

## VitalMeals Week 85

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"Children want to mimic adults. They notice when you choose to prepare fresh vegetables over calling in another pizza for dinner." Marcus Samuelsson



**Day 1**

Chipotle Lime Shrimp Rolls  
Low Carb Jalapeno Cheddar Muffins

**Day 2**

Ginger Almond Chicken  
Baked Eggplant Fries

**Day 3**

"Alfredo" with Chicken and Broccoli

**Day 4**

Italian Sausage and Peppers

**Day 5**

Crab and Avocado Salad  
Spicy Sweet Potato Chips

**Day 6**

Low Carb Pizza

**Day 7**

Coconut Chicken Soup

Servings: 4

## Chipotle Lime Shrimp Rolls

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2 net carbs per serving

12	shrimp, large, peeled and deveined	1/4 tsp	chipotle powder
		6 strips	bacon, cut in 1/2 toothpicks
2	Tbsp olive oil		
1	lime		



- 1 Preheat oven to 425.
- 2 In a bowl, combine the zest from the lime and 2 Tbsp of lime juice with olive oil and chipotle powder.
- 3 Add shrimp to bowl and coat well with above mixture.
- 4 Microwave bacon strips for about 1 1/2 minutes.
- 5 Wrap each 1/2 strip of bacon around shrimp and place toothpick through the middle to secure.
- 6 Line a baking sheet with foil and place shrimp on baking sheet.
- 7 Bake for about 12-15 minutes or until bacon is crispy.
- 8 Enjoy!

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 7 minutes

Cooking Time: 15 minutes

## Low Carb Jalapeno Cheddar Muffins

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4 net carbs per muffin

2 cups	almond flour	4 Tbsp	coconut oil melted, divided
1 tsp	baking powder	1/2 cup	almond milk, unsweetened
1/2 tsp	salt	1/2 cup	cheddar cheese, shredded
1 Tbsp	raw honey	1-2	jalapenos, chopped
3	large eggs		



- 1 Preheat oven to 325.
- 2 Mix the almond flour, baking powder and salt in large bowl. Set aside.
- 3 Add honey, eggs, 3 Tbsp. coconut oil and almond milk to a separate bowl and whisk.
- 4 Add wet ingredients into large bowl with cheese and chopped jalapenos. Mix just until incorporated.
- 5 Pour batter into 8 greased (use 1 tbsp of coconut oil) muffin cups and bake for 25-30 minutes.

Servings: 8

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 30 minutes

Recipe Type: Bread

## Ginger Almond Chicken

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2.5 net carbs per serving

4	breasts	chicken, boneless, skinless	1/4	tsp	ground pepper
			4		scallions
2	Tbsp	ground coriander	1/4	cup	mango, chopped into large pieces
1	tsp	fresh ginger, grated	1/4	cup	chicken broth
1/4	cup	fresh ginger, julienned	1	tsp	garlic, minced
4	Tbsp	olive oil	1/4	cup	almonds, sliced, toasted
2	tsp	white wine vinegar			
1/2	tsp	kosher salt			



- 1 Cut chicken into 1/2 inch thick pieces.
- 2 In a bowl, combine ground coriander, grated ginger, 2 tsp olive oil, vinegar, salt and pepper. Add the chicken. Set aside.
- 3 Meanwhile, mix mango, chicken broth and garlic in a separate bowl.
- 4 Over medium high heat, heat 2 tsp olive oil in a skillet. Add sliced scallion whites and julienned ginger. Cook for about 30-60 seconds. Then add chicken. It will need to cook for about 5 minutes. Finally add the mango, broth and garlic mixture.
- 5 Top with toasted almonds right before serving.

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 15 minutes

## Baked Eggplant Fries

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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			



- 1 Preheat oven to 425.
- 2 Place Healthy Life bread in food processor to make bread crumbs.
- 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

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 10 minutes

## "Alfredo" with Chicken and Broccoli

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9 net carbs per serving

4	breasts	chicken, boneless, skinless	4	cups	broccoli, chopped into smaller pieces, steamed
1/2		onion, chopped	2		egg yolks
2	cups	heavy cream			salt and black pepper to taste
1	cup	Romano cheese, grated			
4	Tbsp	butter			



- 1 In a large skillet over medium high heat, melt butter.
- 2 Slice chicken into strips and add to the skillet.
- 3 Top chicken with onions and broccoli. Add heavy cream and bring to a boil.
- 4 Finally add cheese and egg yolk, combine well.
- 5 Enjoy!

