

VitalMeals Week 83

"About eighty percent of the food on shelves of supermarkets today didn't exist 100 years ago." Larry McCleary



Day 1

Chicken Enchilada Zucchini Boats

Day 2

Lemon Chicken and Brussels Sprouts
Green Bean Bundles

Day 3

Bacon and Kale Frittata
Spinach Salad

Day 4

Beef and Cabbage Crock-Pot with Avocado Salsa

Day 5

Ginger Lime Shrimp
Thai Slaw

Day 6

Ham and Onion Low Carb Macaroni and Cheese

Day 7

Chicken and Roasted Vegetable Soup

Servings: 4

Chicken Enchilada Zucchini Boats

8 net carbs per serving

Enchilada Sauce:	3	cloves	garlic, crushed
	1/2	cup	green bell pepper, diced
2	cloves	garlic, minced	
1	Tbsp	chipotle chile peppers in adobo sauce	1/4 cup cilantro, chopped
1 1/2	cups	tomato sauce	8 ounces chicken breast, cooked, shredded
1/2	tsp	chipotle chili powder	1 tsp cumin
1/2	tsp	ground cumin	1/2 tsp dried oregano
2/3	cup	low sodium chicken broth	1/2 tsp chipotle chili powder
		salt and pepper to taste	3 Tbsp water
			1 Tbsp tomato paste
			salt and pepper to taste
Chicken Mixture:			
4	medium	zucchini	3/4 cup shredded cheddar cheese
1	tsp	olive oil	
1/2	cup	green onions, chopped	1 handful cilantro, chopped



- 1 Prepare enchilada sauce: In a skillet over medium high heat, spray with olive oil and sauté garlic. Add chipotle chilies, chili powder, cumin, chicken broth, tomato sauce, salt and pepper. Bring to boil. Reduce and simmer for 10 minutes. Set aside.
- 2 Prepare Zucchini Boats: Boil a large pot of water and preheat oven to 400. Cut zucchini in half lengthwise and scoop out insides. Place removed "flesh" in bowl, chop into small pieces, set aside.
- 3 Place zucchini halves in boiling water for 1 minute then remove.
- 4 In a skillet, heat olive oil, onion, garlic and bell pepper. Cook for about 3 minutes. Then add chopped zucchini flesh you previously set aside along with cilantro. Cook about 4 minutes. Season with salt and pepper. Add cumin, oregano, chili powder, water and tomato paste. Cook another 1-2 minutes. Then add chicken. Cook final 3 minutes. Remove from heat.
- 5 In a large baking dish, place 1/4 cup of enchilada sauce on the bottom and top with zucchini halves (cut side up).
- 6 Fill each zucchini boat with 1/3 cup of chicken mixture above. Press down firmly.
- 7 Top with 2 Tbsp enchilada sauce and shredded cheese.
- 8 Cover with foil and bake for about 30-35 minutes, make sure cheese is thoroughly melted.
- 9 Top with cilantro for garnish. Enjoy!

Servings: 1

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 50 minutes

Lemon Chicken and Brussels Sprouts

5 net carbs per serving

4	chicken breasts, boneless, skinless	1	lemon
2	cups Brussels sprouts, cut in 1/2	1/4	cup chicken stock
1	Tbsp coconut oil		salt, pepper, garlic to taste
1	Tbsp olive oil	1	cup Parmesan cheese



- 1 Preheat oven to 425.
- 2 Toss Brussels sprouts in bowl with olive oil, salt, pepper and garlic.
- 3 Season chicken breasts with salt, pepper and garlic as well.
- 4 Heat coconut oil in cast iron skillet over medium high heat. Once hot, add chicken breasts to pan. Allow them to crisp, about 5-7 minutes.
- 5 Flip and repeat on other side.
- 6 After both sides are crispy, add Brussels sprouts, chicken broth and the juice of one lemon.
- 7 Move skillet to oven and bake for 30 minutes or until chicken is cooked through.
- 8 Top with parmesan cheese and enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 45 minutes

Green Bean Bundles

4 net carbs per serving

1 lb green beans, trim the ends 1/8 tsp garlic powder
4 slices bacon, halved salt and pepper to taste



