

VitalMeals Week 78

"Good food is very often, even most often, simple food." Anthony Bourdain

Day 1

Mexican Crock-Pot Chicken
Cauliflower Rice

Day 2

Greek Chicken Kabobs
Greek Salad

Day 3

Low Carb Sausage Quiche
Spinach Salad With Goat Cheese and Walnuts

Day 4

Spice Rubbed Pork Tenderloin
Balsamic Grilled Veggies

Day 5

Avocado Tuna Salad

Day 6

Garlic Chicken Wings
Buffalo Chicken Crock-Pot

Day 7

Chilled Spanish Tomato Soup
Low Carb Jalapeno Cheddar Muffins

Servings: 4



Mexican Crock-Pot Chicken

7 net carbs per serving

4	chicken breasts, boneless, skinless	1	package	taco seasoning
		1/2	cup	chicken stock
1	cup			sour cream
14 oz	can			diced tomatoes



- 1 Pour sour cream, tomatoes, taco seasoning and chicken stock into slow cooker. Add chicken breasts.
- 2 Cover and cook on low for 6 hours.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 6 hours

Cauliflower Rice

4 net carbs per serving

- | | |
|---|--------------------------|
| 1 small head cauliflower, chopped
coarsely | 2 Tbsp coconut oil |
| 1 small onion, finely chopped | salt and pepper to taste |
| 2 Tbsp butter | |



- 1 After chopping cauliflower, place in food processor and pulse until almost the size of rice.
- 2 Then, melt butter and coconut oil in a skillet over medium heat and sauté onions until softened.
- 3 Add chopped cauliflower to the skillet and mix well with onions and butter and oil.
- 4 Finish with salt and pepper to taste.

Servings: 4

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Greek Chicken Kabobs

6 net carbs per serving

1 1/2 lbs	chicken breasts, boneless, skinless, cut into 1-inch pieces	1/2	red onion, quartered
		1	green bell pepper, cut into 1 inch pieces
4	Tbsp olive oil	1	red bell pepper, cut into 1 inch pieces
4	clove garlic, crushed		
2	tsp dried oregano		wooden skewers (pre-soak in water for 15 minutes to prevent burning)
1	tsp salt		
1	tsp pepper		
2	Tbsp lemon juice, freshly squeezed		



- 1 In a bowl, combine 2 of the Tbsp of olive oil, garlic, oregano, salt and pepper. Add chicken & stir to coat. Let marinate for 30 minutes.
- 2 In another bowl, mix together the additional 2 Tbsp olive oil and lemon juice.
- 3 Prepare kabobs by alternating marinated chicken with vegetables.
- 4 Place on grill and cook until chicken thoroughly cooked through and no pink remains.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 35 minutes

Cooking Time: 15 minutes

Greek Salad

8 net carbs per serving

1 head	romaine lettuce	1/3 cup	kalamata olives
1/2 cup	grape tomatoes	1/2	large cucumber, sliced
1	avocado	1/2 cup	feta cheese, crumbled
1/3 cup	red onions	1/2 cup	salted cashews



Chop all veggies and toss ingredients together. Enjoy!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 15 minutes

Low Carb Sausage Quiche

3 net carbs per serving

12 oz	pork sausage	2 Tbsp	heavy cream
5 slices	eggplant, peeled, and cut about 1/2" thick	6	eggs
8	cherry tomatoes, halved	2 Tbsp	Parmesan cheese
2 Tbsp	parsley		salt and pepper to taste



- 1 Preheat oven to 375.
- 2 In an 8 inch casserole dish, press and spread sausage to cover the bottom and sides of dish.
- 3 Top sausage with eggplant slices, cherry tomatoes and parsley.
- 4 In a bowl, combine eggs, whipping cream, Parmesan and pinch of salt and pepper.
- 5 Pour over the ingredients in the casserole dish.
- 6 Bake for 45 minutes or until egg mixture is firm and sausage is fully cooked.

Servings: 6

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Spinach Salad With Goat Cheese and Walnuts

4 net carbs per serving

1 Tbsp red wine vinegar	8 cups baby spinach - washed dried and stems removed
1 Tbsp red onion	
2 tsp Dijon mustard	1/2 cup walnuts, toasted (whole or chopped)
1/4 tsp kosher salt pepper	1/3 cup goat cheese, crumbled



- 1 In a small bowl, combine vinegar, onion, mustard, salt and pepper. Gradually whisk in oil to make a creamy dressing.
- 2 Put all but a large handful of spinach in a large bowl and toss with more dressing.
- 3 Add remaining spinach and toss until well coated.
- 4 Serve immediately topped with walnuts and cheese.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Tips

Substitute bleu cheese or feta cheese depending on what you like.

