

Lose It! Premium Meal Plan #47

Turkey and Artichoke Linguini
Foil-Packet Turbot with Vegetables
Spice-Rubbed Pork with Avocado Salsa
Oven-Fried Chicken
Wild Rice and Vegetable Casserole

SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

$\frac{3}{4}$ pound turbot (or substitute cod or flounder)
 $\frac{1}{2}$ pound turkey breast tenderloin
2 (6-ounce) boneless pork loin chops
4 chicken drumsticks

Produce

1 zucchini
Brussels sprouts (need 2 c)
Green beans (need 2 c)
1 fennel bulb
1 bunch scallions (need 3)
1 head of garlic
1 red onion
Fresh basil
1 avocado
1 lime
Broccoli
Mixed greens
1 pound red potatoes
2 Yukon Gold potatoes

Dairy/Eggs/Juices

Shredded parmesan cheese (need $\frac{1}{4}$ c)
Low-fat buttermilk (need $\frac{1}{2}$ c)
Part-skim shredded mozzarella (need $\frac{3}{4}$ c)
Goat cheese (need 4 oz)
Low-fat milk
Butter

Grains

Whole wheat linguini
Wild and long grain rice mix
Brown rice
Whole wheat pita bread

Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt
Kosher salt
Freshly ground pepper
Cayenne pepper
Dry mustard powder
Onion powder
Paprika
All-purpose flour
Olive oil
Cooking spray
Dried cranberries
Chopped walnuts
Balsamic vinegar

Canned/jarred goods

Evaporated skim milk (need 6 ounces)

Frozen

1 (9-ounce) package frozen artichoke hearts

Other

Aluminum foil

Turkey and Artichoke Linguini

Servings: 2

4 ounces whole wheat linguini

½ (9-ounce) package frozen artichoke hearts (quartered, if not already)

2 teaspoons olive oil

½ pound turkey breast tenderloin, cut into ¼-inch by 1-inch pieces

1 garlic clove, minced

½ tablespoon all-purpose flour

6 ounces evaporated skim milk

¼ teaspoon salt

Freshly ground pepper to taste

1 tablespoon chopped fresh basil

¼ cup Parmesan cheese, shredded

1. Cook pasta according to package directions, omitting salt and oil. During last 5 minutes of cooking, add frozen artichokes. Drain and return to pot.
2. Heat olive oil in a large nonstick skillet over medium-high heat. Add turkey and garlic; cook until turkey is lightly browned around the edges and no longer pink, about 3-4 minutes. Stir in flour and then add milk, salt, and pepper. Cook until sauce thickens, about 5 minutes. Stir in basil.
3. Add turkey and sauce to pasta and toss until well combined. Top with parmesan cheese and serve.

Nutrition Information

(For ½ of recipe) 515 calories; 66 g carbohydrate; 36 g protein; 14 g fat (4 g sat); 5 g fiber; 730 mg sodium.

Side suggestion: **Mixed greens.**

Foil-Packet Turbot with Vegetables

Serves: 2

1/2 medium zucchini, cut into half moons

1/2 fennel bulb, trimmed, halved, cored, and sliced thin

1 garlic clove, minced

3 scallions, chopped

1 tablespoon chopped fresh basil

1/2 teaspoon salt

2 (14-inch) pieces of aluminum foil

2 (6-ounce) turbot filets (or substitute another mild white fish, such as cod or flounder)

4 teaspoons olive oil

1. Preheat oven to 450°F.
2. In a large bowl, combine zucchini, fennel, garlic, scallions, and basil.
3. Lay out the foil and place 1 filet in the middle of each piece. Season with salt. Divide vegetable mixture evenly over the two filets. Drizzle each with 2 teaspoons olive oil. Fold up the ends of the foil and crimp together.
4. Place the two fish packets on a baking sheet and bake in the oven until vegetables are tender and fish is cooked through, about 15 to 18 minutes.

Nutrition Information

(For 1/2 of recipe) 275 calories; 8 g carbohydrate; 29 g protein; 14 g fat (2.5 g sat); 3 g fiber; 580 mg sodium.

Side suggestions: **Steamed red potatoes.**

Spice-Rubbed Pork with Avocado Salsa

Serves: 2

½ teaspoon Kosher salt

Dash of freshly ground pepper

1/8 teaspoon cayenne pepper

2 (6-ounce) boneless pork loin chops, visible fat trimmed

½ avocado, pitted and largely diced

¼ cup diced red onion

1 tablespoon fresh lime juice

2 teaspoons olive oil

1. In a small bowl, combine salt, pepper, and cayenne. Rub evenly onto both sides of pork.
2. In a medium bowl, combine avocado and red onion. Drizzle with the lime juice.
3. Heat oil in a large skillet over medium-high heat. Add pork and sear for about 2 minutes on each side. Reduce heat to medium and continue cooking for an addition 6-8 minutes on each side, or until cooked through. Top with the avocado salsa and serve.

Nutrition Information

(For ½ of recipe) 365 calories; 6 g carbohydrate; 38 g protein; 21 g fat (5 g sat); 3 g fiber; 545 mg sodium.

Side suggestions: **Brown rice.**

Oven-Fried Chicken

Servings: 2

Marinating time: 1-2 hours

½ cup low-fat buttermilk
4 chicken drumsticks, skin removed*
¼ cup all-purpose flour
½ teaspoon salt
¼ teaspoon freshly ground pepper
½ teaspoon dry mustard powder
½ teaspoon onion powder
¼ teaspoon paprika
Cooking spray

**Tip: Use kitchen scissors to easily remove the skin from the chicken.*

1. Place buttermilk and chicken in a resealable plastic bag. Toss to combine and place in the refrigerator to marinate for 1-2 hours.
2. Preheat oven to 450° F.
3. Combine flour, salt, pepper, dry mustard powder, onion powder, and paprika in another resealable plastic bag; transfer chicken to this bag, discarding excess marinade, and toss to coat with the flour mixture.
4. Place chicken on a baking sheet lined with parchment paper or treated with cooking spray. Bake for 35 minutes, or until cooked through, turning half way through.

Nutrition Information

(For ½ of recipe) 205 calories; 11 g carbohydrate; 28 g protein; 5 g fat (1.5 g sat); 0.5 g fiber; 610 mg sodium.

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

Wild Rice and Vegetable Casserole

Servings: 4

6 ounces wild and long grain rice mix
2 teaspoons olive oil
2 cups Brussels sprouts, trimmed and outer leaves removed*
2 cups green beans, trimmed and cut in half
¼ teaspoon salt
¾ cup part-skim mozzarella, shredded
4 ounces goat cheese, crumbled
2 tablespoons dried cranberries
2 tablespoons walnuts, chopped

**Not a fan of Brussels sprouts? Substitute another vegetable of your choice.*

1. Cook rice according to package directions, but omitting salt and spice packet (if included).
2. Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add the Brussels sprouts and sauté for 2-3 minutes. Cover and reduce heat to medium; cook, stirring occasionally, until tender, about 5-6 minutes. Add green beans and sauté another 2-3 minutes, uncovered. Season with salt.
3. Layer the rice, vegetables, cheeses, walnuts, and cranberries in a baking or casserole dish. Bake at 350° F for about 25 minutes, until cheese is melted.

Nutrition Information

(For ¼ of recipe) 390 calories; 48 g carbohydrate; 17 g protein; 15 g fat (7 g sat); 5 g fiber; 380 mg sodium.

Side suggestions: **Whole wheat pita bread.**