

VitalMeals Week 81

"We do children an enormous disservice when we assume that they cannot appreciate anything beyond drive through fare and nutritionally marginal, kid-targeted convenience foods." Victoria Moran



Day 1

Crock-Pot Beef Tacos

Day 2

Low Carb Ravioli

Day 3

Ham Cups

Cauliflower Potato Salad

Day 4

Avocado Chicken Salad

Day 5

Lemon Salmon Packets

Cucumber salad

Day 6

Cauliflower Pizza Casserole

Day 7

Thai Chicken Noodle Soup

Servings: 4

Crock-Pot Beef Tacos

4 net carbs per serving

| | | | |
|---------|--|----------|-------------------------|
| 2 Tbsp | olive oil, divided | 2 Tbsp | tomato paste |
| 2 lbs | beef (recommend boneless chuck roast) | 1 | chipotle pepper, minced |
| 2 tsp | chili powder | 1 small | onion, chopped |
| 1 tsp | cumin | 5 cloves | garlic |
| 1/2 tsp | smoked paprika | 4 | low carb tortilla wraps |
| 1 cup | beef stock | | |



- 1 Mix together chili powder, cumin, paprika and rub mixture on beef thoroughly.
- 2 Heat 1 Tbsp olive oil in skillet over high heat and place beef in skillet to sear each side (about 2 minutes per side). Remove beef and place in slow cooker.
- 3 Add remaining 1 Tbsp olive oil and onion to skillet. Sauté for 4 minutes Add garlic for another minute. Add beef stock, stirring well. Then add tomato paste and minced chipotle pepper--whisking until well combined.
- 4 Bring to a boil, reduce heat and simmer for 5 minutes.
- 5 Pour sauce in slow cooker on top of beef. Cover and cook on high for 4 hours (or low for 8 hours). When it is ready, beef should shred easily.
- 6 When ready to eat, assemble taco! Top low carb tortilla with shredded beef and topping of your choice: guacamole, sour cream, cheese, lettuce, tomato, onion, cilantro, lime zest, etc. Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Inactive Time: 4 hours

Low Carb Ravioli

6 net carbs per serving

| | | | |
|------|---------|------------------------|--------------------------|
| 4 | large | yellow squash | ALFREDO SAUCE: |
| 1 | Tbsp | olive oil | 1 stick butter |
| 1.5 | lbs | ground chicken | 1 cup heavy cream |
| 8 oz | bag | frozen spinach, thawed | 2 cups Parmesan cheese, |
| 8 | ounces | mascarpone cheese | freshly grated |
| 1/2 | | yellow onion, diced | salt and pepper to taste |
| 1 | clove | garlic, minced | water as needed |
| 1 | handful | basil leaves | |



- 1 Cut ends off squash and cut in half. Using a mandolin slicer, slice into long flat strips.
- 2 Heat oil over medium heat in a large pan, add onion and salt. Sauté for about 5 minutes. Add garlic for another minute.
- 3 Add ground chicken to onion and garlic and cook until chicken is thoroughly cooked.
- 4 Squeeze any excess water out of spinach, add chicken, spinach, salt, pepper and mascarpone to food processor/blender and puree until smooth.
- 5 Assemble ravioli by overlapping two strips of squash making a "t" shape and spooning filling into the center of the "t". Bring ends together overlapping and secure with a toothpick.
- 6 Steam raviolis about 4 minutes to soften squash.
- 7 While steaming, prepare sauce by warming butter and cream in a skillet over medium heat. Season with salt, pepper and mix in Parmesan cheese until melted.
- 8 Top raviolis with Alfredo sauce and enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Ham Cups

4 net carbs per serving

| | |
|--------------------------|----------------------------------|
| 16 slices ham | 2 cups hard-boiled eggs, chopped |
| 2 cups lettuce, shredded | 2 cups cheddar cheese, shredded |
| 2 cups tomatoes, chopped | |



- 1 Preheat oven to 350.
- 2 Flip a muffin pan upside down and place two ham slices over each muffin tin. Top ham with custard cup to protect from over-cooking.
- 3 Bake for 20 minutes.
- 4 Remove and let cool, then fill with shredded lettuce, chopped egg, tomato, shredded cheese. Top with dressing of your choice. Serve warm or cold.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Cauliflower Potato Salad

9 net carbs per serving

| | |
|------------------------------------|--------------------------------|
| 1 head cauliflower | 1 cup mayonnaise |
| 6 hard-boiled eggs, chopped | 1 Tbsp mustard |
| 3 stalks celery, chopped | salt and black pepper to taste |
| 1 small onion, chopped | |
| 6 slices bacon, cooked and chopped | |



- 1 Boil cauliflower until tender (about 15-20 minutes).
- 2 Remove from heat and mix all ingredients together.
- 3 Let sit in the fridge for at least 3 hours prior to serving.

