

## VitalMeals Week 76

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"One billion people in the world are chronically hungry. One billion people are overweight." Mark Bittman



**Day 1**

Mexican Breakfast Skillet

**Day 2**

Bruschetta Chicken  
Spinach Salad

**Day 3**

Kung Pao Chicken

**Day 4**

Pork Chop and Peaches  
Harvest Brussels

**Day 5**

Almond and Parmesan Tilapia  
Fennel Cabbage Slaw

**Day 6**

Portobello Pizza

**Day 7**

Strawberry and Tomato Gazpacho

Servings: 4

## Mexican Breakfast Skillet

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11 net carbs per serving

1 lb	breakfast sausage	1 handful	cilantro
2 medium	sweet potatoes, diced		hot sauce
5	eggs		salt and pepper to taste
1	avocado, diced		



- 1 Preheat oven to 400.
- 2 In an oven-safe skillet (or cast iron skillet) crumble and brown sausage over medium heat. Remove sausage using slotted spoon and set aside.
- 3 Add sweet potatoes into the pan with the left over sausage grease and cook. They should get nice and crispy!
- 4 Add sausage back to pan.
- 5 Make 5 wells in the pan and crack an egg into each.
- 6 Place pan into oven & baking for about 5 minutes, until the eggs set.
- 7 Increase heat to broil and broil for 1-2 minutes, watching carefully not to burn.
- 8 Remove and top entire pan with avocado, cilantro and hot sauce if desired. Season with salt and pepper.

Servings: 6

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 20 minutes

## Bruschetta Chicken

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6 net carbs per serving

4	chicken breasts, boneless and skinless	1	tsp	olive oil
		1	tsp	balsamic vinegar
4	small tomatoes, chopped	1/8	tsp	sea salt
1	clove garlic, minced	1	handful	basil, chopped
1/2	small red onion, chopped			



- 1 Preheat oven to 375.
- 2 Season chicken with salt and pepper and bake for roughly 40 minutes.
- 3 While chicken cooks, combine tomatoes, garlic, onion, olive oil, balsamic vinegar, sea salt and basil in a bowl.
- 4 Refrigerate until chicken is ready to serve and the spoon over top of chicken.

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 40 minutes

## Spinach Salad

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5 net carbs per serving

3	eggs	2	tsp	Stevia or Truvia	
7	slices	bacon, thick cut	1/2	tsp	Dijon mustard
1	small	red onion	1	dash	salt
1	pkg	mushrooms	8	oz	baby spinach - washed
3	Tbsp	red wine vinegar			dried and stems removed



- 1 Place eggs in saucepan, cover water, bring to boil. Then turn off heat and allow them to sit in water for 20 minutes. Drain off water and add ice on top of eggs.
- 2 Fry bacon in skillet until crispy. Remove to a paper towel. Drain fat into bowl and reserve.
- 3 Slice red onion thinly and add to skillet. Cook slowly until onions are caramelized and reduced. Remove to plate and set aside.
- 4 Slice mushrooms and add to same skillet with a little bit of bacon fat if needed. Cook slowly until caramelized and brown. Remove to plate and set aside.
- 5 Chop bacon. Peel and slice the egg.
- 6 Make hot bacon dressing: Add 3 Tbsp of bacon fat, vinegar, Stevia/Tuvia, Dijon and salt to a small saucepan or skillet over medium-low heat. Whisk together and heat thoroughly until bubbly.
- 7 Add spinach to a large bowl. Arrange onions, mushrooms and bacon on top. Top with hot dressing and combine. Add eggs and serve.

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 30 minutes

## Kung Pao Chicken

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17 net carbs per serving

4 medium zucchini	4 Tbsp scallions, thinly sliced
1 tsp olive oil	salt and pepper to taste
2 6 oz chicken breasts, cut into 1/2 inch pieces	<b>Sauce:</b>
1 red bell pepper, cut into chunks	3 Tbsp soy sauce
2 tsp sesame oil	2 Tbsp balsamic vinegar
4 cloves garlic, minced	2 tsp hoisin sauce
2 tsp ground ginger	5 Tbsp water
4 Tbsp dry roasted peanuts, crushed	2 tsp Splenda
	2 tsp almond flour



- 1 Use a spiralizer to cut zucchini into spaghetti like strips. Use scissors to cut strips into 6-8inch long pieces.
- 2 In a bowl, whisk together all the ingredients for the sauce and set aside.
- 3 Season chicken with salt and pepper. Heat skillet over medium heat and add oil. Cook chicken in oil about 5 minutes per side, or until cooked through. Set aside.
- 4 Reduce heat to medium and add sesame oil, garlic and ginger. Cook about 1 minute. It should become fragrant. Add bell pepper and stir in soy sauce mixture. Bring all to a boil, reduce heat and simmer about 2 minutes.
- 5 Add zucchini noodles and cook for another 2 minutes, until noodles get tender.