- 1 Blanch the green beans for 3-4 minutes and let dry on paper towel.
- 2 Preheat oven to 400 and spray baking sheet with olive oil.
- 3 Form 8 bundles of green beans and wrap each bundle with one half slice of bacon. Secure with toothpick.
- 4 Place on baking sheet, spray tops with extra olive oil and season with salt, pepper and garlic powder.
- 5 Bake for about 15 minutes

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Bacon and Kale Frittata

3 net carbs per serving

8	eggs	1/4 cup	half and half
1 cup	grape tomatoes	1/4 tsp	salt
1/2	onion, chopped		pepper
3 slices	bacon, chopped into 1/2 inch pieces	1/4 cup	mozzarella cheese, shredded
1/4 cup	kale		



- 1 Preheat oven to 400.
- 2 Mix eggs, half and half, salt and pepper in a bowl.
- 3 Heat an oven-proof skillet over medium heat and cook bacon. Add onions, tomato and kale. Once onions are caramelized, add egg mixture on top and sprinkle with mozzarella cheese.
- 4 After about 30 seconds-1 minute, move the pan to the oven and bake for about 10 minutes. The egg should brown. Season with salt and pepper!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Spinach Salad

5 net carbs per serving

3	eggs	2	tsp	Stevia or Truvia	
7	slices	bacon, thick cut	1/2	tsp	Dijon mustard
1	small	red onion	1	dash	salt
1	pkg	mushrooms	8	oz	baby spinach - washed
3	Tbsp	red wine vinegar			dried and stems removed



- 1 Place eggs in saucepan, cover water, bring to boil. Then turn off heat and allow them to sit in water for 20 minutes. Drain off water and add ice on top of eggs.
- 2 Fry bacon in skillet until crispy. Remove to a paper towel. Drain fat into bowl and reserve.
- 3 Slice red onion thinly and add to skillet. Cook slowly until onions are caramelized and reduced. Remove to plate and set aside.
- 4 Slice mushrooms and add to same skillet with a little bit of bacon fat if needed. Cook slowly until caramelized and brown. Remove to plate and set aside.
- 5 Chop bacon. Peel and slice the egg.
- 6 Make hot bacon dressing: Add 3 Tbsp of bacon fat, vinegar, Stevia/Tuvia, Dijon and salt to a small saucepan or skillet over medium-low heat. Whisk together and heat thoroughly until bubbly.
- 7 Add spinach to a large bowl. Arrange onions, mushrooms and bacon on top. Top with hot dressing and combine. Add eggs and serve.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Beef and Cabbage Crock-Pot with Avocado Salsa

6 net carbs per serving

2 lbs	beef chuck roast (cut into thick strips)	4 tsp	fresh squeezed lime juice
1 Tbsp	taco seasoning	2 tsp	green Tabasco sauce
2 tsp	olive oil		
2 cans	diced green chiles		
Slaw:		Salsa:	
1 small	head green cabbage	2 large	avocados, diced
1/2 small	head red cabbage	1 medium	poblano pepper, diced
1/2 cup	thinly sliced green onion	1 Tbsp	fresh squeezed lime juice
6 Tbsp	mayonnaise	1 Tbsp	olive oil
		1/2 cup	cilantro, finely chopped



- 1 Cut chuck roast into strips and rub with taco seasoning.
- 2 Heat olive oil in skillet over medium-high heat. Add beef and brown on all sides.
- 3 Put beef in slow cooker and top with diced green chiles and juice from the cans. Cook on high for 4 hours- the beef should shred apart easily.
- 4 Remove beef from slow cooker and place on a cutting board (use a slotted spoon leaving liquid in the slow cooker).
- 5 Shred the beef apart and place back in slow cooker.
- 6 Prepare slaw: Cut cabbage into thin strips and slice green onions thin. Mix mayo, lime juice and green Tabasco together in a bowl for dressing. Mix cabbage, green onions and dressing thoroughly.
- 7 Prepare the salsa: Peel and cut avocado and toss with lime juice. Chop cilantro, poblano pepper and add to avocado lime mixture. Drizzle with olive oil and toss well.
- 8 Assemble beef bowl: Put a layer of slaw on the bottom, then top with beef and avocado salsa.
- 9 Enjoy!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 4 hours

