

Lose It! Premium Meal Plan #44

Pasta with Scallops, Tomatoes, and Spinach
Pasta e Fagioli Soup
Chicken Souvlaki
Thai Tofu Curry
Fisherman's Stew

SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

½ pound sea scallops
1 pound beef round eye
Center-cut bacon (need 4 oz)
½ pound boneless, skinless chicken breast

Produce

1 shallot
1 head of garlic
4 yellow onions
1 red onion
2 medium tomatoes
Snap peas
1 large package baby spinach
Heart of romaine lettuce
1 English cucumber
1 lemon
1 pound Yukon Gold potatoes
1 pound sweet potatoes
Fresh parsley
Mixed greens (for 4 side salads)
Cherry tomatoes (for 2 side salads)

Dairy/Eggs/Juices

Grated parmesan cheese (need 1/3 c)
Crumbled feta (need 1/3 c)
Plain low-fat yogurt

Grains

Fettuccini (or other pasta)
Whole-wheat macaroni (or other small pasta)
Pita bread
Crusty bread
Brown rice

Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt
Freshly ground pepper
Sugar
Dried basil
Dried thyme
Dried rosemary
Olive oil
Balsamic vinegar
Red curry paste

Canned/jarred goods

Chicken stock (need 32 ounces)
1 beef bouillon cube
1 (14 ½-ounce) can red kidney beans
1 (14 ½-ounce) can cannellini beans
Pitted Kalamata olives
Lite coconut milk
Hummus

Other

Extra-firm tofu
White wine (need 4 oz)
Pale ale or light beer (need 10 oz)

Pasta with Scallops, Tomatoes, and Spinach

Servings: 2

2 teaspoons olive oil
2 tablespoons shallots, finely chopped
1 garlic clove, minced
6 ounces fettuccini (or other pasta)
½ cup white wine
½ pound sea scallops
1 teaspoon dried basil
1 medium tomato, diced
2 cups baby spinach, packed
¼ teaspoon salt
Freshly ground pepper to taste
2 tablespoons chopped fresh parsley

1. Heat oil in a medium skillet over medium-high heat. Add shallots and garlic, and sauté for 2-3 minutes.
2. Meanwhile, bring a large pot of water to boil and cook pasta according to package directions, omitting salt and oil.
3. Reduce skillet heat to medium and add wine. Cook until wine is reduced by half, 3-4 minutes, and then add scallops. Sauté until cooked through, about 5-6 minutes. Add basil and tomatoes, and sauté another 1-2 minutes.
4. Reduce heat to low and add spinach to skillet. Stir until just wilted, 1-2 minutes, and then season with salt and pepper. Mix with the drained pasta, garnish with parsley, and serve.

Nutrition Information

(For ½ of recipe) 510 calories; 70 g carbohydrate; 31 g protein; 7 g fat (1 g sat); 3 g fiber; 505 mg sodium.

Side suggestions: **Mixed greens.**

Pasta e Fagioli Soup

Servings: 6 (Save leftovers for lunch.)

2 teaspoons olive oil
4 ounces center-cut bacon, chopped
2 cloves garlic, minced
1 onion, chopped
½ teaspoon dried rosemary
1 teaspoon dried thyme
32 ounces chicken stock
12 ounces water
1 (14 ½-ounce) can red kidney beans
1 (14 ½-ounce) can cannellini beans
1 cup whole-wheat macaroni (or other small pasta)
Freshly ground pepper to taste
1/3 cup grated Parmesan cheese

1. Heat olive oil in a Dutch oven or large pot over medium-high heat. Add bacon and cook for 3-4 minutes. Add garlic, onion, rosemary, and thyme and cook for another 3-4 minutes.
2. Add chicken stock, water, and beans to the pot. Bring to a boil and add macaroni. Cook until pasta is al dente, about 8 minutes or so (read package directions).
3. Serve and top with parmesan cheese.

Nutrition Information

(For 1/6 of recipe) 340 calories; 35 g carbohydrate; 17 g protein; 16 g fat (6 g sat); 6 g fiber; 1195 mg sodium.