Servings: 4

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Inactive Time: 3 hours

Avocado Chicken Salad

3 net carbs per serving

| | | | | | |
|-----|------|-------------------------------------|-----|-----|---------------------|
| 2 | cups | chicken breast, cooked and shredded | 2 | tsp | lime juice |
| 1 | | avocado, cubbed | 1 | tsp | fresh cilantro |
| 1/2 | tsp | garlic powder | 1/4 | cup | mayonnaise |
| 1/2 | tsp | salt | 1/4 | cup | Greek yogurt, plain |
| 1/2 | tsp | pepper | | | |



- 1 Mix all ingredients together in a large bowl. Cover and refrigerate for 20-30 minutes.
- 2 Serve over a salad or in a low carb wrap with a side salad.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 2 minutes

Cooking Time: 20 minutes

Lemon Salmon Packets

1 net carb per serving

| | | | | | |
|-----|--------|--------------|-----|--------|-----------------|
| 4 | filets | salmon | 1/4 | cup | lemon juice |
| 1/4 | cup | olive oil | 1 | Tbsp | rosemary leaves |
| 1/2 | tsp | salt | 1/2 | cup | Marsala wine |
| 1/2 | tsp | pepper | 4 | tsp | capers |
| 8 | | lemon slices | 4 | pieces | aluminum foil |



- 1 Brush top of salmon fillets with olive oil and season with salt, pepper and rosemary.
- 2 Place each filet on a piece of foil and top with 2 lemon slices, 1 tbsp lemon juice, 2 Tbsp wine and 1 tsp capers. Wrap salmon in foil packets.
- 3 Place on grill over medium-high heat and cook for about 10 minutes or until desired doneness.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Cucumber Salad

3 net carbs per serving

| | |
|----------------------------------|---------------------------|
| 2 large cucumbers | 1/4 cup fresh lemon juice |
| 2 tsp salt | 1/4 cup olive oil |
| 4 large scallions, thinly sliced | 1 tsp lemon zest |
| 2 Tbsp fresh cilantro, chopped | 1/8 tsp pepper |



- 1 Slice cucumber finely with mandolin and sprinkle with salt and pepper.
- 2 Best to let it sit for 30 minutes to an hour. Then rinse cucumber thoroughly to remove all salt. Let cucumber dry on paper towels until they are completely dry.
- 3 Slice scallions, chop cilantro and zest lemon. Combine these along with lemon juice, olive oil and pepper.
- 4 Pour dressing over cucumbers and enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Inactive Time: 1 hour

Cauliflower Pizza Casserole

7 net carbs per serving

| | | | |
|-----------|---|------------------|--------------------------|
| 1 lg head | cauliflower, trimmed into small florets | TOPPINGS: | |
| 1/2 cup | Parmesan cheese, grated | 2 Tbsp | Parmesan cheese, grated |
| 1 Tbsp | Italian seasoning | 1 tsp | Italian seasoning |
| 3 cloves | garlic, minced | 2 oz | Canadian bacon |
| 3 Tbsp | olive oil | 2 oz | pepperoni slices |
| | salt and pepper to taste | 1/4 cup | green bell pepper, diced |
| 1/2 cup | pizza sauce | 1/4 cup | red bell pepper, diced |
| 3/4 cup | Mozzarella cheese, shredded | 1/4 cup | onion, diced |
| | | 10 | black olives |



- 1 Preheat oven to 400.
- 2 In a mixing bowl, combine cauliflower, 1/2 cup Parmesan cheese, 1 Tbsp Italian seasoning, garlic, olive oil, salt and pepper. Toss until all are well combined.
- 3 Line a single layer on a oiled baking sheet and bake for about 30 minutes.
- 4 Transfer cauliflower back to mixing bowl and add pizza sauce and 1/4 cup mozzarella cheese. Toss well.
- 5 Transfer mixture to casserole dish. Layer on remaining pizza sauce and Mozzarella cheese.
- 6 Top with toppings and remaining 2 Tbsp Parmesan cheese and 1 tsp Italian seasoning.
- 7 Reduce oven temp to 350 and bake another 30 minutes.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 1 hour

Thai Chicken Noodle Soup

14 net carbs per serving

| | | | | |
|-------|--------|-------------------|---------|--|
| 1 | Tbsp | coconut oil | 1 | red pepper, thinly sliced |
| 1/2 | | onion, chopped | 1 lb | chicken breasts, boneless, skinless |
| 1 | | jalapeno, chopped | 2 Tbsp | fish sauce |
| 1 1/2 | Tbsp | green curry paste | 1/2 cup | zucchini, spiralized |
| 2 | cloves | garlic, minced | 1 | lime, cut into 8 wedges |
| 6 | cups | chicken broth | | |
| 15 oz | can | coconut milk | | |



- 1 Heat coconut oil in a large sauce pan over medium heat until melted. Add onions and cook about 5 minutes. Then add jalapeno, curry paste and garlic and cook for another 1 minute.
- 2 Add chicken broth and coconut milk. Bring to a boil.
- 3 Reduce heat and add red pepper, chicken and fish sauce.
- 4 Simmer for another 5 minutes until chicken is well cooked.
- 5 Add in cilantro.
- 6 Spiralize zucchini and separate into 4 bowls then top each set of "noodles" with soup mixture.
- 7 Enjoy with lime wedge or 2!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes