheese. If it seems dry, add some of the reserved pasta water.

Nutrition Information

(For $\frac{1}{2}$ of recipe) 450 calories; 62 g carbohydrate; 18 g protein; 16 g fat (8 g sat); 13 g fiber; 175 mg sodium.

Side suggestions: Tossed salad.

Pork Tenderloin with Roasted Apples

Servings: 2

2 teaspoons olive oil

1 (12-ounce) pork tenderloin

¼ teaspoon salt

Freshly ground pepper to taste

2 tablespoons Dijon mustard

1 white onion, sliced

2 Granny Smith apples, cored, peeled, and cut into thick slices

1. Preheat oven to 450°F.
2. Heat oil in a large ovenproof skillet over medium-high heat. Season pork with salt and pepper, then add to pan and sear about 5 minutes, or until all sides are brown. Transfer to a plate, let cool slightly, then spread mustard over top and sides of pork.
3. Add onion slices and apples to skillet, reduce heat to medium, and sauté about 5 minutes, until golden. Place pork on top of the apple-onion mixture.
4. Transfer skillet to the oven and roast about 20-25 minutes, until a meat thermometer inserted into the center of the pork registers 155-160°F. Transfer pork to a platter, tent with foil, let stand 5 minutes, then serve.

Nutrition Information

(For ½ of recipe) 375 calories; 27 g carbohydrate; 37 g protein; 13.5 g fat (3 g sat); 5 g fiber; 545 mg sodium.

Side suggestions: **Roasted red potatoes. Steamed green beans.**