Spice Rubbed Pork Tenderloin

1 net carb per serving

1 lb	pork tenderloin	1 tsp	ground cumin
1 Tbsp	olive oil	1 tsp	ground coriander
1 tsp	minced, garlic	1 tsp	dried thyme
1 tsp	garlic powder	1 tsp	salt
1 tsp	dried oregano		



- 1 Preheat oven to 425.
- 2 Combine all dry ingredients: garlic powder, oregano, cumin, coriander, thyme and salt in a small bowl.
- 3 Rub the above mixture all over the tenderloin, making sure it adheres well.
- 4 In a skillet over medium heat, add olive oil and minced garlic. Saute for about 1 minute. Place pork in the pan and cook for 10 minutes - searing each side evenly.
- 5 Transfer pork to roasting pan and bake for 20 minutes.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Balsamic Grilled Veggies

9 net carbs per serving

1/2	yellow squash, sliced	1	yellow bell pepper, seeded and cut into long, thin strips
1/2	zucchini, sliced		
1/2	eggplant, sliced	1	portobello mushroom, sliced
1/2	red onion, sliced	1/4	cup olive oil
1	Roma tomato, sliced	1/4	cup balsamic vinegar
1	red bell pepper, seeded and cut into thin strips		salt and pepper to taste



- 1 Cut/slice all vegetables and place in a roasting pan. Season well with salt and pepper and toss in olive oil and balsamic vinegar.
- 2 Place vegetables on grill and cook about 2 minutes per side or until they have nice charred grill marks.
- 3 Remove and season additionally with balsamic or salt/pepper as needed.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Avocado Tuna Salad

5 net carbs per serving

2	cans	tuna	1	Tbsp	pickle juice
1		avocado	1	tsp	dried dill
1/2	cup	celery, chopped	1/2	tsp	Dijon mustard
1/2	cup	red onion, chopped	1/4	tsp	cumin
1/2		red apple, chopped			salt and pepper to taste
1/2	cup	walnuts, chopped			



- 1 In a bowl, first mash avocado well. Add tuna, celery, red onion, apple and walnuts. Mix to combine.
- 2 Add pickle juice, dill, Dijon mustard, cumin, salt and pepper.
- 3 Serve on top of a bed of lettuce or on a low carb wrap. Wrap not included in carb count,

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Garlic Chicken Wings

1 net carb per serving

4	lbs	jumbo fresh chicken wings	1	tsp	salt
			1/2	tsp	pepper
2	Tbsp	olive oil	1/4	cup	Parmesan cheese, grated
2 1/2	Tbsp	minced garlic			
1	tsp	garlic powder			



- 1 Preheat oven to 375.
- 2 In a bowl, mix chicken wings with olive oil, minced garlic, garlic powder, salt and pepper. Coat well.
- 3 Place wings on baking sheet and bake for about an hour.
- 4 After they come out of the oven, top with Parmesan cheese. Enjoy!
- 5 Makes 12 servings.
- 6 Goes great with celery & carrot sticks and bleu cheese dressing.
- 7 Serve with buffalo chicken soup!

Servings: 12

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 1 hour

Tips

This dish is perfect for a party, for left overs, or just cut the recipe in 1/2 if you don't need quite that much!

Buffalo Chicken Crock-Pot

3 net carbs per serving

1/2 lb	chicken breasts, boneless, skinless, cut into 1 inch cubes	1 clove	garlic, minced
		1/2 cup	sharp cheddar cheese, shredded
16 ounces	chicken stock	1/2 cup	Parmesan cheese , shredded
1/4 cup	buffalo wing sauce	1/4 cup	bleu cheese crumbles
2	green onions, chopped		
1	carrot, chopped		
1 stalk	celery, chopped		



- 1 Place chicken, chicken stock, wing sauce, green onion, carrots, celery and garlic in crockpot and cook on low for 6 hours.
- 2 Add cheeses and stir well until mixed thoroughly and cook and additional hour.
- 3 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 6 minutes

Chilled Spanish Tomato Soup

8 net carbs per serving

2	Tbsp	kosher salt	1/2	cup	olive oil
4		cherry tomatoes, halved	1	Tbsp	sherry vinegar
1/2	clove	garlic, crushed	2		hard-boiled eggs, chopped
4	slices	Healthy Life bread (cut into large cubes)	1	cup	chopped prosciutto
1/2	small	yellow onion, peeled and chopped			



- 1 In a bowl, combine salt, tomatoes, garlic, bread and onion. Cover with boiling water. Allow this mixture to sit for 1 hour.
- 2 Drain veggies (reserving 1 cup of liquid for later). Place veggies in blender. Squeeze water from bread and add to blender as well. Pour soaking liquid reserved above, olive oil and vinegar into blender.
- 3 Puree until smooth texture and season with salt and pepper.
- 4 Allow time to cool. Serve topped with eggs, prosciutto and drizzle of olive oil.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Inactive Time: 1 hour

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	almond milk, unsweetened
1/2 tsp	salt	1/2 cup	cheddar cheese, shredded
1 Tbsp	raw honey	1-2	jalapenos, chopped
3	large eggs		



- 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 minutes.

Servings: 8

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Recipe Type: Bread