

Lose It! Premium Meal Plan #45

Tenderloin Pepper Steaks
Lemon-Tarragon Salmon
Turkey Chili
Grilled Chicken and Goat Cheese Salad
Spinach Lasagna

SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

2 (4-oz) beef tenderloin filets
 $\frac{3}{4}$ pound salmon
2 pounds ground turkey
2 boneless, skinless chicken breast halves

Produce

1 lemon
Fresh tarragon
1 white onion
Head of garlic
Grape tomatoes (need $\frac{1}{2}$ pint)
Romaine lettuce (need 4 c)
1 green bell pepper
Carrots
2 *baking potatoes*
Tomatoes (*for 2 meals*)
Asparagus (*need $\frac{1}{2}$ bunch*)

Dairy/Eggs/Juices

Part-skim mozzarella cheese (need 1 $\frac{2}{3}$ c, grated)
1 (16-oz) container ricotta cheese
Reduced-fat sour cream
Eggs (need 1 large)
Goat cheese (need $\frac{1}{4}$ c, crumbled)
Feta cheese (*need 2 T, crumbled*)

Grains

No-boil lasagna noodles (need 6 oz)
Rice pilaf
Crusty bread
Pita bread

Seasonings/Sauces/Baking Needs/Oils/Nuts

Kosher salt
Freshly ground pepper
Ground cumin
Chili powder
Crushed red pepper flakes
Dried oregano
Cooking spray
Canola oil
Reduced-fat balsamic vinaigrette
Olive oil

Canned/jarred goods

Reduced-sodium chicken broth (need 8 oz)
Tomato paste (need 2 T)
1 (28-oz) can whole peeled tomatoes
1(15-oz) can red kidney beans
1 (28-oz) jar pasta sauce

Frozen

1 (16-oz) bag frozen chopped spinach

Other

Aluminum foil

Tenderloin Pepper Steaks

Servings: 2

2 (4-ounce) beef tenderloin filets

¼ teaspoon kosher salt

2 teaspoons coarsely ground pepper

1. Sprinkle steaks with salt and rub with pepper, pressing the pepper into the meat.
2. Prepare indoor or outdoor grill. Grill steaks about 3-5 minutes on each side, or until they reach desired degree of doneness.

Nutrition Information

(For ½ of recipe) 185 calories; 1 g carbohydrate; 24 g protein; 9 g fat (3.5 g sat); 0.5 g fiber; 355 mg sodium.

Side suggestions: Feta-loaded baked potatoes. Sliced tomatoes.

Lemon-Tarragon Salmon

Servings: 2

Juice of ½ lemon

1 tablespoon fresh tarragon, finely chopped

½ cup reduced-fat sour cream

¾ pound salmon, cut into 2 filets

Cooking spray

¼ teaspoon salt

Freshly ground pepper to taste

1. Preheat oven to 425°F.
2. In a medium bowl, whisk together lemon juice, tarragon, and sour cream. Set aside.
3. Place salmon, skin-side down, in a baking dish covered with cooking spray. Season fish with salt and pepper, and then spread the sour cream mixture over the salmon.
4. Bake fish about 20-22 minutes, until opaque throughout, and then serve.

Nutrition Information

(For ½ of recipe) 340 calories; 5 g carbohydrate; 37 g protein; 18 g fat (6.5 g sat); 0 g fiber; 400 mg sodium.

Side suggestions: **Sautéed asparagus.** **Rice pilaf.**

Turkey Chili

Servings: 6 (Freeze or save leftovers for lunch)

- 1 tablespoon canola oil
- 1 small white onion, chopped
- 1 garlic clove, minced
- 1 green bell pepper, chopped
- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- ½ - 1 teaspoon crushed red pepper flakes (optional)
- 2 pounds ground turkey
- 1 cup reduced-sodium chicken broth
- 1 (28-ounce) can whole peeled tomatoes, undrained
- 2 tablespoons tomato paste
- 1 (15-ounce) can red kidney beans, rinsed and drained

1. Heat oil in a Dutch oven or large pot over medium heat. Add onion, garlic, and bell pepper, and sauté 2-3 minutes, until tender. Sprinkle with cumin, chili powder, and red pepper flakes, and cook another minute.
2. Add turkey to pan and cook until browned, about 6-8 minutes, crumbling the meat as it cooks.
3. Stir broth, tomatoes, and tomato paste into the pot and bring to a boil. Reduce to a simmer, add kidney beans, cover, and let simmer about 30 minutes.

Nutrition Information

(For 1/6 of recipe) 345 calories; 22 g carbohydrate; 32 g protein; 15 g fat (3.5 g sat); 6 g fiber; 530 mg sodium.

Side suggestions: **Crusty bread.**

Grilled Chicken and Goat Cheese Salad

Servings: 2

Marinating time: 4 hours to overnight

¼ cup + 2 tablespoons reduced-fat balsamic vinaigrette

2 boneless, skinless chicken breast halves

½ pint grape tomatoes, quartered

¼ cup crumbed goat cheese (can substitute feta)

4 cups chopped Romaine lettuce

1. Combine ¼ cup vinaigrette and chicken in a plastic resealable bag. Shake to coat chicken. Refrigerate and marinate 4 hours to overnight, turning at least once.
2. Prepare indoor or outdoor grill. Remove chicken from marinade and grill 5-7 minutes on each side, until chicken is cooked through. Remove chicken from grill, let cool slightly, and then slice into ¼-inch strips.
3. Arrange tomatoes, goat cheese, and chicken strips on beds of lettuce. Drizzle each salad with 1 tablespoon vinaigrette and serve.

Nutrition Information

(For ½ of recipe) 345 calories; 11 g carbohydrate; 36 g protein; 17 g fat (7 g sat); 3.5 g fiber; 580 mg sodium.

Side suggestions: **Warm pita bread.**

Spinach Lasagna

Servings: 8 (Freeze or save leftovers for lunch)

1 (16-ounce) bag frozen chopped spinach, thawed and drained
1 (15-ounce) container part-skim ricotta cheese
1 large egg, lightly beaten
1 teaspoon dried oregano
1 teaspoon salt
Freshly ground pepper to taste
1 (25-ounce) jar pasta sauce
6 ounces no-boil lasagna noodles
1 2/3 cup grated part-skim mozzarella cheese
½ cup water
Aluminum foil

1. Preheat oven to 350°F.
2. In a large mixing bowl, combine spinach, ricotta cheese, egg, oregano, salt, and pepper. Set aside.
3. Spread ½ cup pasta sauce on the bottom of a 9X13-inch baking pan. Cover bottom of pan with 1/3 of the lasagna noodles, overlapping them slightly. Top noodles with half of the spinach-ricotta mixture. Sprinkle 2/3 cup mozzarella cheese on top of the spinach-ricotta mixture, and then spread 1 cup pasta sauce on top. Repeat, layering 1/3 of the noodles, ½ of the spinach-ricotta mixture, 2/3 cup mozzarella cheese, and 1 cup pasta sauce. Top with another layer of noodles, the remaining sauce, and 1/3 cup mozzarella cheese.
4. Pour water along sides of dish, cover tightly with aluminum foil, and bake for 75 minutes.

Nutrition Information

(For 1/8 of recipe) 305 calories; 35 g carbohydrate; 17 g protein; 11 g fat (5 g sat); 6.5 g fiber; 910 mg sodium.

Side suggestion: Italian "house" salad.