

Lose It! Premium Meal Plan #42

Salmon Stir-Fry
Beef Stroganoff
Moroccan-Style Chicken
Root Vegetable Soup
Spinach and Feta-Stuffed Pork Tenderloin

SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

$\frac{3}{4}$ pound salmon filet
 $\frac{1}{2}$ pound boneless beef round steak
2 chicken quarters, skin removed
1 pound pork tenderloin

Produce

Fresh ginger (or substitute fresh)
Fresh parsley
Snow peas (need $\frac{1}{2}$ c)
1 large carrot
1 parsnip
1 yellow beet (or substitute another root vegetable, e.g., rutabaga or potato)
1 turnip
1 bunch scallions
1 head of garlic
2 yellow onions
Mushrooms (need 4 oz)
Spinach (need 8 oz)
2 lemons
Mixed greens (for 2 side salads)
Cherry tomatoes
Cucumber
Bell pepper
1 orange

Dairy/Eggs/Juices

Butter
Crème fraiche (or substitute reduced-fat sour cream)
Feta cheese (need 2 oz)
Provolone cheese

Grains

Brown rice
Couscous
Egg noodles
Whole wheat bread
Crusty bread

Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt
Freshly ground pepper
Paprika
Cinnamon
Olive oil
Canola oil
Reduced-sodium soy sauce
Rice wine vinegar
Raisins
Slivered almonds
Balsamic vinegar
Cooking spray

Canned/jarred goods

Tomato paste
Reduced-sodium chicken stock (need $\frac{1}{2}$ c)
Roasted red peppers

Other

Vegetable bouillon cubes (or substitute vegetable stock)
Kitchen string
Butternut squash soup

Salmon Stir-Fry

Servings: 2

$\frac{3}{4}$ pound salmon filet, cut into $\frac{3}{4}$ -inch cubes
1 teaspoon + 2 teaspoons reduced-sodium soy sauce
1 teaspoon fresh ginger, grated
1 tablespoon rice wine vinegar
2 teaspoons canola oil
2 cloves garlic, minced
 $\frac{1}{2}$ cup snow peas, trimmed
4 scallions, cut into 1-inch pieces
1 tablespoon water

1. Combine salmon, 1 teaspoon soy sauce, ginger, and rice wine vinegar in a resealable plastic bag. Toss to combine and marinate for 30 minutes to 1 hour in the refrigerator.
2. Heat oil in a wok or large nonstick skillet over medium-high heat. Add salmon, discarding any excess marinade first, and stir-fry for 4-5 minutes, or until cooked through. Transfer to a plate.
3. Add garlic and vegetables and cook for 2--3 minutes, until tender-crisp. Add salmon back in and also add water and remaining 2 teaspoons of soy sauce.

Nutrition Information

(For $\frac{1}{2}$ of recipe) 380 calories; 6 g carbohydrate; 36 g protein; 23 g fat (4 g sat); 2 g fiber; 410 mg sodium.

Side suggestions: **Brown rice.**

Beef Stroganoff

Servings: 2

2 teaspoons olive oil

½ pound boneless beef round steak, sliced into ¼ by 1 inch strips

1 yellow onion, thinly sliced

4 ounces mushrooms, cleaned and sliced

½ teaspoon salt

Freshly ground pepper to taste

1 tablespoon tomato paste

½ cup water

¼ cup crème fraiche (can substitute reduced-fat sour cream)

1 teaspoon fresh lemon juice

2 tablespoons parsley, chopped

1. Heat oil in a large skillet over medium heat. Add the beef and sauté for 3-4 minutes, until browned on all sides. Remove from skillet and set aside.
2. Add onion to the skillet and sauté for 3-4 minutes, until translucent. Add the mushrooms and cook for another minute, until soft.
3. Add the beef back to the skillet, and mix in the salt, pepper, tomato paste, and water. Cover and cook over low heat for about 4 minutes. Mix in crème fraiche and cook for another minute. (If using sour cream, mix in at the very end—do not continue to cook.)
4. Drizzle with lemon juice and then sprinkle with parsley.

