

VitalMeals Week 80

"To eat is a necessity, but to eat intelligently is an art."
Francois de La Rochefoucauld



Day 1

Chicken Enchiladas

Day 2

Chicken Bacon Fry
String Beans with Shallots

Day 3

Garlic Alfredo and Zucchini Pasta

Day 4

Thai Chicken Salad

Day 5

Grilled Shrimp
Eggplant Stir Fry

Day 6

Crock-Pot Jambalaya

Day 7

Gazpacho
Spinach Salad With Goat Cheese and Walnuts

Servings: 4

Chicken Enchiladas

16 net carbs per serving

1	rotisserie chicken	1	can	cream of chicken soup
8	ounces cheddar cheese, shredded	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 (should get 20-24 tortillas).
- 5 Place wraps in 13 x 9 serving dish.
- 6 Bake 25-30 minutes at 350. For the last 5 minutes, sprinkle cheese on top and cook until bubbly.
- 7 Freeze left overs and 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

Chicken Bacon Fry

6 net carbs per serving

4 oz	bacon, chopped	2	cooked chicken breasts, diced
1	onion, chopped		
2	leeks, chopped	1/2 cup	white wine
1 package	mushrooms, halved	14 oz	coconut milk, unsweetened
1	red bell pepper, diced		



- 1 In a skillet over medium high heat, add bacon and cook until crispy. Once cooked, remove and set aside.
- 2 Add onion and leeks to skillet and cook for about 3-4 minutes. Add chicken, mushrooms, red bell pepper and bacon. Cook for 5 minutes.
- 3 Add white wine until reduced. Add coconut milk.
- 4 Season with salt and pepper as needed. Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

String Beans with Shallots

4.5 net carbs per serving

- | | | | |
|--------|---|-----|-----------------------------|
| 1 lb | french string beans
(haricots verts), remove
ends | 3 | large shallots, diced large |
| | | 1/2 | tsp pepper |
| 2 Tbsp | butter, unsalted | 1 | pinch kosher salt |
| 1 Tbsp | olive oil | | |



- 1 Blanch string beans in a large pot of salted, boiling water for 1 and 1/2 minutes.
- 2 Drain immediately and immerse in a bowl of ice water.
- 3 Heat the butter and oil in a large sauté pan (or large pot) and sauté the shallots on medium heat for 5-10 minutes, tossing occasionally, until lightly browned.
- 4 Drain the string beans and add to the shallots with 1/2 tsp salt and pepper. Toss well.
- 5 Heat only until beans are hot.
- 6 Blanch beans for about 3 minutes until they are crisp and tender.

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Garlic Alfredo and Zucchini Pasta

7 net carbs per serving

6	zucchini (spiralized)	1	tsp	sea salt
3/4 cup	cashews	1	Tbsp	tahini
3/4 cup	water	1/2	tsp	grated nutmeg
2	cloves garlic	3	cups	arugula
1/3 cup	lemon juice, freshly squeezed			



- 1 Soften cashews by soaking in water for 1 to 2 hours prior to making recipe.
- 2 Using spiralizer, spiralize zucchini into "pasta noodle" strips. Reserve zucchini scraps.
- 3 Drain water from cashews, rinse and put in blender with zucchini scraps.
- 4 Add 3/4 cup water, garlic, lemon juice, salt, tahini and nutmeg. Blend on high until sauce becomes creamy.
- 5 Pour sauce over zucchini noodles. Mix in arugula right before serving.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Inactive Time: 2 hours

Thai Chicken Salad

12 net carbs per serving

CHICKEN MARINADE:

1/2 cup olive oil
2 Tbsp rice vinegar
2 Tbsp Truvia
1 clove garlic, minced
1/2 bunch cilantro, chopped
1 lime, juiced
4 chicken breasts,
boneless, skinless

SALAD:

2 hearts of romaine,
chopped
1/2 large head napa cabbage,
chopped
1 cucumber peeled,
seeded and cut into
1/4-inch cubes
2 carrots, shredded
1 red bell pepper,
chopped

