

VitalMeals Week 1

Enjoy some easy, wonderful meals this week!

Chicken Enchiladas
Lemon Chicken Breasts
Garlic Greens
Garlic Grilled Tomatoes
Zucchini Lasagna
Asian Cole Slaw
Low Carb Shrimp Scampi
Low Carb Pizza
Buffalo Wings
Low Carb Chili
Low Carb Jalapeno Cheddar Muffins

Servings: 4

Tips

Leftovers are great to have for lunch the next day. Keep storage containers on hand!



Chicken Enchiladas

16 net carbs/ serving

1 rotisserie chicken 1 can cream of chicken soup
8 ounces shredded Cheddar cheese 24 wraps low carb tortillas
16 ounces sour cream



- 1 Preheat oven to 350
- 2 Shred chicken
- 3 Mix all ingredients together in large bowl
- 4 Spoon mix evenly into wraps and roll (you should be able to get 20-24 tortillas out of the mix)
- 5 Place wraps in 13 x 9 serving dish
- 6 Bake 25-30 mins at 350. For the last 5 mins, sprinkle cheese on top & cook until bubbly
- 7 Feel free to freeze left overs & reheat (or freeze before cooking to pull out on a busy night)

Servings: 6

Degree of Difficulty

Degree of Difficulty: Very easy

Oven Temperature: 350°F

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Recipe Type: Main Dish

Lemon Chicken Breasts

< 1 net carb per serving

1/4 cup	olive oil	1 1/2 tsp	dried oregano
3 Tbsp	minced garlic	1 tsp	minced fresh thyme
1/3 cup	dry white wine	4	boneless and skinless chicken breasts
1 Tbsp	grated lemon zest	1	lemon
2 Tbsp	Lemon Juice		



- 1 Preheat oven to 400.
- 2 Warm the olive oil in a saucepan over medium-low heat and slowly add garlic. Cook for 1 min (don't allow garlic to turn brown).
- 3 Off the heat, add white wine, lemon zest, lemon juice, oregano, thyme & 1 tsp salt
- 4 Pour into 9 x 12 inch baking dish
- 5 Pat the chicken breasts dry and place them skin-side-up over the sauce. Brush with olive oil & sprinkle with salt & pepper
- 6 Cut lemon in 8 wedges and tuck among pieces of chicken.
- 7 Bake 30-40 mins until chicken is done and skin is lightly browned (if chicken isn't quite browned, broil for 2 mins).
- 8 Cover pan tightly with aluminum foil and allow it to rest for 10 minutes.
- 9 Sprinkle with salt and pepper and serve hot with pan juices

Yield: 4 servings

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Recipe Type: Main Dish

Garlic Greens

7 net carbs per serving

1	onion	1	bunch	mustard greens		
8	whole	garlic	cloves	1	bunch	kale
1/2	tsp	paprika	1	pinch	salt	
3	Tbsp	olive oil				



- 1 Cook 1 sliced onion, 8 whole garlic cloves and 1/2 tsp of paprika in a large pot with 3 Tbsp olive oil (for about 2 mins)
- 2 Add the entire bunch of mustard greens and kale, 2 cups water, and pinch of salt and stevia
- 3 Simmer, covered, until tender- about 15 mins

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Recipe Type: Side Dish

Garlic Grilled Tomatoes

3.5 net carbs per serving

4	ripe	tomatoes	5	cloves	garlic
1	cup	salt	2	Tbsp	Thyme
1/4	cup	pepper	1/4	cup	Parmigiano-Reggiano
1/4	cup	garlic powder			cheese
3	Tbsp	Olive oil			



- 1 Cut the tomatoes in half crosswise & season with house seasoning (1 cup salt + 1/4 cup pepper + 1/4 cup garlic powder)
- 2 Heat oil in small pan over medium heat
- 3 Add garlic and cook until just starting to turn golden brown (1-2 minutes)
- 4 Pour garlic and oil into "heat-proof" bowl
- 5 Oil the grill and set on high heat
- 6 Place the tomatoes cut side down and grill for 3-5 minutes.
- 7 Turn over and top with garlic oil mixture and cook for 3 minutes
- 8 Remove from grill and top with thyme, house seasoning, and parmigiano-regiano

