

Lose It! Premium Meal Plan #43

Caribbean Pork Chops
Chicken with Tomato-Caper Sauce
Chili-Lime Tilapia
Red Wine Beef Stroganoff
Greek Vegetable Stew

SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

2 (6-ounce) boneless pork loin chops
2 boneless, skinless chicken breast halves
¾ pound tilapia filets
½ pound top loin steak (e.g., New York strip)

Produce

2 large tomatoes
2 small yellow onions
Head of garlic
1 shallot
Mushrooms (need 5 oz sliced)
2 limes (*1 for side*)
Green beans (need 1 c + extra for 2 sides)
1 small zucchini
2 Yukon gold potatoes
Flat-leaf parsley
1 red onion
1 red bell pepper
1 jalapeno
Pineapple (need ½ c diced)
Cilantro
1 avocado
Broccoli
Mixed salad greens (for 2 side salads)
Salad vegetables (for 2 side salads)

Dairy/Eggs/Juices

Reduced-fat sour cream (need ¼ c)
Feta cheese (need ½ c crumbled)

Grains

Egg noodles (need 4 oz)
Basmati rice
Long-grain and wild rice
Couscous
Crusty bread

Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt
Freshly ground pepper
Coriander
Oregano
Cumin
Ground ginger
Chili powder
Sugar
Brown sugar
All-purpose flour
Olive oil
Canola oil
Cooking spray
Balsamic vinegar
Salad dressing

Canned/jarred goods

Capers
Beef broth (need 1 c)
1 (28-ounce) can diced tomatoes
Coconut milk (need ¾ c)

Other

Red wine (e.g., cabernet sauvignon)

Caribbean Pork Chops

Servings: 2

- 1 ½ teaspoons brown sugar
- 1 teaspoon ground coriander
- 2 teaspoons ground cumin
- ½ teaspoon ground ginger
- 2 teaspoons canola oil
- 2 (6-ounce) boneless pork loin chops, visible fat removed

1. Prepare indoor or outdoor grill.
2. Combine brown sugar, coriander, cumin, and ginger in a small bowl. Drizzle both sides of pork chops with oil and rub with spice mixture.
3. Grill the pork 4-6 minutes per side, or until cooked through.
4. Let pork rest 5 minutes, and then serve.

Nutrition Information

(For ½ of recipe) 295 calories; 3 g carbohydrate; 36 g protein; 14 g fat (4 g sat); 0 g fiber; 90 mg sodium.

Side suggestions: **Pineapple salsa.**

Chicken with Tomato-Caper Sauce

Servings: 2

2 large tomatoes, seeded and chopped
2 tablespoons capers
2 tablespoons balsamic vinegar
2 teaspoons olive oil
1/8 + 1/8 teaspoon salt
2 boneless, skinless chicken breast halves
Freshly ground pepper to taste
1/2 teaspoon dried oregano
Cooking spray
1/2 small yellow onion, finely chopped

1. In a medium bowl, combine tomatoes, capers, vinegar, oil, and 1/8 teaspoon salt. Set aside.
2. Season chicken with salt, pepper, and oregano.
3. Heat a nonstick skillet that has been coated with cooking spray over medium to medium-high heat. Cook chicken about 5-6 minutes per side, or until cooked through. Remove chicken from pan, cover, and set aside.
4. Add onion to pan and cook 1-2 minutes, until tender. Stir in tomato mixture and cook, stirring constantly, for 2 minutes.
5. Top chicken with tomato sauce and serve.

Nutrition Information

(For 1/2 of recipe) 220 calories; 11 g carbohydrate; 29 g protein; 7 g fat (1 g sat); 2.5 g fiber; 640 mg sodium.

Side suggestions: **Couscous. Steamed green beans.**

Chili-Lime Tilapia

Servings: 2

1 garlic clove, minced
1 tablespoon fresh lime juice + ½ lime sliced
½ teaspoon sugar
1 teaspoon chili powder
1 teaspoon cumin
1/8 teaspoon salt
Freshly ground pepper to taste
2 teaspoons olive oil
¾ pound tilapia (or other white, flaky fish) filets
½ lime, sliced

1. In a small bowl, mix together garlic, lime juice, sugar, chili powder, cumin, salt, and pepper. Spread mixture evenly over the filets.
2. Heat oil in a large nonstick skillet over medium-high heat. Sauté fish 2-4 minutes per side, until just cooked through.
3. Serve with sliced lime.

Nutrition Information

(For ½ of recipe) 290 calories; 5 g carbohydrate; 33 g protein; 15 g fat (2 g sat); 1 g fiber; 250 mg sodium.

Side suggestion: Sliced avocado. Long grain and wild rice.

Red Wine Beef Stroganoff

Servings: 2

1 + 2 teaspoons olive oil

½ pound top loin steak (e.g., New York strip), visible fat trimmed and cut into ½-inch strips

½ shallot, finely chopped

5 ounces mushrooms, sliced

1 tablespoon all-purpose flour

1 cup beef broth

¼ cup red wine (e.g., cabernet sauvignon)

4 ounces egg noodles

¼ cup reduced-fat sour cream

Freshly ground pepper to taste

2 tablespoons flat-leaf parsley, chopped

1. Heat 1 teaspoon oil in a large, deep skillet over medium-high heat. Add beef in a single layer and cook until browned, about 2 minutes per side (work in batches if necessary). Remove steak from pan with tongs or a slotted spoon and set aside.
2. Reduce heat to medium and add remaining oil. Stir in shallot and mushrooms and cook 5 minutes. Sprinkle in flour and cook 30 seconds. Stir in broth and wine, bring to a boil, then reduce to a simmer and cook 15 minutes, stirring occasionally.
3. Meanwhile, bring a pot of water to a boil and cook egg noodles according to package directions, omitting fat and oil.
4. Stir sour cream into thickened mushrooms sauce until well-incorporated. Add beef and any accumulated juices, return to a simmer, and cook 2 minutes.
5. Toss noodles with beef sauce, season with pepper, garnish with parsley, and serve.

Nutrition Information

(For ½ of recipe) 550 calories; 48 g carbohydrate; 37 g protein; 20.5 g fat (6.5 g sat); 2 g fiber; 485 mg sodium.

Side suggestions: **Mixed greens salad. Steamed broccoli.**

Greek Vegetable Stew

Servings: 4 (Freeze or refrigerate leftovers)

1 ½ tablespoons olive oil
1 small yellow onion, chopped
1 cup green beans, trimmed
1 small zucchini, sliced
2 Yukon gold potatoes, cut into 1-inch cubes
½ cup flat-leaf parsley, chopped
1 (28-ounce) can diced tomatoes, undrained
½ teaspoon salt
Freshly ground pepper to taste
½ cup feta cheese crumbles

1. Heat oil in a Dutch oven or large pot over medium-high heat. Add onion and sauté 3-4 minutes, until tender. Add green beans and sauté about 3 minutes, until onion is translucent.
2. Stir in zucchini, potatoes, parsley, and tomatoes, and bring to a boil. Reduce heat, cover, and simmer about 60-70 minutes, stirring occasionally, until potatoes are tender.
3. Season with salt and pepper, remove from heat, sprinkle each bowl with 2 tablespoons feta cheese, and serve.

Nutrition Information

(For ¼ of recipe) 270 calories; 40 g carbohydrate; 9 g protein; 10 g fat (3.5 g sat); 5 g fiber; 860 mg sodium.

Side suggestions: **Crusty bread.**