

## Lose It! Premium Meal Plan #6

Thyme-Roasted Chicken Thighs  
Penne with Leafy Greens  
Provençal Lamb Chops  
Crunchy Baked Haddock  
Beef Burgundy

### SHOPPING LIST

*Ingredients for the side dishes are in italics.*

#### **Meat**

4 chicken thighs, with skin  
4 (4-ounce) lamb chops  
1 ½ pounds beef bottom round  
2 (6-ounce) haddock filets

#### **Produce**

2 lemons  
1 bunch flat-leaf parsley  
Fresh rosemary (need 1 sprig)  
1 bunch Swiss Chard (or substitute spinach)  
4 carrots  
8 ounces mushrooms  
1 head of garlic  
2 yellow onions (*1 for side*)  
Pearl onions (need 1 c)  
*6-8 new potatoes*  
*2 baking potatoes*  
*Cauliflower*  
*Broccoli*  
*Green beans*  
*Asparagus*  
*4 tomatoes*  
*Fresh basil (or substitute dried)*  
*Mixed greens*  
*Scallions*  
*Cucumber*

#### **Dairy/Eggs/Juices**

Butter  
Grated Parmesan cheese (need ¼ c)

#### **Grains**

Penne (need 6 oz)  
*Couscous*  
*Brown rice pilaf*  
*Baguette*

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

Salt  
Kosher salt (can substitute regular)  
Freshly ground black pepper  
Thyme  
Bay leaves (need 1)  
Hazelnuts (need 2 T)  
Whole-wheat breadcrumbs (e.g., Panko)  
Whole-wheat flour  
Brown sugar  
Olive oil  
*Italian dressing (or other salad dressing)*

#### **Canned/jarred goods**

Black seedless olives (need 1/3 c)  
Beef broth (need 24 oz)  
Tomato paste, no salt added (need 3 T)

#### **Other**

Burgundy or Cabernet wine (need 16 oz)



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**NUTRITION PLAN**

## Thyme-Roasted Chicken Thighs

Servings: 2

4 chicken thighs, with skin

4 garlic cloves

1 lemon, quartered

½ teaspoon thyme

4 teaspoons olive oil

½ teaspoon kosher salt (or use slightly more than ¼ t regular salt)

Freshly ground pepper to taste

1. Preheat oven to 450°F.
2. On a nonstick roasting pan or baking dish, toss together chicken, olive oil, garlic, and lemon. Season chicken with thyme, salt, and pepper.
3. Roast for 25-30 minutes, until chicken is lightly browned and a meat thermometer registers 165°F.

### Nutrition Information

(For ½ of recipe, without skin) 205 calories; 0 g carbohydrate; 27 g protein; 10 g fat (2 g sat); 0 g fiber; 525 mg sodium.

Side suggestions: **Boiled new potatoes with steamed cauliflower and broccoli.**



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NUTRITION PLAN

## Provençal Lamb Chops

Servings: 2

1 tablespoon olive oil  
1 garlic clove, sliced  
4 (4-ounce) lamb chops, trimmed  
1/3 cup black seedless olives, chopped  
1/2 cup parsley, coarsely chopped  
1/4 teaspoon salt  
Freshly ground pepper to taste

1. Heat oil in large skillet over medium-high heat. Add garlic and sauté for a minute.
2. Add lamb chops and sear for 1-2 minutes on both sides, until browned. Reduce heat to medium-low and continue to cook for another 3-4 minutes on each side, or to desired degree of doneness. Add olives and parsley during the last minute of cooking.
3. Season with salt and pepper.

### Nutrition Information

(For 1/2 of recipe) 220 calories; 3 g carbohydrates; 28 g protein; 10 g fat (3 g sat); 1 g fiber; 570 mg sodium.

Side suggestions: **Couscous** and **steamed green beans**.