5 green onion, chopped
1/2 bunch cilantro, chopped
1 cup peanuts, salted

DRESSING:

1/4 cup rice vinegar
1/4 cup Thai sweet red chili
sauce
1 tsp sesame oil
1/2 tsp Truvia
salt and pepper to
taste

PEANUT SAUCE:

1/4 cup natural peanut butter
2 Tbsp soy sauce
1 Tbsp rice vinegar
1 Tbsp Thai sweet red chili
sauce
2 Tbsp water



- 1 Place all ingredients for chicken marinade in a Ziplock bag and let chicken marinate over night or for at least 30 minutes to 1 hour for maximum flavor.
- 2 Cook the chicken on a hot grill for about 8 minutes per side or on 350 for about 40 minutes.
- 3 Allow to cool and chop into cubes.
- 4 While chicken cooks, combine all ingredients for salad in a large bowl.
- 5 Combine all ingredients for dressing in a smaller bowl and pour over the salad. Toss well.
- 6 Once chicken is cooked and cut, place in salad.
- 7 Finally, mix all ingredients for peanut sauce in another small bowl and drizzle over the top of the salad. Enjoy!

Servings: 8

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Inactive Time: 1 hour

Grilled Shrimp

2.5 net carbs per serving

3	cloves	garlic, minced	1/2	tsp	salt
1/3	cup	olive oil	1/4	tsp	cayenne pepper
1/4	cup	tomato sauce	2	lbs	fresh shrimp, peeled and deveined
2	Tbsp	red wine vinegar			skewers soaked in water
2	Tbsp	fresh basil, chopped			



- 1 Mix garlic, olive oil, tomato sauce and red wine vinegar in a bowl then add basil, salt and cayenne.
- 2 Add shrimp to bowl and stir until evenly coated.
- 3 Cover and let sit in refrigerator for about 30 minutes.
- 4 Heat grill to medium heat, place shrimp on skewers and cook on oiled grill for about 2-3 minutes per side.

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 6 minutes

Inactive Time: 30 minutes

Eggplant Stir Fry

6 net carbs per serving

2 Tbsp olive oil
1 Japanese eggplant, cubed
3 cloves garlic, smashed

1 pint grape tomatoes
salt and pepper to taste



- 1 Heat olive oil in a skillet over medium-high heat. Add eggplant and garlic cloves. Stir fry for about 5 minutes.
- 2 Add grape tomatoes and cook another 5 minutes until softened.
- 3 Season with salt and pepper.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Crock-Pot Jambalaya

6 net carbs per serving

2 cups	kielbasa sausage, cooked and chopped	1/2 tsp	Tabasco sauce
		1 Tbsp	cumin
1 cup	celery, chopped	1/2 tsp	salt
1 cup	green bell peppers, chopped	1/4 tsp	pepper
1 cup	white onion	1 lb	peeled and deveined shrimp
1 28 oz can	diced tomatoes	2 cups	cauliflower
2 cloves	minced garlic		



- 1 Place all ingredients except the shrimp and cauliflower in the Crock-Pot and mix well.
- 2 Cook on low for about 6 hours.
- 3 About 30 minutes before serving, grate the cauliflower into small rice-like pieces. Add cauliflower and shrimp to the mixture.
- 4 Enjoy! Should be plenty left over for tomorrow!

Servings: 8

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 6 hours

Gazpacho

4 large	tomatoes, cut into chunks	1 tsp	sherry vinegar
1	cucumber, peeled and chopped	1 tsp	red wine vinegar
1	bell pepper, chopped	4 Tbsp	olive oil
2 clove	garlic, grated		salt and pepper to taste



- 1 Puree tomato in food processor until smooth. Add remaining ingredients. Pulse until smooth, soup-like texture.
- 2 Chill soup in refrigerator for 20-30 minutes before serving.
- 3 This is great topped with shredded cheese and a drizzle of olive oil.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 15 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.