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 8 minutes

Recipe Type: Side Dish

Zucchini Lasagna

10 net carbs per serving

1 large container	ricotta cheese	3	zuchinis (sliced lengthwise)
3 cups	Mozzarella cheese shredded	6 cups	low sugar tomato sauce
1 Tbsp	Oregano	2 Tbsp	Olive oil
2	Eggs		
1 cup	Parmesan cheese		
1	red bell pepper, sliced		



- 1 Preheat oven to 350
- 2 Mix Ricotta cheese, 2 Eggs, Oregano, 2 cups mozzarella cheese, and 1 cup parmesan together
- 3 Spread 2 Tbsp olive oil over bottom of 9x13 casserole dish
- 4 Pour enough sauce to lightly cover the bottom of the pan. Place a layer of zucchini over the top of sauce and then begin to layer: cheese mixture, then red bell pepper, then sauce...repeat
- 5 End with the rest of the sauce (if any remains) and top with 1 cup mozzarella cheese
- 6 Bake in oven for 45 mins-1 hour until zucchini is tender

Servings: 8

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Recipe Type: Main Dish

Asian Cole Slaw

8 net carbs per serving

1	bunch	scallions or Green Onions	1/4 cup	olive oil
2	16 oz bags	coleslaw mix	2 Tbsp	grated fresh ginger
1	small	red onion	2 Tbsp	white vinegar
1/4 cup		soy sauce	2 Tbsp	Splenda Brown Sugar
1/4 cup		lemon juice	2 Tbsp	Asian sesame oil



- 1 Separate the scallion whites
- 2 Toss the coleslaw mix, red onions, and scallions together in a large bowl til thoroughly mixed
- 3 Stir remaining ingredients together in a small bowl until blended.
- 4 Serve within 1 hour of dressing
- 5 Tip: You can make the slaw (minus the dressing) up to a day in advance as long as it is refrigerated. Before serving, simply bring slaw back to room temperature and make dressing and toss.

Servings: 12

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Recipe Type: Side Dish

Low Carb Shrimp Scampi

4 net carbs per serving

1 lb	raw peeled and deveined shrimp (16-20) with tail on	1 Tbsp	minced garlic
1 Tbsp	white wine	2 Tbsp	minced red onion
2 oz	Asiago cheese (cut into small chunks)	1 Tbsp	chopped parsley
1	Avocado (diced into large pieces)	1/2 tsp	garlic
6 cups	spaghetti squash (about a medium sized squash)	1 Tbsp	kosher salt
1/4 lb	unsalted butter (softened)	1/4 tsp	black pepper
		1 dash	Worchestershire sauce
		1	lemon (juiced)



- 1 Prepare the spaghetti squash:
- 2 Slice squash in half lengthwise & scoop out seeds with a spoon (like a pumpkin).
- 3 Submerge both halves in boiling water & cook for about 25 mins (or until inside is tender to a fork & pulls apart like strands of pasta)
- 4 Remove, drain, and cool with cold water.
- 5 Then use a fork to scrape the cooked squash out of the skin.
- 6 While spaghetti squash is cooking:
- 7 Place 2/3 of scampi butter in large saute pan over high heat & melt.
- 8 Add in shrimp and cook for about 2 mins. Then add in white wine and cook for another 2 mins.
- 9 Remove from heat and stir in remaining scampi butter, asiago cheese, and avocado chunks
- 10 Mix all ingredients together until well blended and serve over hot spaghetti squash