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 20 minutes

## Pork Chop and Peaches

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12 net carbs per serving

2	tsp	olive oil	2	tsp	fresh thyme, chopped
4	4 oz	pork loin chops, center cut, boneless	2		peaches, cut into 8 wedges
1/2	tsp	salt	1/2	cup	dry white wine
1/2	tsp	pepper	1/2	cup	low sodium chicken broth
2	Tbsp	shallots, thinly sliced	2	tsp	butter



- 1 Heat large skillet over medium high heat. Add oil to pan. Season chops with salt and pepper and add to pan.
- 2 Cook about 3 minutes per side, or until desired doneness. Remove and set aside.
- 3 Add shallots, thyme and peaches to pan and cook another 2 minutes. Stir in wine and bring to a boil.
- 4 Reduce for about 2 more minutes. Add chicken broth and bring back to a boil.
- 5 Reduce another 2 minutes. Remove from heat. Add butter. Spoon sauce over chops and enjoy!

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 15 minutes

## Harvest Brussels

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*4 net carbs per serving*

5 cups shaved Brussel sprouts	1/2 cup	crispy bacon, cooked and crumbled
1/2 cup pecans, chopped		
1/2 cup goat cheese, crumbled	2	hard-boiled eggs, chopped



Mix all ingredients together and top with low carb dressing of your choice. Enjoy!

Servings: 6

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

## Almond and Parmesan Tilapia

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6 net carbs per serving

1	tsp	olive oil	2	Tbsp	fresh lemon juice
3	cloves	garlic, minced	1	tsp	Old Bay seasoning (or other seafood seasoning)
1/2	cup	Parmesan cheese, grated	1/4	tsp	dried basil
1/4	cup	butter	1/4	tsp	black pepper
1/4	cup	almonds, slivered	1/8	tsp	onion powder
3	Tbsp	mayonnaise	1/8	tsp	celery salt
2	Tbsp	bread crumbs (recommend they be made from food processed low carb bread like healthy life)	4	fillets	tilapia



- 1 Preheat oven to broil and line a baking pan with aluminum foil and spray with olive oil.
- 2 Heat a skillet over medium heat. Add olive oil and garlic. Cook for about 5 minutes.
- 3 In a large bowl, mix together Parmesan cheese, garlic, butter, almonds, mayo, bread crumbs, lemon juice, seafood seasoning, basil, pepper, onion powder and celery salt.
- 4 Place tilapia fillets on baking pan and place in oven. Broil about 3 minutes. Flip and broil another 2-3 minutes.
- 5 Remove fish and sprinkle with Parmesan cheese mixture.
- 6 Return to oven and broil until topping is browned, about 2 more minutes. Enjoy!

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 10 minutes

## Fennel Cabbage Slaw

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3 net carbs per serving

- 1 fennel bulb, cored, cut into quarters and sliced thin, set fronds aside
- 1 cup purple cabbage, thinly sliced
- 2 scallions
- 2 strips of bacon, cooked and chopped

**Dressing:**

- 1/4 cup mayonnaise
- 3 Tbsp red wine vinegar
- 3 Tbsp chopped fennel fronds (from above)
- 1 tsp Splenda
- salt and pepper to taste



- 1 Toss fennel, cabbage, scallions and bacon together in a bowl.
- 2 In another bowl, mix all dressing ingredients together.
- 3 Add dressing to slaw and combine thoroughly.

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 20 minutes

## Portobello Pizza

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11 net carbs per serving

8 large portobello mushrooms	2 Tbsp olive oil
4 tomatoes	2 tsp lemon juice
1 cup Mozzarella cheese shredded	1/2 tsp garlic, minced
1 cup onion, chopped	salt and pepper to taste



- 1 Preheat oven to 400.
- 2 Heat skillet over medium-high heat and add olive oil, onions and garlic. Sauté for about 3 minutes.
- 3 Dice the tomatoes and then add these to the sauce pan with salt, pepper and lemon juice. Bring to a simmer and cook another 5 minutes.
- 4 Remove insides from portobello mushrooms and place on baking sheet coated with olive oil spray.
- 5 Pour sauce into each portobello and top with cheese.
- 6 Bake for 10-15 minutes. Broil for last minute to make cheese extra brown and bubbly. Enjoy!

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 15 minutes

## Strawberry and Tomato Gazpacho

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8 net carbs per 1 cup serving

1	package	strawberries, washed and stemmed	4	limes, juiced
				salt and pepper to taste
10	small	vine ripe tomatoes, chopped	<b>Topping:</b>	
1		cucumber, chopped	2 ounces	goat cheese, softened
4		jalapenos, seeded and chopped	2	limes, zested
			1 tsp	cracked black pepper
1	bunch	mint, chopped		



- 1 Place all ingredients in blender and puree until smooth.
- 2 Pour soup into a large bowl and set into an ice bath.
- 3 Chill for 1 hour.
- 4 In a separate bowl, mix together lime zest, goat cheese and pepper. Combine well.
- 5 To serve: spoon soup into bowl and top with dollop of goat cheese mixture and mint leaves. Enjoy!

Servings: 6

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Inactive Time: 1 hour