

VitalMeals Week 82

"I think preparing food and feeding people brings nourishment not only to our bodies but to our spirits." Shauna Niequist



Day 1

Mediterranean Lettuce Tacos

Day 2

Whole Chicken Crock-Pot
String Beans with Shallots

Day 3

Turkey and Feta Meatloaf
Broccoli Salad

Day 4

Creamy Pork Chops
Parmesan Creamed Spinach

Day 5

Salmon Stack

Day 6

"Fried Chicken Strips" with Coconut Flour
Baked Eggplant Fries

Day 7

Cheeseburger Soup

Servings: 4

Mediterranean Lettuce Tacos

6 net carbs per serving

4	chicken breasts, boneless, skinless	1	Tbsp	red onion, chopped	
		1/4	cup	red wine vinaigrette	
1	Tbsp	dried basil	1/4	cup	tzatziki
1	Tbsp	dried oregano	12		romaine lettuce leaves
1	Tbsp	coarse salt	4		Roma tomatoes, chopped
1 1/2	tsp	ground black pepper	1 1/2	oz	feta cheese, crumbled
1/4	cup	balsamic vinegar	12		Kalamata olives, pitted and sliced
4		romaine lettuce leaves, shredded			



- 1 Season each chicken breast with Mediterranean spices: dried basil, dried oregano, coarse salt and ground black pepper.
- 2 Place on grill over medium high heat.
- 3 Coat with balsamic vinaigrette while grilling. You will cook about 2-3 minutes per side or until chicken is thoroughly cooked through.
- 4 Let chicken rest and then cut into 1 inch thick strips.
- 5 In a bowl, add shredded lettuce leaves, red onions and top with red wine vinaigrette.
- 6 Divide mixture evenly among remaining 12 lettuce leaves and drizzle with 1 tsp tzatziki per "taco".
- 7 Top with chicken and garnish with feta, tomatoes and olives.
- 8 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 6 minutes

Whole Chicken Crock-Pot

5 net carbs per serving

Rub:	1 cup	onions, chopped
4 tsp salt	4	carrots, chopped into thirds
2 tsp paprika		
1 tsp cayenne pepper	4	celery stalks, cut in thirds
1 tsp onion powder	2 cloves	garlic, peeled and smashed
1 tsp thyme		
1 tsp white pepper	1	lemon, quartered
1/2 tsp garlic powder	4 lb	roasting chicken
1/2 tsp black pepper		



- 1 Combine all rub ingredients in a small bowl.
- 2 Cut all veggies and place into slow cooker.
- 3 Remove neck and pouch with organs from the chicken. Discard. Rinse chicken with water and pat dry.
- 4 Rub garlic all over outside of chicken and then place inside the chicken. Rub thoroughly with rub mixture both the inside and outside of chicken. Place lemon quarters inside chicken.
- 5 Place chicken on top of veggies and cook on low for about 6 hours. Cook until internal temperature reaches 160 degrees.
- 6 Remove chicken and place in baking dish. To crisp the skin, stick under the broiler for 4-6 minutes.

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 6 hours and 10 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

Turkey and Feta Meatloaf

4 net carbs per serving

2 lbs	ground turkey	1/4 cup	coconut flour
1	onion, chopped	1/2 cup	chicken stock
1 Tbsp	olive oil	1 large	egg, lightly beaten
1 tsp	salt	2 Tbsp	Worcestershire sauce
1/2 tsp	ground pepper	1 cup	crumbled feta cheese
1 package	frozen spinach, thawed and drained		tzatziki sauce for drizzling



- 1 Preheat oven to 325 and line baking dish with parchment paper.
- 2 Heat olive oil in skillet over medium heat. Add onions, salt and pepper. Sauté for about 15 minutes. Add spinach and stir until heated.
- 3 In a bowl, combine onion mixture, turkey, coconut flour, chicken stock, egg and Worcestershire sauce. Mix well.
- 4 Place half of mixture into the bottom of baking dish and cover with feta cheese. Place remaining turkey mixture over the feta and shape into a loaf.
- 5 Bake for 1 hour to 1 hour and 15 minutes until cooked thoroughly (internal temp should reach 160).
- 6 Drizzle with tzatziki sauce before serving. Enjoy!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 1 hour and 15 minutes

Broccoli Salad

6 net carbs per serving

1	Tbsp	white wine vinegar	6	oz	cherry or grape tomatoes, halved
1		lemon, zested			
1	Tbsp	lemon juice	3	oz	pecans or hazelnuts, coarsely chopped
2	tsp	Dijon mustard			
1	tsp	kosher salt	2	Tbsp	basil
		pepper			
1/4	cup	olive oil			
1	lb	broccoli, rinsed, trimmed, and sliced thinly on mandolin			



- 1 Whisk together the vinegar, zest, lemon juice, mustard, salt and pepper in a medium bowl. While whisking constantly, gradually add olive oil. Then add broccoli and toss to coat.
- 2 Cover and set in refrigerator for 1 hour.
- 3 Stir in the tomatoes, nuts and basil.
- 4 Cover and allow to sit at room temp (or in refrigerator) for another 15 minutes before serving.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Inactive Time: 1 hour

Creamy Pork Chops

4 net carbs per serving

8	pork chops	2	chicken bouillon cubes
	salt and pepper	2 cups	hot water
1/4 cup	olive oil	8 ounces	sour cream
1	large onion, sliced		



