

## Lose It! Premium Meal Plan #50

Turkey with Mustard Chive Sauce  
Red Vegetable-Stuffed Flounder  
Asian-Style Chicken and Rice  
Beef Tenderloin and Herb Salad  
Falafel Pitas

### SHOPPING LIST

*Ingredients for the side dishes are in italics.*

#### Meat

½ pound turkey breast\*  
½ pound boneless, skinless chicken breast\*  
Bacon (need 2 strips)  
¾ pound flounder filets  
2 (5-ounce) beef tenderloin filets  
*\*Can also purchase 1 pound of either chicken or turkey breast if you don't mind having the same type of poultry twice.*

#### Produce

1 red bell pepper  
Cherry tomatoes (need ¼ c)  
3 medium tomatoes (2 for sides)  
1 cucumber  
Snow peas (need 1 c)  
1 head of garlic (need 3 cloves)  
1 bunch scallions (need 4)  
Chives  
1 bunch parsley  
1 lime  
1 lemon  
Baby greens (need 2 c)  
1 head of green-leaf lettuce  
1 zucchini  
New potatoes  
Broccoli  
1 pineapple (can also use canned or pre-sliced;  
enough for 2 side portions)  
*Fruit for 4 sides of fruit salad*

#### Dairy/Eggs/Juices

Swiss cheese (need 2 oz sliced)  
*Plain, low-fat yogurt (need 1/2 c)*

#### Grains

Brown rice  
4 (6-inch) whole wheat pitas  
*Couscous*  
*Crusty bread*

#### Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt  
Freshly ground pepper  
Paprika  
Ground cumin  
Olive oil  
Canola oil  
Sesame oil  
Cooking spray (if using an indoor grill)  
All-purpose flour  
Reduced-sodium soy sauce  
Rice vinegar  
Plain peanuts (need 2 T)  
Tahini (sesame-seed paste, usually found by the peanut butter or in the organic foods section of store; need 2 T)

#### Canned/jarred goods

Mustard  
Reduced-sodium chicken broth (need 1 ½ c)  
1 (15-ounce) can garbanzo beans (chickpeas)

#### Other

Toothpicks

## Turkey with Mustard-Chive Sauce

Servings: 2

Tip: Cook double the turkey needed and use leftovers for the *Asian Style Chicken and Rice* recipe. Chicken can also be substituted in this recipe.

½ pound turkey breast

¼ teaspoon salt

Freshly ground pepper to taste

1 teaspoon olive oil

½ tablespoon mustard

½ tablespoon water

1 + 1 tablespoons chives, chopped

Cooking spray (if using an indoor grill)

2 strips bacon, cooked and cut into small pieces

1. Season the turkey with salt and pepper.
2. Mix together oil, mustard, water, and half of the chives in a small bowl.
3. Place turkey on grill or indoor grill pan coated with cooking spray, and cook for about 5-6 minutes on each side, or until cooked through.
4. Slice the turkey horizontally into smaller pieces. Distribute onto plates and top with the mustard sauce, bacon, and remainder of the chives.

### Nutrition Information

(For ½ of recipe) 275 calories; 1.5 g carbohydrate; 30.5 g protein; 16.5 g fat (5.5 g sat); 0.5 g fiber; 555 mg sodium.

Side suggestions: **Grilled zucchini. Boiled new potatoes.**

## Red Pepper and Tomato-Stuffed Flounder

Servings: 2

$\frac{3}{4}$  pound flounder filets

$\frac{1}{4}$  teaspoon salt

2 ounces Swiss cheese, sliced

$\frac{1}{2}$  red bell pepper, sliced into strips

$\frac{1}{4}$  cup cherry tomatoes

Toothpicks

$\frac{1}{2}$  teaspoon paprika

2 teaspoons olive oil

2 tablespoons fresh parsley, chopped

1. Preheat oven to 400°F.
2. Season fish filets with the salt. Top with a slice of Swiss cheese and the vegetables. Carefully roll and secure with a toothpick. Top with any remaining cheese and sprinkle with the paprika.
3. Transfer fish to an oven-safe baking dish coated with the oil. Bake for 20-25 minutes, until fish is opaque throughout and flakes easily.
4. Garnish with parsley and serve.

### Nutrition Information

(For  $\frac{1}{2}$  of recipe) 295 calories; 4 g carbohydrate; 36 g protein; 15 g fat (4 g sat); 1 g fiber; 700 mg sodium.

