

VitalMeals Week 86

"No one who cooks, cooks alone. Even at her most solitary, a cook in the kitchen is surrounded by generations of cooks past, the advice and menus of cooks present, the wisdom of cookbook writers." Laurie Colwin



Day 1

Skillet Taco Bake

Day 2

Coconut Crusted Chicken

Garlic Broccoli Rabe

Day 3

Bacon Wrapped Pork

String Beans with Shallots

Day 4

Low Carb Lasagna Meatballs

Day 5

Shrimp and Avocado Salad

Day 6

Pizza--- Philly Cheesesteak Style

Day 7

Low Carb Chicken Tortilla Soup

Servings: 4

Skillet Taco Bake

7 net carbs per serving

1 lb	lean ground beef	1 can	diced tomatoes with green chiles
1 package	taco seasoning	2 cups	pepper jack cheese, shredded
3 cups	baby spinach		
1	onion, chopped		
2	bell peppers, chopped		



- 1 In a skillet over medium-high heat, brown the beef.
- 2 Drain excess fat. Add onions and peppers. Sauté for about 5 minutes then add tomatoes and taco seasoning.
- 3 Add spinach and stir until wilted.
- 4 Finally, cover with cheese and allow cheese to melt.
- 5 Serve over a salad or a low carb wrap!
- 6 Enjoy!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Coconut Crusted Chicken

13 net carbs per serving

8	chicken tenders	1	tsp	pepper	
1/2	cup	coconut flakes, unsweetened	1	tsp	garlic powder
1	cup	bread crumbs	3		egg whites
1	tsp	salt			



- 1 Preheat oven to 375.
- 2 In a large bowl, mix coconut flakes, breadcrumbs, salt, pepper, and garlic.
- 3 In a separate bowl, prepare egg whites.
- 4 Dip each chicken tender into the egg and then the coconut mixture. Make sure to coat well.
- 5 Place on baking sheet and bake for roughly 25 minutes (or until chicken is cooked through).
- 6 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Tips

To decrease carb count even further, use a low carb bread like Healthy Life for bread crumbs- process several slices in a food processor -- enough to equal 1 cup of bread crumbs---allow bread to "dry out" or use older bread for best results.

Garlic Broccoli Rabe

1 net carb per serving

1 large bunch	broccoli rabe	crushed red pepper
4 cloves	garlic, crushed	flakes (optional)
2 Tbsp	olive oil	
	salt and black pepper	
	to taste	



- 1 Preheat oven to 400.
- 2 Boil a pot of water. Once boiling, add broccoli for one minute and sprinkle with salt.
- 3 Remove and drain well.
- 4 Place broccoli on cookie sheet and cover with garlic, olive oil, salt, pepper and crushed red pepper.
- 5 Bake for 20 minutes (or until crispy).

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Bacon Wrapped Pork

2 net carbs per serving

1.5 lb	pork loin roast	1/4 lb	bacon, thinly sliced
1	Tbsp olive oil		salt and pepper to taste
2	Tbsp fresh rosemary, finely chopped		kitchen string



- 1 Preheat oven to 375.
- 2 Sprinkle roast with salt and pepper.
- 3 In a skillet over medium high heat, add olive oil. When oil is hot, add pork roast and brown on all sides. This should take about 2-3 minutes per side. Remove and set aside.
- 4 Rub pork roast with rosemary and wrap with strips of bacon. Tie with kitchen string to hold bacon in place.
- 5 Place roast in pan and bake for about 35 minutes or until desired doneness.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 45 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

Low Carb Lasagna Meatballs

4 net carbs per serving

1 lb	hot Italian sausage	1/2 tsp	onion powder
1 lb	lean ground chuck	1/4 tsp	dried oregano
1/3 cup	almond flour	1/4 cup	Parmesan cheese, grated
2	eggs	2 cups	tomato/marinara sauce, low suigar
1 Tbsp	dried parsley	1.5 cups	Mozzarella cheese, shredded
1 tsp	salt	1 cup	ricotta cheese
1/4 tsp	red pepper flakes		
1/2 tsp	garlic powder		



