

## VitalMeals Week 77

---

"Cooking is an art and patience a virtue...Careful shopping, fresh ingredients and an unhurried approach are nearly all you need. There is one more thing - love. Love for food and love for those you invite to your table." Keith Floyd



**Day 1**

Turkey Taco Salad

**Day 2**

Feta Chicken

Low Carb Zucchini Fries

**Day 3**

Spaghetti Squash Chow Mein

**Day 4**

Onion Bacon Pork Chops

Roasted Cabbage

**Day 5**

Grilled Scallops

Kickin' Kale Chips

**Day 6**

Cheddar Waffles with Fried Eggs

**Day 7**

Chilled Cucumber Soup

Servings: 4

## Turkey Taco Salad

---

10 net carbs per serving

1 1/2 lbs	lean ground turkey	4 heads	romaine lettuce
2 tsp	olive oil	2	red bell peppers
1 1/2 cups	salsa	1/2	poblano pepper, chopped
1/4 cup	lime juice	1/2 bunch	cilantro
1 Tbsp	cumin	2	avocados
1 can (4 oz)	green chilies, diced		salt and pepper to taste



- 1 Heat olive oil over medium-high heat and add turkey. Cook until browned, about 5 minutes. Then add salsa, lime juice, cumin, diced green chilies, salt and pepper. Reduce and simmer.
- 2 While meat mixture simmers, prepare salad: chop romaine lettuce and portion onto 4 plates. Top each salad with strips of bell pepper.
- 3 Cut poblano pepper in half, remove stem and seeds & chop. Chop cilantro and avocado.
- 4 After liquid has cooked off meat, top each salad with meat mixture, poblano pepper, cilantro and avocado.
- 5 Serve with Southwestern ranch dressing!

Servings: 4

### Cooking Times

---

Preparation Time: 20 minutes

## Feta Chicken

---

3 net carbs per serving

- 4 chicken breasts, boneless and skinless 2 slices Healthy Lfe bread for bread crumbs  
4 ounces Feta cheese, crumbled



- 1 Preheat oven to 350. Grease a 9x13 inch baking dish with coconut oil.
- 2 Pound chicken until about 1/4 inch thick then place 1 ounce of feta cheese in center of each breast and fold each breast in half.
- 3 Place bread in food processor until coarse crumbs form. Spread about 2 Tbsp along the bottom of each baking dish and then top with chicken. Sprinkle chicken with remaining bread crumbs.
- 4 Bake 25-30 minutes or until chicken is cooked through.

Servings: 4

### Degree of Difficulty

---

Degree of Difficulty: Easy

### Cooking Times

---

Preparation Time: 15 minutes

Cooking Time: 30 minutes

## Low Carb Zucchini Fries

---

4 net carbs per serving

2	zucchini	1/2 cup	almonds
1	Tbsp	salt	1/2 cup Parmesan cheese, grated
2	eggs	1/2 tsp	Italian seasoning



- 1 Preheat oven to 400. Line baking sheet with parchment paper.
- 2 Cut zucchini into 3-inch lengths and then cut each into fries. Place fries in a colander and sprinkle with salt. Let zucchini dry/drain for 30 minutes - 1 hour to remove excess liquid.
- 3 Beat eggs in bowl. In a separate bowl, mix almonds, Parmesan cheese and Italian seasoning.
- 4 Rinse salt off zucchini and pat dry with paper towel.
- 5 Dip each zucchini fry into egg and then roll in almond mixture. Place on baking sheet.
- 6 Bake about 30 minutes (turn them halfway through).
- 7 Enjoy!

Servings: 6

### Degree of Difficulty

---

Degree of Difficulty: Easy

### Cooking Times

---

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Inactive Time: 1 hour

## Spaghetti Squash Chow Mein

---

11 net carbs per serving

1	spaghetti squash	2 Tbsp	olive oil
1/4 cup	soy sauce	1	onion, chopped
3 cloves	garlic, minced	3 stalks	celery, chopped
2 tsp	ginger, grated	2 cups	coleslaw mix
1/4 tsp	pepper		



- 1 Preheat oven to 400.
- 2 Half spaghetti squash and scoop out seeds. Place skin side up on lined baking dish and drizzle with olive oil. Pour 1/2 inch water in bottom of pan.
- 3 Bake for about 30-45 mins until insides scoop out like spaghetti. Scoop insides out and place in a bowl.
- 4 In a separate bowl whisk together soy sauce, garlic, ginger and pepper.
- 5 Heat 2 Tbsp olive oil over medium high heat and add onion and celery. Cook until soft, about 4 minutes. Add cabbage and cook an additional 1-2 minutes.
- 6 Finally, add spaghetti squash and soy mixture until blended well. This should take another 3-5 minutes.
- 7 Enjoy!