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 20 minutes

## Italian Sausage and Peppers

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12 net carbs per serving

4 links	Italian sausage	3 Tbsp	balsamic vinegar
1	red onion, cut into strips		olive oil
2	bell peppers, cut into strips		salt
1 tbsp	honey	4 cups	arugula



- 1 In a small bowl, mix balsamic vinegar and honey.
- 2 Heat skillet over medium high heat and add 1-2 Tbsp olive oil. Add sausage links and cook for 5-10 minutes, until almost cooked through. Add onions and peppers and sauté until soft.
- 3 Remove from heat and top with honey and balsamic mixture. (If needing recipe to be lower carb, you can always skip the honey).
- 4 In each bowl, put 1 cup of arugula and top with 1/4 of the sausage/pepper/onion mixture.
- 5 Enjoy!

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 20 minutes

## Crab and Avocado Salad

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3 net carbs per serving

2 medium	avocados, seeded, peeled and cut into chunks	2 Tbsp	cilantro, chopped
8 ounces	crab meat	2 Tbsp	olive oil
4 Tbsp	red onion, chopped		salt and pepper to taste
2	limes		



- 1 In a bowl, combine onion, lime juice, olive oil, cilantro, salt, and pepper. Mix well. Then add crab meat and avocado.
- 2 Serve on top of a salad or in a low carb wrap and enjoy!

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes



## Spicy Sweet Potato Chips

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15 net carbs per serving

- |   |                                     |                |
|---|-------------------------------------|----------------|
| 2 | sweet potatoes, washed<br>and dried | 1/2 tsp salt   |
|   |                                     | 1/2 tsp pepper |
| 2 | Tbsp olive oil                      |                |
| 1 | tsp cayenne pepper                  |                |



- 1 Preheat oven to 450.
- 2 Line 2 baking sheets with parchment paper.
- 3 Cut potatoes into 1/4 inch thick slices.
- 4 In large bowl, add oil and seasoning. Toss potato slices to coat.
- 5 Place single layer on baking sheets and bake until lightly browned and crisp on both sides. Roughly 15 minutes per side.

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 30 minutes

## Low Carb Pizza

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12 net carbs per slice

2 cup	almond flour	1/2 cup	ham, diced
2	eggs	1/3 cup	red bell peppers, green bell peppers and/or red onions, diced
3/4 cup	heavy cream	2	portobello mushrooms, sliced
1/3 cup	club soda	2 Tbsp	olive oil
1 tsp	salt	1 pinch	dried oregano
1-2 cans	tomato sauce, low sugar		
24 oz	Mozzarella Cheese, shredded		
8 oz	pepperoni slices		
1/2 cup	Italian sausage, cooked, crumbled		



- 1 Preheat oven to 375.
- 2 Make the crust: Spray 2-12 inch pizza pans with non stick spray. Stir almond flour, eggs, heavy cream, club soda and salt together in medium bowl and then roll out batter as thin and evenly as possible over 2 pans.
- 3 Place pizza crusts on center racks of oven and bake for 12-15 minutes.
- 4 Remove from oven and increase oven temp to 400.
- 5 Then assemble your pizzas: Sauce, cheese and toppings of your choice. Lightly sprinkle with olive oil and oregano.
- 6 Bake for another 10-12 minutes or until cheese melts and bubbles.
- 7 Each pizza should yield 8 slices.
- 8 Tip: For a faster option, just make pizzas on top of low carb tortillas.

Servings: 16

Yield: 16 slices

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 20 minutes

Cooking Time: 20 minutes

Recipe Type: Main Dish

### Tips

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Note: nutrition information calculated using 2- 8oz cans of low sugar tomato sauce

## Coconut Chicken Soup

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4 net carbs per serving

1 Tbsp	olive oil	1/2 tsp	red pepper flakes
1 inch piece	ginger, peeled and sliced thin	1 lb	rotisserie chicken, shredded
1 Tbsp	dried lemongrass	2 cups	coconut milk, unsweetened
8 ounces	mushrooms, sliced	2 Tbsp	Asian fish sauce
6 cups	chicken stock	3 Tbsp	fresh cilantro leaves
3 Tbsp	lime juice		



- 1 Heat olive oil in skillet over medium heat. Add ginger and lemongrass. Toast for about 2 minutes and then add mushrooms. Cook for another 2-3 minutes.
- 2 Add chicken stock, lime juice and red pepper flakes. Simmer for 10 minutes. Add chicken and cook for another 5 minutes.
- 3 Finally, whisk in coconut milk, fish sauce and cilantro. At this point, you want to lower heat and let soup cook for another 10 minutes. Salt and pepper to taste.

Servings: 8

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 30 minutes