

VitalMeals Week 79

"When engaged in eating, the brain should be the servant of the stomach."
Agatha Christie



Day 1

Chicken Fajita Soup

Day 2

Chicken Cordon Bleu
Steamed Bok Choy

Day 3

Low Carb Carbonara

Day 4

Mustard Crusted Pork
Balsamic Roasted Brussels Sprouts

Day 5

Grilled Snapper
Italian Vegetables

Day 6

Low Carb French Toast Casserole

Day 7

Chicken Avocado Soup
Cauliflower "Bread" Sticks

Servings: 4

Chicken Fajita Soup

8 net carbs per serving

1 1/2	lb	chicken breast, boneless, skinless	4 cloves	garlic, minced
			4 Tbsp	taco seasoning
32	ounces	chicken stock	2 Tbsp	fresh cilantro, chopped
14.5 oz	can	diced tomatoes		
1	medium	yellow bell pepper, diced	1 Tbsp	garlic salt
1	medium	orange bell pepper, diced		



- 1 Chop all ingredients and place into slow cooker.
- 2 Cook on low for 6 hours.
- 3 Shred chicken breasts before serving and let stew an additional 30 minutes to 1 hour.

Servings: 6

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 7 hours

Chicken Cordon Bleu

5 net carbs per serving

1 1/2 lb	chicken breasts, boneless, skinless	olive oil
1/2 lb	brie cheese	salt and freshly ground pepper
8 slices	prosciutto	



- 1 Heat grill to high and coat chicken with olive oil. Season with salt and pepper.
- 2 Grill about 2-3 minutes per side. Place slices of cheese on each breast, allowing it to melt slightly.
- 3 Remove chicken and top with 2 slices of prosciutto per chicken. Drizzle with olive oil. Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Steamed Bok Choy

3 net carbs per serving

4	baby bok choy (split horizontally)	1	tsp	lime zest
		1/4	tsp	Splenda
2	Tbsp chives, finely chopped	1	tsp	sesame oil
4	tsp soy sauce	1	dash	red pepper flakes (optional)
2	tsp lime juice			



- 1 Steam bok choy in steamer basket until tender - should take about 5-6 minutes.
- 2 While bok choy is steaming, whisk the chives, soy sauce, lime juice, lime zest and Splenda in a small bowl.
- 3 Remove bok choy to serving dish and drizzle with above mixture; top with sesame oil and red pepper flakes if desired.
- 4 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Low Carb Carbonara

11 net carbs per serving

1	medium spaghetti squash	1	whole egg
4	slices bacon, cut into small strips	1	cup Parmesan cheese, freshly grated
2	tsp minced garlic	2	tsp salt
1/4	cup chicken broth	1 1/4	tsp black pepper
2	egg yolks		olive oil



- 1 Preheat oven to 425.
- 2 Coat spaghetti squash in olive oil and cover with aluminum foil. Bake on baking sheet for 45 minutes to 1 hour (until squash becomes tender).
- 3 Remove from oven and remove foil. Half the squash, remove seeds and using a fork, pull out the inside flesh. It should resemble pasta.
- 4 Scoop all "pasta" into large bowl.
- 5 Heat skillet over medium heat and fry bacon until crispy. Add garlic. After about a minute, add chicken broth - cooking until liquid completely evaporates.
- 6 In a bowl, whisk egg, egg yolks and cheese together. Season with salt and pepper.
- 7 Pour egg mixture into bacon skillet; add spaghetti squash to skillet.
- 8 Enjoy!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 1 hour

Mustard Crusted Pork

1 net carb per serving

2.5 lb	pork roast	1 Tbsp	herbes de provence
3	cloves garlic, crushed	1 tsp	sea salt
2	Tbsp Dijon mustard	1 tsp	black pepper
2	Tbsp stone ground mustard		



- 1 Combine garlic, mustards and herbes de provence. Rub mixture thoroughly onto pork roast to coat well. Season with salt and pepper.
- 2 Roast for roughly 90 minutes or until desired doneness.
- 3 Allow it to rest 5-10 minutes before serving.

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 1 hour and 30 minutes

Balsamic Roasted Brussels Sprouts

4 net carbs per serving

1 1/2 lbs	Brussels sprouts	1 pinch	kosher salt
4 oz	pancetta, diced	1 pinch	black pepper
1/4 cup	olive oil	1 Tbs	balsamic vinegar



- 1 Preheat oven to 400.
- 2 Place Brussels sprouts on pan and add pancetta, olive oil, salt and pepper. Toss with your hands and spread out evenly across pan.
- 3 Roast for 20-30 minutes until they are tender and nicely browned and pancetta is cooked. Toss once during roasting.
- 4 Remove from oven and immediately drizzle with balsamic vinegar and toss again.
- 5 Serve hot.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 2 minutes