Nutrition Information

(For ½ of recipe) 385 calories; 11 g carbohydrate; 27 g protein; 26 g fat (10 g sat); 2 g fiber; 730 mg sodium.

Side suggestions: **Mixed green vegetable salad. Egg noodles.**

Moroccan-Style Chicken

Servings: 2

2 teaspoons olive oil
1 yellow onion, chopped
2 garlic cloves, minced
2 chicken quarters, skin removed
½ cup reduced-sodium chicken stock
Juice of ½ lemon
½ teaspoon paprika
½ teaspoon grated fresh ginger (or substitute dried)
¼ teaspoon salt
Freshly ground pepper to taste
2 teaspoons lemon zest
1 tablespoon parsley, chopped

1. Preheat oven to 400°F.
2. Drizzle olive oil into a baking dish and then add onion and garlic. Place chicken on top of the onion and garlic, and pour over the chicken stock and fresh squeezed lemon juice. Season the chicken with the paprika, ginger, salt, pepper, and lemon zest.
3. Bake chicken in the oven for 30 minutes. Remove and baste with juices. Cover with aluminum foil and continue baking for another 15 minutes, or until a meat thermometer registers 175° F. Sprinkle with chopped parsley and serve.

Nutrition Information

(For ½ of recipe) 240 calories; 8 g carbohydrate; 29 g protein; 10 g fat (2 g sat); 1.5 g fiber; 595 mg sodium.

Side suggestions: **Couscous. Moroccan citrus salad.**

Root Vegetable Soup

Servings: 2

2 cups water

1 vegetable bouillon cube

½ cup peeled and cubed carrots

½ cup peeled and cubed parsnips

½ cup peeled and cubed yellow beets (or a substitute, e.g., rutabaga or potato)

½ cup peeled and cubed turnips

2 scallions, chopped

2 tablespoons fresh parsley, chopped

1. Bring 2 cups of water in a medium pot to a boil over high heat.
2. Add bouillon cube and stir occasionally until dissolved.
3. Add vegetables and cook until tender, about 8-10 minutes depending on size.
4. Stir in parsley and serve.

Nutrition Information

(For ½ of recipe) 75 calories; 16 g carbohydrate; 3 g protein; 1 g fat (0.5 g sat); 5 g fiber; 440 mg sodium.

Side suggestions: **Provolone paninis.**

Spinach and Feta-Stuffed Pork Tenderloin

Servings: 4 (save leftovers for lunch)

2 + 2 teaspoons olive oil
2 cloves garlic, thinly sliced
½ pound spinach, washed and dried
2 ounces feta cheese, crumbled (about ½ cup)
¼ cup roasted red peppers, chopped
¼ teaspoon salt
Freshly ground pepper to taste
1 pound pork tenderloin, trimmed and butterflied*
Kitchen string

**To butterfly pork tenderloin, cut lengthwise down the middle, but don't cut all the way through. Open the halves as if it were a sub sandwich and cut each half the same way.*

1. Preheat oven to 450°F.
2. Heat oil in a Dutch oven or large nonstick skillet over medium-high heat. Add garlic and sauté for 30 seconds. Add spinach and sauté for another couple of minutes, until wilted.
3. In a medium bowl, combine spinach mixture with the feta and red peppers. Drain any excess fluid from the mixture and season with salt and freshly ground pepper.
4. Spread the spinach and feta mixture over the center of the butterflied pork. Fold the pork together over the filling and then use kitchen string to tie it together in 4 places.
5. Heat remaining oil in a large, ovenproof skillet over medium-high heat. Add tenderloin and sear on all sides until browned. Transfer skillet to oven and continue cooking for another 15 minutes, or until cooked through.
6. Let rest for 5-10 minutes before slicing.

Nutrition Information

(For ¼ of recipe) 230 calories; 3.5 g carbohydrate; 28 g protein; 12 g fat (4 g sat); 2 g fiber; 525 mg sodium.

Side suggestions: **Butternut squash soup. Crusty bread.**