

## Lose It! Premium Meal Plan #7

Lemon-Chive Scallop Kebabs  
Panko-Crusted Turkey  
Grilled Lamb Chops  
Black Bean Quesadillas  
Chicken, Arugula, and Bell Pepper Pasta

### SHOPPING LIST

*Ingredients for the side dishes are in italics.*

#### **Meat**

¾ pound sea scallops  
½ pound boneless, skinless chicken breast  
½ pound turkey breast tenderloin (\*can also substitute ½ pound chicken breast)  
2 lamb loin chops

#### **Produce**

2 lemons (*1 for side*)  
1 bunch chives (need 2 T chopped)  
1 bunch cilantro (need 2 T, *1 for side*)  
Fresh thyme  
1 jalapeno (optional)  
1 head of garlic  
1 shallot  
1 yellow onion  
Cherry tomatoes  
2 large tomatoes (*1 for side*)  
2 medium red bell peppers  
1 large bag arugula  
*1 red onion*  
*1 avocado*  
*Asparagus*  
*Broccoli*  
*Mixed green salad ingredients*

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

Monterey Jack cheese (need ¼ c shredded)  
Low-fat cheddar cheese (need ¼ c shredded)  
Eggs (need 1 egg white)

#### **Grains**

Whole-wheat flour tortillas (need 3)  
Farfalle (or other shaped pasta)  
*Couscous*  
*Risotto rice*  
*Rice pilaf*

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

Salt  
Freshly ground pepper  
Dried rosemary  
Olive oil  
Canola oil  
Cooking spray  
Panko breadcrumbs  
Balsamic vinegar  
*Salad dressing*

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

1 (15-ounce) can black beans

#### **Other**

4 metal skewers (can also use wooden skewers)

## Lemon-Chive Scallop Kebabs

Servings: 2

2 tablespoons lemon juice

2 tablespoons olive oil

1 + 1 tablespoon fresh chives, chopped

1 teaspoon lemon-zest

¼ teaspoon salt

1/8 teaspoon freshly ground pepper

¾ pound sea scallops

12 cherry tomatoes

4 metal skewers (or wooden skewers, soaked in water for at least 20 minutes)

1. Prepare grill or broiler.
2. In a medium bowl, whisk together lemon juice, olive oil, 1 tablespoon of the chives, lemon zest, salt, and pepper. Add scallops and toss until thoroughly coated.
3. Thread scallops and cherry tomatoes onto the skewers and brush thoroughly with the lemon-chive mixture.
4. Place scallop kebabs on a lightly oiled grill rack or a nonstick broiler pan. Grill for 8-12 minutes, turning regularly, until opaque in center and lightly browned. If broiling, broil for 6-8 minutes, turning a few times, until opaque in center and lightly browned. It's easy to overcook scallops, so keep a close eye on them to make sure they don't burn.
5. Garnish kebabs with remaining tablespoon of chopped chives.

### Nutrition Information

(For ½ of recipe) 230 calories; 9 g carbohydrate; 31 g protein; 8.5 g fat (1 g sat); 1.5 g fiber; 430 mg sodium.

Side suggestions: **Couscous. Grilled asparagus.**

## Panko-Crusted Turkey

Servings: 2

½ large tomato, diced

½ red bell pepper, diced

½ cup arugula salad, packed

1 garlic clove, minced

1 tablespoon + 2 teaspoons olive oil

1 teaspoon balsamic vinegar

1/8 + 1/8 teaspoon salt

Freshly ground pepper to taste

1 egg white

1/3 cup panko breadcrumbs

½ pound turkey breast tenderloin (can substitute chicken breast)

Juice of ½ lemon

1. In a small bowl, combine tomato, bell pepper, arugula, garlic, 1 tablespoon oil, and vinegar. Toss to combine and season with 1/8 teaspoon salt and pepper to taste. Set aside.
2. Break egg into a shallow bowl and beat lightly with a fork. Spread panko crumbs out in another bowl. Dip turkey in the egg whites and then dredge in panko crumbs until thoroughly coated.
3. Heat remaining 2 teaspoons of olive oil in a nonstick skillet over medium heat. Add turkey and cook for 6-8 minutes on each side, until no longer pink inside.
4. Slice turkey tenderloins on the diagonal, season with remaining salt and freshly ground pepper to taste, squeeze over the lemon, and top with the tomato-pepper mixture.