Side suggestions: **Couscous. Steamed broccoli.**

## Asian-Style Chicken and Rice

Serves: 2

¾ cup brown rice  
1 ½ cups reduced-sodium chicken broth  
2 teaspoons canola oil  
½ pound chicken breast, cut into cubes  
1 cup snow peas, trimmed  
1 garlic clove, minced  
1 ½ tablespoons reduced sodium soy sauce  
1 ½ tablespoons rice vinegar  
½ tablespoon sesame oil  
4 scallions, green part only, cut into 1/2-inch pieces  
½ red bell pepper, diced  
2 tablespoons plain peanuts

1. Cook rice according to package directions, omitting any added salt or fat and using chicken broth instead of water.
2. Meanwhile, heat canola oil in a large nonstick skillet over medium-high heat. Add chicken and cook for 5-7 minutes, until cooked through, stirring frequently. Drain any liquid and set chicken aside.
3. Fill a small pot with 1 inch of water. Bring to a boil over high heat, add snow peas, cover, and steam for 2 minutes, until tender-crisp. Drain and set aside.
4. In a large bowl, combine garlic, soy sauce, vinegar, and sesame oil. Add scallions, bell pepper, snow peas, and chicken; toss to combine. Mix in the rice, top with the peanuts, and serve.

### Nutrition Information

(For ½ of recipe) 565 calories; 63 g carbohydrate; 39 g protein; 17 g fat (2.5 g sat); 5.5 g fiber; 660 mg sodium.

Side suggestions: Sliced pineapple.

## Beef Tenderloin and Herb Salad

Servings: 2

2 (5-ounce) beef tenderloin filets  
¼ + 1/8 teaspoon salt  
Freshly ground pepper to taste  
1 teaspoon fresh lime juice  
1 ½ + 2 teaspoons olive oil  
2 cups baby greens  
2 tablespoons parsley, roughly chopped  
2 tablespoons chives, chopped

1. Slice each filet horizontally into three equal pieces and season with ¼ teaspoon salt and pepper to taste.
2. Whisk together lime juice, 1 ½ teaspoons olive oil, 1/8 teaspoon salt, and pepper to taste. Toss with the greens and herbs. Transfer salad to two plates.
3. Heat 2 teaspoons olive oil in a medium to large skillet over medium-high heat. Add meat and cook for 1-2 minutes on each side, depending on desired degree of doneness. Serve over salad.

### Nutrition Information

(For ½ of recipe) 280 calories; 0.5 g carbohydrate; 29.5 g protein; 17 g fat (5 g sat); 0 g fiber; 515 mg sodium.

Side suggestion: **Simple tomatoes. Crusty bread.**

## Falafel Pitas

Servings: 4 (Leftover falafels freeze well and are convenient to have on hand for a quick dinner or snack. Wrap *uncooked* falafels in plastic wrap, place in a resealable plastic bag, label, and store in the freezer.)

½ cup plain, low-fat yogurt  
2 tablespoons tahini (sesame-seed paste)  
1 + 1 garlic cloves, minced  
1 + 1 tablespoon lemon juice  
1 (15-ounce) can garbanzo beans (chickpeas), rinsed and drained  
¼ cup parsley, chopped  
¼ cup all-purpose flour  
1 ¼ teaspoons ground cumin  
½ teaspoon salt  
1/8 teaspoon black pepper  
2 teaspoons olive oil  
4 (6-inch) whole wheat pitas, sliced in half  
1 tomato, diced  
¼ cup cucumber, diced  
8 green-leaf lettuce leaves

1. Whisk together yogurt, tahini, 1 minced garlic clove, and 1 tablespoon lemon juice in a small bowl. Cover sauce and place in refrigerator until falafels are ready.
2. Combine garbanzo beans, parsley, 1 minced garlic clove, flour, cumin, salt, pepper, and remaining lemon juice in a food processor or blender, and process until smooth. Shape mixture into 8 small patties.
3. Heat oil in a large nonstick skillet over medium heat. Cook for 4-6 minutes on each side, until browned.
4. Arrange patties in pita halves. Fill each pita half with about 1 ½ tablespoons of the sauce, and add in tomato, cucumber, and lettuce.

### Nutrition Information

(For ¼ of recipe) 430 calories; 73 g carbohydrate; 16 g protein; 10 g fat (2.0 g sat); 11 g fiber; 980 mg sodium\*.

*\*Amount of sodium will be less than this if garbanzo beans are rinsed.*

Side suggestions: **Fruit salad.**