- 1 Preheat oven to 375.
- 2 Place meats, almond flour, eggs, seasonings and 1/4 cup of Parmesan cheese in a large bowl and combine. Form into meatballs and place on baking sheet lined with parchment paper.
- 3 Bake meatballs for 15 minutes.
- 4 Remove from oven and place the meatballs in a single layer along the bottom of a 13x9 casserole dish and top with tomato sauce/marinara. Then drop ricotta over casserole. Finally, top the entire thing with the mozzarella cheese.
- 5 Bake for 30 minutes.
- 6 Enjoy!

Servings: 8

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 45 minutes

Tips

Should be plenty left over for lunch tomorrow!

Shrimp and Avocado Salad

2 net carbs per serving

Marinade:

4 Tbsp olive oil
6 Tbsp fresh lime juice
1 cup fresh cilantro, chopped
salt and black pepper to taste

Salad Ingredients:

2 lbs cooked shrimp, deveined and
tail removed
4 avocados
8 cups lettuce



- 1 Combine all ingredients for marinade. Mix well.
- 2 In a bowl, pour marinade over shrimp and coat well. Cover and refrigerate. Allow to marinate for an hour. If you don't have that much time, marinate in the fridge for at least 10-15 minutes.
- 3 Wash and dry lettuce. Cut up avocado into chunks.
- 4 Divide lettuce among plates and top with avocado.
- 5 Top with marinated shrimp and enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Inactive Time: 1 hour

Pizza--- Philly Cheesesteak Style

6 net carbs per serving

4	low carb wraps	4	ounces	mushrooms, chopped	
1/4	cup	cream cheese, softened	1/2	sweet onion, chopped	
1	Tbsp	olive oil, divided	1	Tbsp	garlic, minced
6	ounces	flank steak, thinly sliced	8	slices	provolone cheese
1	tsp	Worcestershire sauce			salt and pepper to taste
1		green bell pepper, chopped			



- 1 Preheat oven to 450. Place low carb wraps in oven on baking sheet for about 5 minutes or until they get slightly crispy, then remove.
- 2 Allow the wraps to cool for a minute. Top with cream cheese.
- 3 Heat 1/2 Tbsp olive oil in a skillet over medium heat. Add steak, Worcestershire, salt and pepper. Cook meat until desired doneness.
- 4 Remove steak from skillet.
- 5 Using the same skillet, add the other 1/2 Tbsp olive oil, green peppers, mushrooms, onions, minced garlic, salt and pepper. Sauté for about 5 minutes.
- 6 Add mixture to steak and mix well. Top each "mini pizza" with toppings. Finally, top the entire thing with 2 slices of provolone cheese.
- 7 Bake for about 5-10 minutes.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Low Carb Chicken Tortilla Soup

12 net carbs per serving

2	chicken breasts, skinless, boneless, cut into strips	2 cups	carrots, shredded
		1 bunch	cilantro, chopped
		2 Tbsp	tomato paste
28 oz can	diced tomatoes	4 cloves	garlic, minced
1 32 oz	organic chicken broth	1 tsp	chili powder
1	sweet onion, diced	1 tsp	cumin
2	jalapenos, remove seeds, dice		salt and pepper to taste
2	cups celery, chopped		olive oil



- 1 Add olive oil to slow cooker and place on medium high heat. Add 1/4 cup of chicken broth, onions, garlic, jalepeno, salt, and pepper.
- 2 Once ingredients have softened, add remaining ingredients and 1-2 cups of water. Cover and cook on low for about 2 hours.
- 3 When chicken has finished cooking, shred with a fork.
- 4 Top with fresh cilantro and enjoy!

Servings: 6

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 2 hours