### Nutrition Information

(For ½ of recipe) 330 calories; 17 g carbohydrate; 30 g protein; 15 g fat (3 g sat); 3 g fiber; 475 mg sodium.

Side suggestions: **Risotto. Steamed broccoli.**

## Black Bean Quesadillas

Servings: 2

2 teaspoons canola oil  
½ yellow onion, diced  
½ medium red bell pepper, diced  
½ (15-ounce) can black beans, drained  
1 tablespoon cilantro, finely chopped  
½ jalapeno, minced (optional)  
¼ cup Monterey Jack cheese, shredded  
¼ cup low-fat cheddar cheese, shredded  
Cooking spray  
3 whole wheat flour tortillas

1. Heat canola oil in a medium nonstick skillet over medium-high heat. Add onion and bell pepper, and sauté for 4-5 minutes. Add the beans and sauté for another minute. Mix in cilantro and jalapeno and remove from heat.
2. Sprinkle Monterey Jack cheese onto 1 ½ of the tortillas. Top with pepper, onion, and bean mixture. Sprinkle evenly with remaining cheese and then top the whole tortilla with another tortilla and fold over the remaining tortilla.
3. Wipe clean the nonstick skillet used in step one. Spray skillet with cooking spray and place over medium heat. Add the whole quesadilla and cook until both sides are browned and cheese is melted, about 2-3 minutes on each side. Repeat with remaining quesadilla half.
4. Cut into wedges and serve with salsa (below).

### Nutrition Information

(For ½ of recipe) 475 calories; 64 g carbohydrate; 21 g protein; 15 g fat (5 g sat); 11 g fiber; 495 mg sodium.

Side suggestions: Tomato and avocado salsa (save leftovers for dip).

## Grilled Lamb Chops

Servings: 2

2 tablespoons olive oil  
1 tablespoon fresh thyme  
1 teaspoon dried rosemary  
2 cloves minced garlic  
Juice of ½ lemon  
½ teaspoon salt  
1/8 teaspoon black pepper  
2 lamb loin chops

1. Combine olive oil through pepper in a resealable plastic bag. Add lamb and turn to coat. Marinate in the refrigerator for one hour to overnight.
2. Preheat indoor or outdoor grill and treat with cooking spray. Add lamb and grill for 5 to 7 minutes per side, depending on thickness and desired degree of doneness.

### Nutrition Information

(For ½ of recipe) 150 calories; 0 g carbohydrate; 14 g protein; 11 g fat (2 g sat); 0 g fiber; 510 mg sodium.

Side suggestions: **Cherry tomato and red onion kebab. Rice pilaf.**

## Chicken, Arugula, and Bell Pepper Pasta

Servings: 2

Marinating time: 1-2 hours

½ pound boneless, skinless chicken breast, cut into bite-size pieces

2 + 2 teaspoons olive oil

1 tablespoon lemon juice

2 sprigs thyme

4 ounces farfalle pasta (or other shaped pasta)

1 garlic clove, chopped

1 shallot, chopped

¼ teaspoon salt

Freshly ground pepper

4 cups arugula salad (or substitute spinach)

1 red bell pepper, cut into short, thin strips

1. Combine chicken, 2 teaspoons olive oil, lemon juice, and thyme in a resealable plastic bag. Place in the refrigerator and marinate for 1-2 hours, turning halfway through.
2. Cook pasta according to package directions, omitting salt and oil. Drain and set aside.
3. Meanwhile, heat remaining olive oil in a large non-stick skillet over medium-high heat. Add garlic and shallot and sauté for 1-2 minutes, until fragrant. Add chicken and season with salt and freshly ground pepper. Cook for 3-5 minutes on each side, or until cooked through.
4. Reduce heat to low and add the drained pasta, arugula, and bell pepper to the skillet. Stir to combine with the pasta and cook until arugula is just wilted, another minute or so.

### Nutrition Information

(For ½ of recipe) 430 calories; 50 g carbohydrate; 35 g protein; 9 g fat (1.5 g sat); 3.5 g fiber; 380 mg sodium.

Side suggestions: **Mixed green salad.**