## Penne with Leafy Greens

Servings: 2

2 tablespoons hazelnuts, roughly chopped

6 ounces penne (slightly less than ½ of a 1-pound box of pasta)

½ tablespoon olive oil

2 garlic cloves, thinly sliced

1 bunch Swiss chard, stemmed and chopped (works with spinach too)

¼ teaspoon salt

½ tablespoon butter

Freshly ground pepper to taste

2 tablespoons grated Parmesan

1. Toast hazelnuts in a small skillet over low heat. Stir and toss for a few minutes, until fragrant.
2. Cook pasta according to package directions, omitting salt and fat. When pasta is done, reserve ½ cup of water before draining.
3. Heat olive oil in a large Dutch oven or deep skillet over medium heat. Add garlic and sauté for 2-3 minutes. Add chard and sprinkle with salt. Increase heat to medium-high and stir until chard begins to wilt. Cover the pot and cook for 2-3 minutes, or until tender, stirring occasionally.
4. Add the reserved pasta water and butter to the chard, and cook until the butter is melted. Then add the drained pasta, mix well, and cook for another 1-2 minutes.
5. Season with pepper to taste. Portion onto two plates, and top with parmesan and hazelnuts.

### Nutrition Information

(For ½ of recipe) 470 calories; 71 g carbohydrate; 17 g protein; 14 g fat (4 g sat); 5 g fiber; 660 mg sodium.

Side suggestions: **Bruschetta**.



## Crunchy Baked Haddock

Servings: 2

2 (6-ounce) haddock filets

¼ teaspoon salt

Juice of ½ a lemon + 2 lemon wedges

2 teaspoons butter

1 garlic clove, minced

¼ cup whole wheat breadcrumbs

¼ cup flat-leaf parsley, chopped, plus extra for garnish

2 tablespoons Parmesan cheese, grated

1. Preheat oven to 425° F.
2. Place fish filets on a baking dish. Sprinkle with salt and drizzle over the lemon juice. Cover with aluminum foil and bake for 10 minutes.
3. Meanwhile, heat butter in a medium nonstick skillet over medium-high heat. Add garlic and sauté for 1 minute. Add breadcrumbs, parsley, and cheese and cook for 1 more minute.
4. Remove fish from the oven and top with breadcrumbs mixture. Bake in the middle of the oven for another 5-10\* minutes. (\*Total cooking time will depend on the thickness of the fish filets. The fish is ready when opaque throughout; check after 5 minutes to avoid overcooking.)
5. Garnish with extra parsley and serve with lemon wedges.

### Nutrition Information

(For ½ of recipe) 260 calories; 12 g carbohydrate; 36 g protein; 7 g fat (4 g sat); 1 g fiber; 610 mg sodium.

Side suggestions: **Baked potatoes and steamed asparagus.**



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NUTRITION PLAN

## Beef Burgundy

Servings: 6 (Entertain with this dish, or save leftovers for lunch.)

2 teaspoons olive oil  
1 ½ pounds beef bottom round, trimmed and cut into 1-inch cubes  
8 ounces mushrooms, cleaned and quartered  
1 medium yellow onion, chopped  
Freshly ground pepper to taste  
3 tablespoons whole wheat flour  
2 cups burgundy wine (can also use Cabernet)  
3 cups beef broth  
3 tablespoons tomato paste, no salt added  
1 fresh rosemary sprig  
1 bay leaf  
1 tablespoon firmly packed brown sugar  
4 medium carrots, peeled, quartered, and sliced into 2-inch long pieces  
1 cup fresh pearl onions, peeled  
¼ cup flat-leaf parsley, chopped

1. Preheat oven to 350° F.
2. Heat oil in a Dutch oven or large ovenproof pot over medium-high heat. Add meat and cook until browned on all sides. Add mushrooms, onion, and pepper, and sauté until onion is tender, about 5 minutes. Add flour and cook for 2-3 minutes more.
3. Add wine, broth, tomato paste, rosemary, bay leaf, and brown sugar. Scrape up any browned bits from the bottom of the pot and bring to a simmer.
4. Cover the pot and transfer to the oven. Bake for 1 ½ hours. Remove pot from oven and add the carrots and pearl onions. Bake uncovered for another 30 minutes, until carrots and meat are tender. Garnish with parsley and serve.

### Nutrition Information

(For 1/6 of recipe) 320 calories; 17 g carbohydrate; 29.5 g protein; 9.5 g fat (3 g sat); 3.5 g fiber; 490 mg sodium.

Side suggestions: **Mixed green salad and brown rice pilaf.**

