

## Lose It! Premium Nutrition Plan – Week of March 13

Spinach Salad with Grilled Chicken  
Swedish-Style Lamb Burgers  
Mint Grilled Salmon  
Creamy Spinach-Mushroom Pasta  
Sesame Pork

### SHOPPING LIST

*Ingredients for the side dishes are in italics.*

#### **Meat**

½ pound boneless, skinless chicken breasts  
12 ounces salmon filet, about 1 inch thick  
1/3 pound ground lamb (can substitute lean ground beef)  
12 ounces pork tenderloin

#### **Produce**

1 apple (e.g., Granny Smith)  
1 lime  
Head of garlic  
Baby spinach (need 8 c packed; about 10 oz)  
Mushrooms (need 4 oz sliced)  
Fresh mint  
Parsley  
3 medium Yukon gold potatoes (*2 for side*)  
*1 ripe mango*  
*1 medium banana*  
*1 serrano chile*  
*Mixed greens (enough for 4 side salads)*  
*Cherry tomatoes*  
*1-2 tomatoes*  
*1 red onion*  
*1 cucumber*  
*Baby carrots (need 1 c)*  
*Snap peas (need 1 c)*

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

Low-fat milk  
Unsalted butter (need 2 t)  
Eggs (need 1 large)  
2 oz crumbled goat cheese  
Light garlic and herb spreadable cheese (need about 3 oz)  
*Orange juice (need 1 T)*

#### **Grains**

8 ounces fresh fettuccini (or other fresh pasta)  
*Crusty bread*  
*Jasmine rice*  
*Brown rice*

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

Salt  
Fresh ground pepper  
Dried coriander  
Olive oil  
Hot pepper oil (can substitute olive oil)  
Sesame oil  
Cooking spray  
Balsamic vinegar  
Grainy mustard  
Low-sodium soy sauce  
Honey  
Brown sugar  
Sesame seeds

#### **Canned/Jarred Goods**

*8-ounce can unsweetened pineapple chunks*

## Spinach Salad with Grilled Chicken

Servings: 2

½ pound boneless, skinless chicken breasts  
¼ teaspoon + 1 dash salt  
Fresh ground pepper  
Cooking spray  
2 teaspoons balsamic vinegar  
1 clove garlic, minced  
1 tablespoon olive oil  
4 cups packed baby spinach, rinsed and dried  
1 apple (e.g., Granny Smith) cut into wedges  
2 ounces crumbled goat cheese

1. Season chicken breast with ¼ teaspoon salt and a dash of pepper. Place on grill coated with cooking spray and cook over medium heat for 5-7 minutes on each side. Move to cutting board and cut into strips.
2. Season spinach with a dash of salt and pepper to taste.
3. Whisk together balsamic vinegar, garlic, and oil in a large mixing or salad bowl. Add the spinach to the bowl and toss to combine.
4. Place spinach onto plates and top with the chicken strips, apple wedges, and goat cheese.

### Nutrition Information

(For ½ recipe) 321 calories; 14.5 g carbohydrate; 34 g protein; 15 g fat (5.5 g saturated); 4 g fiber; 606 mg sodium.

Side suggestions: **Crusty bread.**

## Swedish-Style Lamb Burgers

Servings: 2

Time-Saving Tip: Cook the potatoes for the mashed potato side dish at the same time as cooking the potato for the main recipe.

1 medium Yukon gold potato  
1/3 pound ground lamb (can substitute lean ground beef)  
1 large egg  
2 tablespoons parsley, finely chopped  
1 ½ teaspoons grainy mustard  
½ teaspoon salt  
1/8 teaspoon ground pepper  
2 tablespoons water  
2 teaspoons olive oil

1. Wash and scrub potato, place in a small pot filled with water and cover. Start off on high heat and then reduce to low once water starts boiling. Simmer (do not boil) until potato is tender when pierced with a fork, about 20-40 minutes. (To decrease cooking time, cut potato in smaller pieces.)
2. When potato is cooked, drain the water, place in a mixing bowl, and mash. Let the potato cool for a minute, and then mix in ground meat, egg, parsley, mustard, salt, and pepper. Finally, add in the water so that the mixture becomes fairly loose.
3. Heat oil in a large non-stick skillet over medium-high heat. Using a spoon, scoop out about 4 lamb patties and pat them down on the skillet so they are about  $\frac{3}{4}$  of an inch thick. Cook for 3-4 minutes on each side, until cooked through.