Servings: 6

### Degree of Difficulty

---

Degree of Difficulty: Easy

### Cooking Times

---

Preparation Time: 10 minutes

Cooking Time: 1 hour

## Onion Bacon Pork Chops

---

6 net carbs per serving

6	slices	bacon, chopped	4	pork chops, bone in
2		onions, thinly sliced	1/2	cup chicken broth
1/4	tsp	salt	1/4	cup heavy cream
1/4	tsp	pepper		



- 1 In a skillet, cook bacon over medium-high heat until crisp. Remove to a plate but reserve grease.
- 2 Add onions to bacon grease and season with salt and pepper. Cook for about 15 minutes until onions are tender.
- 3 Add onions to plate.
- 4 Place pork chops (seasoned with salt and pepper) in same skillet and cook for about 3-5 minutes per side or until desired doneness. Remove.
- 5 Add broth to skillet and remove any browned bits. Add cream and simmer until thickened - this should take another 3 minutes.
- 6 Finally, add onions and bacon to cream mixture and mix well.
- 7 Top each pork chop with mixture. Enjoy!

Servings: 4

### Degree of Difficulty

---

Degree of Difficulty: Very easy

### Cooking Times

---

Cooking Time: 45 minutes

## Roasted Cabbage

---

7 net carbs per serving

1	head	green cabbage	1	tsp	onion powder
1/4	cup	olive oil	1	tsp	fennel seeds
1 1/2	tsp	garlic salt	1/4	tsp	black pepper



- 1 Preheat oven to 400 and line baking sheet with aluminum foil.
- 2 Cut cabbage in 1 inch slices from top to bottom.
- 3 Place slices in a single layer on baking sheet and brush with olive oil.
- 4 Combine remaining ingredients in small bowl and mix well. Top cabbage with the seasoning mixture.
- 5 Bake for 20 minutes, flip and then an additional 20 minutes.

Servings: 6

### Degree of Difficulty

---

Degree of Difficulty: Very easy

### Cooking Times

---

Preparation Time: 5 minutes

Cooking Time: 40 minutes

## Grilled Scallops

---

8 net carbs per serving

20 large scallops	1 tsp black pepper
5 tbsp olive oil	1 1/2 Tbsp lemon pepper
1 tsp salt	



- 1 Pat all scallops dry and set on plate. Drizzle with olive oil to generously coat all sides.
- 2 Season with salt, pepper and lemon pepper.
- 3 Heat grill or skillet to medium-high heat and then add scallops and cook 2-3 minutes per side.

Servings: 4

### Degree of Difficulty

---

Degree of Difficulty: Very easy

### Cooking Times

---

Preparation Time: 15 minutes

Cooking Time: 7 minutes



## Kickin' Kale Chips

---

*5 net carbs per serving*

1 bunch kale  
2 Tbsp olive oil

2 tsp chili powder  
salt



- 1 Preheat oven to 375.
- 2 Remove ribs from kale and tear into pieces.
- 3 In a bowl, combine kale and olive oil, coating generously. Season with chili powder and salt.
- 4 Place kale on baking sheets and bake until they become "chip-like." This should take about 10-15 minutes.
- 5 Enjoy!

Servings: 4

### Degree of Difficulty

---

Degree of Difficulty: Easy

### Cooking Times

---

Preparation Time: 5 minutes

Cooking Time: 15 minutes

## Cheddar Waffles with Fried Eggs

---

7 net carbs per serving

1	cup	almond flour	3/4	cup	almond milk, unsweetened
1	cup	flax seed meal			
1/4	cup	unflavored whey protein	1/4	cup	butter, melted
2	tsp	baking powder			
1/2	tsp	salt	8		eggs
1/4	tsp	pepper			butter
1 1/2	cups	cheddar cheese, shredded			salt and pepper to taste
4		eggs			



- 1 Preheat waffle iron and spray with non-stick olive oil.
- 2 In a bowl, whisk together almond flour, flax seed meal, whey protein, baking powder, salt and pepper. Add cheddar cheese.
- 3 Finally add eggs, almond milk and melted butter to the above mixture until well blended.
- 4 Scoop mixture into waffle iron and cook until gold brown, about 5 minutes.
- 5 Heat a skillet over medium heat and add butter (about 1 Tbsp per egg).
- 6 Once pan is hot, add eggs to skillet. Cook about 2-4 minutes, flipping halfway through.
- 7 Top waffles with eggs and enjoy!

Servings: 4

### Cooking Times

---

Preparation Time: 5 minutes

Cooking Time: 45 minutes

## Chilled Cucumber Soup

---

10 net carbs per serving

4	large	cucumbers	1/2	cup	olive oil
3	cups	plain greek yogurt	2	tsp	crushed red pepper
7	Tbsp	fresh lemon juice			flakes
6	cloves	garlic, minced			salt and pepper to taste
1/2	cup	dill, remove stems & mince	1	handful	ice cubes
1/2	cup	parsley, remove stems and dice			



- 1 In a blender, combine cucumber, yogurt, lemon juice, garlic, dill, parsley, ice cubes and olive oil.
- 2 Blend until smooth.
- 3 Serve chilled and topped with salt, pepper and red pepper flakes.

Servings: 4

### Degree of Difficulty

---

Degree of Difficulty: Very easy

### Cooking Times

---

Preparation Time: 25 minutes