

VitalMeals Week 87

"Always start out with a larger pot than what you think you need." Julia Child

Day 1

Mini Pepper Tacos

Day 2

Cilantro Lime Chicken

Thai Slaw

Day 3

Crock-Pot Sausage and Egg Bake

Day 4

Italian Peppers and Beef

Day 5

Salmon Citrus Salad

Day 6

Eggplant Pizzas

Day 7

Butternut Squash Soup with Chipotle Cream

Servings: 4



Mini Pepper Tacos

4 net carbs per serving

1 lb	ground beef	1 package	mini bell peppers
1 package	taco seasoning	1 cup	cheddar cheese, shredded
3/4 cup	water		



- 1 Preheat oven to 350.
- 2 Slice off 1/3 of the pepper and set aside. Remove seeds. Do this to all of the mini peppers and place on a baking sheet.
- 3 In a skillet, over medium heat, cook the beef. While beef is cooking, chop the peppers that you set aside and then add to the beef mixture. Cook for about 10 minutes. Add taco seasoning and 3/4 cup water. Cook for another 10 minutes.
- 4 Fill each pepper with beef mixture and cook for about 15 minutes in the oven.
- 5 For the last 2-3 minutes, add cheese on top and allow it to melt.
- 6 Serve with toppings of your choice: sour cream, guacamole, lime zest, cilantro or salsa. Enjoy!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Cilantro Lime Chicken

1 net carb per serving

4	chicken breasts, boneless, skinless	3	Tbsp	cilantro, chopped
2	Tbsp	olive oil	1/2	tsp salt
2	limes	1/4	tsp	pepper



- 1 Zest both limes and reserve lime zest. In a large bowl, combine olive oil, lime zest, lime juice, salt and pepper.
- 2 Add the chicken to mixture and marinate. It is ideal if you can refrigerate and let sit for about 30 minutes to absorb flavors.
- 3 Preheat grill to medium-high heat and grill until desired doneness (about 10 minutes).
- 4 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 10 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

Crock-Pot Sausage and Egg Bake

4 net carbs per serving

1	head	broccoli, chopped	3/4	cup	whipping cream
1	lb	ground sausage, cooked	2	cloves	garlic, minced
1	cup	cheddar cheese, shredded	1/2	tsp	salt
10		eggs	1/4	tsp	pepper



- 1 Grease slow cooker with olive oil spray.
- 2 Layer half the broccoli, half the sausage, and half the cheese in slow cooker. Repeat with remaining broccoli, sausage and cheese.
- 3 In a bowl, combine eggs, whipping cream, garlic, salt and pepper. Whisk well. Pour over layers in slow cooker.
- 4 Cover and cook on low for 4 hours or on high for 2 hours (or until set in the center).
- 5 Enjoy!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 2 hours

Italian Peppers and Beef

11 net carbs per serving

4	bell peppers, chopped	1	packet	Italian salad dressing	
1	lb			dry mix	
2	Tbsp	garlic, minced	1/4	cup	Parmesan cheese,
1/2	cup	scallions, diced			grated
1/4	cup	lemon juice	1/2	cup	red pepper, crushed
4	stalks	celery, diced	1	Tbsp	olive oil
15 oz	can	chickpeas, rinsed and drained			



- 1 Preheat oven to 350.
- 2 In a skillet, cook beef over medium high heat until cooked through. Remove and set aside.
- 3 In same skillet, add olive oil, celery, garlic, peppers and green onions. Cook for about 5 minutes.
- 4 Add beef back to skillet and top with lemon juice, Italian seasoning mix, red peppers, chick peas and 1 Tbsp water. Combine well. Cook for 3 minutes.
- 5 Spoon mixture into greased casserole dish and top with Parmesan cheese.
- 6 Bake for about 20 minutes.

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Tips

To further reduce carbs, remove chickpeas from the recipe.

Salmon Citrus Salad

5 net carbs per serving

1 Tbsp coconut oil	5	roma tomatoes, diced
1 lb fresh salmon filets	1	cucumber, diced
1 Tbsp lemon juice	3 Tbsp	capers
8 cups salad greens	1/4 cup	feta cheese



- 1 Drizzle salmon with lemon juice and season with salt and pepper to taste.
- 2 In a large skillet, melt coconut oil over medium high heat. Add salmon (skin side down) and reduce heat.
- 3 Sear salmon for 5-7 minutes and then flip. Sear an additional; 1 minute or until thoroughly cooked - the temperature should be 145 degrees.
- 4 Remove from heat and set aside.
- 5 In a bowl, toss salad greens, diced tomatoes, cucumbers and capers.
- 6 Place about 2 cups of salad on each plate. Top with feta and salmon and dressing of your choice.
- 7 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Eggplant Pizzas

8 net carbs per pizza

1 large eggplant	1/3 cup	Parmesan cheese, grated
1 Tbsp salt	1/3 cup	Mozzarella Cheese, shredded
2 Tbsp olive oil		
2 tsp Italian seasoning	1-2 cups	pizza sauce
10 basil leaves		



- 1 Preheat oven to 375.
- 2 Cut off both ends of the eggplant and cut it into 4, 3/4 inch thick slices. Place on paper towels and sprinkle generously with salt. Let it sit for about 20-30 minutes to draw out the liquid.
- 3 Pat eggplant dry with dry paper towels.
- 4 Spray baking sheet with olive oil and place eggplant slices on top. Brush with the olive oil and top with Italian seasoning.
- 5 Roast for about 20- 30 minutes. Remove eggplant and set oven to broil.
- 6 Top each eggplant with sauce, basil leaves and cheese.
- 7 Return to oven and broil until cheese is melted and bubbly.
- 8 Serve with a Caesar salad and enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Inactive Time: 30 minutes

Butternut Squash Soup with Chipotle Cream

8 net carbs per serving

3	Tbsp	olive oil		salt and pepper
1	medium	butternut squash, halved lengthwise, seeds discarded, washed and reserved	Chipotle Cream:	
			1	tsp minced chipotle chiles in adobo
1	medium	onion, chopped	1/2	cup sour cream
2	stalks	celery, chopped		salt and pepper to taste
2	cloves	garlic, chopped		
6	cups	chicken broth		
2	tsp	canned minced chipotle chiles in adobo		



- 1 Preheat oven to 400.
- 2 Using 1 Tbsp oil, grease the squash and season with salt and pepper. Place on baking sheet and roast until tender- about 45 minutes. Remove from oven.
- 3 In the meantime, in a large pot over medium-high heat, add remaining olive oil, onion, celery and carrot. Add pinch of salt. Saute' until just tender (10 minutes) and then add garlic. Saute' 2 more minutes.
- 4 Scoop the butternut squash flesh into pot and stir. Add 4 cups chicken broth and bring to boil.
- 5 Reduce heat to low, cover and simmer until veggies are very tender (about 30 minutes).
- 6 Turn heat off. Using immersion blender, puree the soup until smooth. If necessary, add more of remaining stock to create desired thickness.
- 7 Mix in 2 tsp of chipotle into soup and season with salt and pepper to taste.
- 8 In a small bowl, mix 1 tsp of chipotle and sour cream. Season the cream with salt and pepper.
- 9 Top each bowl with a bit of chipotle cream.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Moderately difficult

Cooking Times

Cooking Time: 45 minutes