Ginger Lime Shrimp

7 net carbs per serving

2	large	shallots, peeled and chopped	1/2 cup	fresh lime juice
1	2 inch piece	fresh ginger, peeled and chopped	1/4 cup	green onions, chopped
4	cloves	garlic, smashed	1/4 cup	olive oil
3/4	cup	soy sauce	1/4 tsp	ground black pepper
2	Tbsp	Truvia/Stevia	2 lbs	shrimp



- 1 In a blender, blend shallots, ginger, garlic, soy sauce, lime juice and Truvia/Stevia until smooth. Add green onions and oil. Blend until thoroughly combined. Season with black pepper.
- 2 In a large bowl, add shrimp and top with the above marinade. Let marinate for about 15- 20 minutes.
- 3 Preheat grill and grill roughly 1-2 minutes per side until desired doneness.

Servings: 8

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Inactive Time: 20 minutes

Thai Slaw

12 net carbs per serving

1/2 small head of cabbage, thinly sliced	1.5 Tbsp	sesame oil
1/4 head purple cabbage, thinly sliced	2 cloves	garlic, minced
1 large carrot, shredded	1/2 cup	cilantro
3 scallions, shredded	1/8 cup	parsley
1/2 cup rice wine vinegar	1 Tbsp	sesame seeds
1.5 Tbsp soy sauce	1/4 cup	peanuts, crushed



- 1 Wash and dry cabbage and carrots. Peel and discard the first few layers of cabbage.
- 2 Thinly slice all the cabbage . Place into large bowl and shred carrot on top.
- 3 Add diced scallions to the mixture above and mix well.
- 4 In a separate bowl, combine rice wine vinegar, soy sauce, sesame oil, cilantro and parsley. Whisk together.
- 5 Top cabbage with dressing. Add sesame seeds and peanuts on top.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 25 minutes

Ham and Onion Low Carb Macaroni and Cheese

7 net carbs per serving

1	head	cauliflower	1	cup	sharp cheddar cheese, grated
1		onion, diced			
2	Tbsp	olive oil	1/4	cup	goat cheese
4	Tbsp	butter, divided	1/4	tsp	black pepper
3	cloves	garlic, minced	6	oz	ham, diced and cooked crispy
1	cup	heavy cream			
1/2	cup	Parmesan cheese, grated			



- 1 Preheat oven to 350.
- 2 Fill a pot with 1 inch of water and steam cauliflower until tender, about 10-15 minutes.
- 3 Drain water. Remove cauliflower and place inside an 8x8 casserole dish. Mash with a fork.
- 4 In a large skillet, heat olive oil and 2 Tbsp butter.
- 5 Add onions to the skillet and cook until they are caramelized. Remove and set aside.
- 6 Add remaining butter and garlic to same skillet. Add heavy cream and Parmesan cheese. Stir until Parmesan is melted and sauce begins to boil. Add cheddar cheese, goat cheese and black pepper. Stir until all cheeses are well blended.
- 7 Reduce heat to low and simmer about 5 minutes. Sauce will thicken.
- 8 Pour cheese on top of cauliflower. Top with onions and crispy ham.
- 9 Bake for 15 minutes.

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Chicken and Roasted Vegetable Soup

6 net carbs per serving

2	cloves	garlic, minced	3/4	tsp	dried parsley
2		carrots, peeled and chopped	1	tsp	sea salt
1	cup	butternut squash, peeled and cut into 1-inch cubes	1/2	tsp	dried thyme
1/2		yellow onion, quartered	1/2	tsp	dried rosemary
2	Tbsp	olive oil	1/4	tsp	dried oregano
4	cups	chicken stock	1/4	tsp	cracked pepper
3	cups	chicken, cooked, shredded	1	cup	water
			2	cups	spinach



- 1 Preheat oven to 425.
- 2 Toss vegetables in olive oil and season with salt and pepper. Roast on baking sheet in oven for about 20 minutes.
- 3 While veggies are roasting, place chicken stock in a pot and heat over medium-high heat. Once it starts to simmer, reduce heat and add chicken, spices, salt and pepper. Cover and cook for about 15 minutes.
- 4 Once all vegetables are cooked, remove from oven and place in blender. Puree veggies with 1 cup of water.
- 5 Add vegetable puree and baby spinach to soup. Simmer for an additional 5-10 minutes. Enjoy!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Tips

Rotisserie chicken is easiest.