### Nutrition Information

(For ½ recipe) 366 calories; 17.5 g carbohydrate; 17.5 g protein; 25 g fat (9 g saturated); 3 g fiber; 694 mg sodium.

Side suggestions: **Mashed potatoes. Cherry tomato green salad.**

## Mint Grilled Salmon

Servings: 2

Marinating time: 15-20 minutes

12 ounces salmon filet, about 1 inch thick, cut into 2 pieces

½ teaspoon dried coriander

2 tablespoons chopped fresh mint

½ teaspoon hot pepper oil (for a milder taste use olive oil)

¼ teaspoon salt

Freshly ground pepper to taste

Cooking spray

½ lime, cut into wedges

1. Combine salmon, coriander, mint, and oil in a resealable plastic bag. Shake gently to coat. Marinate in refrigerator for 15-20 minutes.
2. Prepare grill or indoor grill pan.
3. Remove salmon from bag. Sprinkle with salt and pepper. Place on grill coated with cooking spray. Cook until done, about 5 minutes on each side. Serve with lime wedges.

### Nutrition Information

(For ½ of recipe) 325 calories; 1 g carbohydrate; 34 g protein; 20 g fat (4 g saturated); 0.5 g fiber; 393 mg sodium.

Side suggestions: **Mango Salsa. Jasmine rice.**

## Creamy Spinach-Mushroom Pasta

Servings: 2

1 tablespoon olive oil  
2 garlic cloves, thinly sliced  
4 ounces mushrooms, cleaned and sliced  
8 ounces fresh fettuccini (or other fresh pasta)  
4 cups packed fresh spinach  
1/3 cup (about 3 ounces) light garlic and herb spreadable cheese  
1/4 cup low-fat milk  
1/4 teaspoon salt  
Fresh ground pepper to taste

1. Cook pasta according to package directions, omitting salt and fat. When done, reserve 1/4 cup of water, drain the rest, and set pasta aside.
2. Meanwhile, heat oil in a large skillet over medium heat. Add the garlic and cook for 1 minute, until just soft and fragrant. Add mushrooms, stir, cover, and cook for about 3-4 minutes, until mushrooms are soft.
3. Add spinach to the skillet and stir until just wilted. Reduce the heat to low and mix in the garlic and herb cheese and milk.
4. Turn off the heat and add the pasta to the skillet and toss until well mixed. If pasta dish seems dry, add reserved pasta water, 1 tablespoon at a time, until creamy. Season with 1/4 teaspoon of salt fresh ground pepper to taste.

### Nutrition Information

(For 1/2 recipe) 495 calories; 71 g carbohydrate; 23.5 g protein; 14 g fat (4.5 g saturated); 3 g fiber; 593 mg sodium.

Side suggestions: **Classic tossed salad.**

## Sesame Pork

Servings: 2

Marinating time: 4-24 hours

12 ounces pork tenderloin, visible fat removed

¼ cup low sodium soy sauce

2 garlic cloves, minced

1 teaspoon sesame oil

1 tablespoon brown sugar

2 tablespoons honey

2 tablespoons sesame seeds

1. Combine pork, soy sauce, garlic, and sesame oil in a resealable plastic bag. Marinate in the refrigerator for 4-24 hours, turning a few times.
2. Preheat the oven to 375° F.
3. Remove pork from marinade and pat dry. Combine the brown sugar and honey and then rub over the pork. Place sesame seeds in a shallow plate and then roll the pork in the seeds until well-covered.
4. Place meat in baking dish and roast in the oven. Note that during cooking, the honey-sugar mixture will drip into the pan and burn, but the pork will not. For easier clean-up, line the baking dish with foil before placing the pork on it.
5. Roast for 40-55 minutes, or until the pork reaches 160° F. You can remove the pork when it's at 155° F; it will continue to cook slightly once out of the oven, raising the temperature to 160° F, but keep the thermometer in to monitor it's temperature status. Slice thinly and serve.

### Nutrition Information

(For ½ recipe) 334 calories; 17 g carbohydrate; 38 g protein; 12.5 g fat (3 g saturated); 1.5 g fiber; 389 mg sodium.

Side suggestions: **Sautéed baby carrots and snap peas. Brown rice.**