- 1 Season pork chops with salt and pepper.
- 2 In a skillet over medium high heat, brown pork chops in olive oil and place in slow cooker. Add onions on top of chops.
- 3 Dissolve bouillon cubes in hot water and add to slow cooker.
- 4 Cook on low for 7 hours.
- 5 After 7 hours, add sour cream and turn slow cooker to high. Cook for another 30 minutes or until liquid is thickened.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 7 hours and 30 minutes

Parmesan Creamed Spinach

2 net carbs per serving

2 cups	almond milk, unsweetened	2 10 oz pkg	frozen spinach, chopped, thawed and drained
2 Tbsp	butter, unsalted		kosher salt
2 Tbsp	almond flour		ground black pepper
1/2 tsp	pumpkin pie spice		
1/4 cup	Parmesan cheese, grated		



- 1 Warm milk in small sauce pan over medium heat.
- 2 Melt the butter in a separate small sauce pan over medium heat.
- 3 Whisk the almond flour into the butter and cook for about 2 minutes (making a roux).
- 4 Whisk in the warm milk a little at a time to avoid lumps. Cook until sauce begins to thicken (2-3 minutes). Then add pumpkin pie spice, pinch of salt and pepper.
- 5 Turn the heat to low, stir in cheese and let it melt. Stir in spinach and cook another 2-3 minutes until heated through.

Servings: 6

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 2 minutes

Cooking Time: 10 minutes

Salmon Stack

3 net carbs per serving

4 filets wild caught salmon
8 slices bacon
3 tomatoes, sliced
5 ounces arugula
2 Tbsp olive oil
salt and pepper to taste

Lemon Vinaigrette
1/2 cup olive oil
3 Tbsp lemon juice
2 tsp lemon zest
2 tsp capers
1 shallot, minced
1/4 tsp salt



- 1 Mix together all ingredients of the vinaigrette and set aside.
- 2 Preheat oven to 400.
- 3 Season salmon with salt and pepper.
- 4 Heat a skillet (that is ovenproof) over high heat for about 2 minutes and then add olive oil and salmon (skin side up). Cook for about 5 minutes in skillet.
- 5 Flip salmon and place skillet in oven for another 5 minutes.
- 6 On a plate, prepare a layer of arugula, tomato slice, 2 slices of bacon and then repeat a second layer.
- 7 Top stacks with cooked salmon and drizzle with lemon vinaigrette. Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 10 minutes

"Fried Chicken Strips" with Coconut Flour

3 net carbs per serving

8	chicken tenderloin	1/4 tsp	paprika
1/4 cup	coconut flour	1/2 tsp	garlic powder
2 Tbsp	Parmesan cheese, grated	1/2 tsp	onion powder
1/2 tsp	kosher salt	1/2 tsp	black pepper
1/2 tsp	cumin	1/4 cup	olive oil



- 1 Preheat oven to 400. Line baking sheet with aluminum foil and spray with olive oil.
- 2 In a small bowl, mix coconut flour, Parmesan cheese and spices together.
- 3 Place olive oil in another small bowl,
- 4 Dredge each tenderloin first in olive oil and then into coconut flour mixture. Coat generously and place on baking sheet.
- 5 Bake at 400 for about 10 minutes and then flip each tenderloin. Bake for another 10 minutes or until thoroughly cooked.
- 6 If you wish the brown the outside, broil for about 1 minute - flipping halfway through.
- 7 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Baked Eggplant Fries

14 net carbs per serving

1	medium	eggplant, cut into 1/4 inch thick "fries"	1/4 cup	Parmesan cheese, grated
1/2	cup	almond flour	1	tsp Italian seasoning
2		eggs, lightly beaten		salt and pepper to taste
2	slices	healthy life bread (for breadcrumbs)		



- 1 Preheat oven to 425.
- 2 First, make breadcrumbs by food processing up 2 pieces of healthy life bread.
- 3 In a small bowl, mix bread crumbs, Parmesan cheese, Italian seasoning and salt.
- 4 Dip eggplant slices in flour, then in egg, and then in the breadcrumb mixture.
- 5 Place slices on a baking sheet and bake for about 10 minutes or until crispy and golden brown.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Cheeseburger Soup

6 net carbs per serving

1 lb	lean ground beef	1 cup	cauliflower florets, cut into small pieces
1/2 lb	bacon	1/2 lb	cheddar cheese, grated
1 cup	celery	1 1/2 cups	heavy cream
1 cup	onions, chopped	1/2 tsp	pepper
1/4 cup	carrots, sliced	1/4 tsp	salt
1 tsp	basil	1/4 cup	sour cream
3 cups	chicken broth		
1 cup	broccoli florets, cut into small pieces		



- 1 Brown the ground beef in a large pot over medium-high heat. Remove and set aside.
- 2 Fry the bacon in the same pot. Once cooked, drain and add ground beef back to pot with bacon.
- 3 Add celery, onions, carrots. Sauté until tender. Add basil, broth, broccoli and cauliflower. Cook 3-4 minutes.
- 4 Add cheese, heavy cream, salt and pepper and stir until cheese is thoroughly melted.
- 5 Remove from heat and add sour cream. Mix well and enjoy!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 15 minutes