Cooking Time: 30 minutes

Grilled Snapper

6 net carbs per serving

4	fillets	snapper	1/4	cup	green olives, pitted and chopped
2	Tbsp	olive oil			
1	large	onion, sliced thin	2	Tbsp	capers drained
2	cloves	garlic, finely chopped	1		serrano pepper, finely chopped
1/4	cup	dry white wine			
2	large	tomatoes, chopped	1/2	tsp	Splenda



- 1 Coat fish with olive oil and season with salt and pepper.
- 2 Grill over high heat for 2 minutes per side.
- 3 In a skillet, heat olive oil over medium-high heat, add onions and garlic. Cook for about 2-3 minutes. Add wine to reduce.
- 4 Add tomatoes, green olives, capers, pepper and Splenda. Bring to a boil and thicken.
- 5 Reduce heat, add fish and cook an additional 2 minutes.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Italian Vegetables

10 net carbs per serving

1/4 cup	lemon juice, freshly squeezed	1/2 cup	zucchini slices
1/2 Tbsp	kosher salt	1/2 cup	yellow squash slices
1/2 lb	broccoli rabe	1/2 cup	roasted red peppers
1/2 cup	cauliflower florets	1/2 cup	artichoke hearts
4 ounces	button mushrooms	1/2 cup	black olives, pitted



- 1 Fill a large pot with water and bring to a boil. Add lemon juice and salt.
- 2 Use a large pasta basket to place inside the pot for vegetables. Add broccoli, cauliflower, mushrooms, zucchini and squash.
- 3 Cook in boiling water, covered, for about 2-3 minutes. Remove and shock under cold water.
- 4 Transfer to a bowl and mix with red peppers, artichokes and olives.
- 5 Toss with Italian dressing and enjoy!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 2 minutes

Tips

Net carb count does not include dressing so adjust accordingly depending on your dressing value.

Low Carb French Toast Casserole

8 net carbs per serving

5	eggs, beaten	1/4	tsp	allspice	
1/3	cup	almond milk, unsweetened	2	Tbsp	butter, melted
2	Tbsp	low carb maple syrup	2	tsp	erythritol
1	tsp	vanilla extract	1	loaf	Healthy Life bread
1/2	tsp	cinnamon			



- 1 Preheat oven to 400.
- 2 Grease a 9 inch casserole dish.
- 3 Cut Healthy Life bread into 1 inch cubes.
- 4 In a bowl, combine eggs, almond milk, low carb maple syrup, vanilla extract, cinnamon and allspice. Whisk together thoroughly.
- 5 Put bread cubes into casserole dish and top with egg batter. Top this with 2 tsp melted butter and sprinkle with erythritol.
- 6 Bake about 30 minutes, until egg batter is firm.
- 7 Enjoy! Serve with low carb syrup and berries (optional).

Servings: 8

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Chicken Avocado Soup

7 net carbs per serving

1 1/2 lbs	chicken breasts, boneless, skinless	2	roma tomatoes, seeded and diced
1 Tbsp	olive oil	1/2 tsp	ground cumin
1 cup	green onions, chopped	1/3 cup	cilantro, chopped
2	jalapenos, seeded and minced (optional)	3 Tbsp	fresh lime juice
2 cloves	garlic, minced	3 medium	avocados, peeled, cored and diced
4	14.5 oz cans chicken broth		salt and black pepper to taste



- 1 In a large pot, heat 1 Tbsp olive oil over medium heat. Add green onions and jalapenos and sauté for about 2 minutes. Add garlic and sauté for another 1 minute.
- 2 Add chicken broth, tomatoes, cumin, salt and pepper to above mixture. Add chicken breasts and bring mixture to a boil on medium-high heat.
- 3 Reduce heat to medium, cover and let cook for about 15 minutes. Reduce heat to low and remove chicken.
- 4 Shred chicken and then return to soup. Add cilantro and lime juice.
- 5 Add avocados to soup just before serving.
- 6 Top with sour cream or cheese if desired.

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Cauliflower "Bread" Sticks

3 net carbs per serving

1 head cauliflower	1/2 tsp red pepper flakes
1 Tbsp oregano	2 eggs
1/2 tsp basil	salt and pepper, to taste
1 Tbsp onion powder	



- 1 Preheat oven to 425.
- 2 Put cauliflower in food processor until you get rice consistency, then place in microwave safe dish and microwave for 10 minutes.
- 3 Let cauliflower cool slightly, then place in refrigerator until completely cooled.
- 4 Once cooled, mix the rest of the ingredients with the cauliflower.
- 5 Grease a cookie sheet and place cauliflower on it. Pat down cauliflower until it is about 1/2 inch thick.
- 6 Bake at 425 for about 25 minutes or until golden brown.
- 7 Remove, turn oven to broil at 500. Cut cauliflower in desired "sticks" and flip.
- 8 Place back in oven until both sides are brown and desired crispness.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 30 minutes