Servings: 8

Degree of Difficulty

Degree of Difficulty: Moderately difficult

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Recipe Type: Main Dish

Low Carb Pizza

12 net carbs per slice

1 1/2 cup	almond flour	1/2 cup	diced ham
3	eggs	1/3 cup	diced red bell peppers, green bell peppers, and/or red onions
3/4 cup	heavy cream	2	portobello mushrooms, sliced
1/3 cup	club soda	2 Tbsp	olive oil
1 tsp	salt	1 pinch	dried oregano
1-2 cans	low sugar tomato sauce		
24 oz	shredded mozzarella cheese (6 ounces)		
8 oz	pepperoni slices		
1/2 cup	crumbled italian sausage (cooked)		



- 1 Preheat oven to 375
- 2 Make the crust: Spray 12 inch pizza pan with non stick spray. Stir (almond flour, eggs, heavy cream, club soda & salt) together in medium bowl and then roll out batter as thin and evenly as possible over 2 pans
- 3 Place pizza crusts on center racks of oven & bake for 12-15 minutes
- 4 Remove from oven & increase oven temp to 400.
- 5 Then assemble your pizzas: Sauce, cheese, and toppings of your choice. Lightly sprinkle with live oil and oregano at the end
- 6 Bake for another 10-12 mins (or until cheese melts and bubbles)
- 7 Each pizza should yield 8 slices
- 8 Tip: For a faster option, just make pizzas on top of low carb tortillas.

Servings: 16

Yield: slices

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Recipe Type: Main Dish

Tips

Note: nutrition information calculated using 2- 8oz cans of low sugar tomato sauce

Buffalo Wings

11 net carbs per 1/2 lb wings

3 lbs	chicken wings, split at the joints with tips removed	1 cup	chicken broth
		1 cup	hot sauce
4 stalks	celery (cut into thirds)	2 Tbsp	paprika
4	carrots (cut in 1/2)	2 Tbsp	unsalted butter
2	bay leaves		



- 1 Preheat the oven to 425 and spray baking sheet with olive oil
- 2 Put chicken wings in a deep skillet, add 3 pieces of celery, 3 pieces of carrot, bay leaves, chicken broth, hot sauce, paprika, butter, and 1/2 cup water and bring to simmer over medium heat
- 3 Simmer until chicken is almost cooked through (about 18-20 mins)
- 4 Transfer the wings to baking sheet and arrange in single layer
- 5 Reserve the sauce in the skillet. Heat it over medium-low heat until slightly thickened (about 15 mins)
- 6 Discard celery, carrot, and bay leaves.
- 7 Reserve 1/4 sauce for serving. Leave rest in skillet and add the wings back in and toss with remaining sauce.
- 8 Serve with reserved sauce and blue cheese
- 9 Cut the remaining carrots and celery into sticks and serve on the side!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Moderately difficult

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Recipe Type: Side Dish

Low Carb Chili

9 net carbs per serving

2 lbs	ground beef	3 cups	water
1	small onion chopped	1 8-ounce	can tomato sauce
1	green pepper chopped	1 14.5 oz	can diced tomatoes, undrained
1	clove garlic, minced		
1/2 tsp	pepper	2 tsp	salt
2 Tbsp	chili powder		



- 1 Brown the meat, onion, green pepper, and garlic in large pot.
- 2 Add all other ingredients and simmer for 1-3 hours.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 1 hour

Recipe Type: Soups

Low Carb Jalapeno Cheddar Muffins

4 net carbs per muffin

2 cups	almond flour	4 Tbsp	coconut oil melted, divided
1 tsp	baking powder	1/2 cup	unsweetened almond milk
1/2 tsp	salt	1/2 cup	shredded sharp cheddar cheese
1 Tbsp	raw honey		
3	large eggs	1-2	jalapenos chopped



- 1 Preheat oven to 325
- 2 Mix the almond flour, baking powder, and salt in large bowl. Set aside
- 3 Add honey, eggs, 3 Tbsp. coconut oil, and almond milk to a separate bowl and whisk
- 4 Add wet ingredients into large bowl with cheese and chopped jalapenos. Mix just until incorporated.
- 5 Pour batter into 8 greased (use 1 tbsp of coconut oil) muffin cups and bake for 25-30 mins.

Servings: 8

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Recipe Type: Bread