Side suggestions: **Crusty bread.**

Chicken Souvlaki

Servings: 2

Marinating time: 1 hour

¾ teaspoon dried thyme
Freshly ground pepper to taste
1 teaspoon balsamic vinegar
2 + 2 teaspoons fresh lemon juice
4 + 2 teaspoons olive oil
½ pound boneless, skinless chicken breast
½ heart of romaine lettuce, sliced
1 medium tomato, sliced into wedges
¼ red onion, sliced
1/3 cup crumbled feta
¼ cup Kalamata olives, pitted
¼ cup plain low-fat yogurt
½ clove garlic, minced
¼ cup diced English cucumber
Dash of salt
2 pita breads

1. Combine thyme, pepper, balsamic vinegar, and 2 teaspoons lemon juice in a small bowl. Add 4 teaspoons olive oil and whisk until incorporated.
2. Place chicken in a resealable plastic bag and add half of the dressing (about 1 tablespoon). Toss to coat and marinate in the refrigerator for 1 hour.
3. Combine lettuce, tomatoes, onion, Feta, and olives in a medium bowl. Toss with the remaining dressing.
4. Combine yogurt, garlic, cucumber, remaining lemon juice, and salt in a small bowl.
5. Prepare an outdoor grill or indoor grill pan. Remove chicken from marinade and grill for 6-8 minutes on each side, until cooked through. Let rest for 5 minutes and then slice into thin strips.
6. Grill pita breads for about 1 minute on each side, until warmed.
7. Spread yogurt sauce over pita bread. Top with the chicken and salad.

Nutrition Information

(For ½ of recipe) 500 calories; 44 g carbohydrate; 38 g protein; 19 g fat (6 g sat); 3.5 g fiber; 920 mg sodium.

Side suggestions: Hummus and pita bread.

Thai-Tofu Curry

You can substitute boneless, skinless chicken breast for the tofu, if desired.

Servings: 2

7 ounces extra-firm, drained tofu (see directions below)

½ cup lite coconut milk

1 teaspoon red curry paste

½ teaspoon sugar

½ teaspoon salt

1 tablespoon olive oil

2 cups baby spinach, packed

1 cup snap peas

1. Press water from 14-ounce block of tofu by putting it in between several layers of paper towels and placing a dinner plate on top. Let sit for 15 minutes. Divide block into 2 halves, keep 1 half and freeze the other half for later use.
2. Cube the tofu into ½-inch squares.
3. Mix together the coconut milk, curry paste, sugar, and salt in a small bowl.
4. Heat oil in a large wok or non-stick sauté pan over medium-high heat. Add tofu and cook for 5-7 minutes, rotating until each side is golden.
5. Add spinach, snap peas, and sauce. Cook for another 5-7 minutes, until vegetables are just cooked. Serve over rice.

Nutrition Information

(For ¼ of recipe) 235 calories; 12 g carbohydrate; 13 g protein; 16 g fat (4.5 g sat); 4.5 g fiber; 700 mg sodium.

Side suggestions: **Brown rice**

Fisherman's Stew

Servings: 4 (Save leftovers for lunch.)

2 + 2 teaspoons olive oil

1 pound beef round eye, visible fat removed and sliced into ¼-inch thick pieces

2 dashes + ½ teaspoon salt

2 dashes of freshly ground pepper

10 ounces pale ale or light beer

4 ounces water

1 beef bouillon cube

2-3 Yukon Gold potatoes (1 pound), peeled and sliced crosswise into ⅛ to ¼-inch thick pieces

1-2 sweet potatoes (1 pound), peeled and sliced crosswise into ⅛ to ¼-inch thick pieces

3 yellow onions, sliced

¼ cup fresh parsley, chopped

1. Heat 2 teaspoons of the oil in a skillet over medium heat. Add half of the meat and brown on both sides. Season with a dash of salt and pepper, and transfer to a plate. Repeat with the remaining meat.
2. Pour beer and water into the skillet and add the bouillon cube. Scrape brown bits off the bottom of the pan and then transfer the pan juices to a bowl with a pour spout or a large measuring cup.
3. Add the rest of the oil to the skillet and cook the onions for 2-3 minutes.
4. In a Dutch oven or large pot, layer ½ of the potatoes, the meat, the onions, and then the remaining potatoes (i.e., begin and end with the potatoes). Season the top layer of potatoes with the remaining ½ teaspoon of salt and add the reserved pan juices.
5. Cover and cook over low heat until the potatoes are soft and the meat is tender, about 45 minutes. Garnish with parsley and serve.

Nutrition Information

(For ¼ of recipe) 470 calories; 64 g carbohydrate; 29 g protein; 9 g fat (2.5 g sat); 6.5 g fiber; 1,190 mg sodium.

Side suggestions: Tossed salad.