

## VitalMeals Week 88

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"...no one is born a great cook, one learns by doing." Julia Child

**Day 1**

Mexican Burgers  
Spicy Sweet Potato Chips

**Day 2**

Sesame Crusted Chicken  
Citrus Cabbage Salad

**Day 3**

Pork and Cheddar Mushroom Melt  
Green Bean Bundles

**Day 4**

Sun-dried Tomato and Garlic Ribeye  
Garlic Greens

**Day 5**

Tilapia with Green Beans

**Day 6**

Low Carb Fried Chicken  
Cauliflower Macaroni and Cheese

**Day 7**

Pizza Soup

Servings: 4



## Mexican Burgers

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2 net carbs per serving

1 lb lean ground beef      1/2 Tbsp chili powder  
1/2 packet ranch salad dressing, dry      4 slices pepper jack cheese  
mix  
1 tsp cumin



- 1 In a large bowl, combine beef, ranch dressing mix, cumin and chili powder.
- 2 Shape into 4 even patties.
- 3 Grill patties for 10-15 minutes until desired doneness.
- 4 Top patties with pepper jack cheese.
- 5 Serve without a bun and Mexican toppings of your choice: avocado, lime zest, cilantro, salsa

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 15 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

## Sesame Crusted Chicken

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6 net carbs per serving

4	chicken breasts, boneless, skinless	2	tsp	garlic, minced
		1/2	cup	sesame seeds
2	Tbsp			soy sauce
1	Tbsp	1	Tbsp	olive oil
1	Tbsp	1	Tbsp	butter
1	tsp			sesame oil



- 1 In a bowl, combine soy sauce, brown sugar, garlic and sesame oil. Add the chicken and allow it to soak. The longer you can marinate the better--even overnight! But if you are in a hurry, set it in the refrigerator for at least 10-30 minutes to absorb flavor.
- 2 Prior to cooking, place sesame seeds in a bowl and remove chicken breasts from marinade. Coat each breast in seeds.
- 3 In a large skillet, combine olive oil and butter and then add chicken. Cook for about 5 minutes per side or until chicken is cooked through.
- 4 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: 10 minutes

## Citrus Cabbage Salad

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*4 net carbs per serving*

6 cups	cabbage, thinly sliced	3 Tbsp	lime juice
3	scallions, thinly sliced	1 Tbsp	olive oil
5	radishes, thinly sliced	1/2 tsp	cumin
1	orange, cut into sections	1/4 tsp	ground coriander
1/4 cup	cilantro, chopped	1/2 tsp	salt



Combine all ingredients in a large bowl and mix well.

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 20 minutes

## Pork and Cheddar Mushroom Melt

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5 net carbs per serving

8	portobello mushroom caps	4 ounces	sharp cheddar cheese, sliced
1 lb	roasted pork loin (cooked and sliced very thin)	8 slices	tomato
2 Tbsp	Dijon mustard	4	romaine lettuce leaves



Place one portobello cap on the plate and top with pork, Dijon mustard, cheese, tomatoes and lettuce. Top with the second portobello cap- making an easy to eat "sandwich"

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

## Green Bean Bundles

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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

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 20 minutes

## Sun-dried Tomato and Garlic Ribeye

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1.5 net carbs per serving

4	8 ounce	ribeye steaks, boneless, grass-fed	2	Tbsp	rosemary, chopped
4	Tbsp	butter	2	Tbsp	sun-dried tomatoes, chopped
4	Tbsp	olive oil			salt and pepper to taste
2	Tbsp	garlic, chopped			



- 1 Season ribeyes with salt and pepper.
- 2 Heat cast iron skillet/pan on medium-high heat for about 3-4 minutes.
- 3 Add steaks and cook for 3 minutes on each side.
- 4 Remove steaks from skillet and allow them to rest for about 5 minutes.
- 5 While steaks are resting, combine butter, olive oil, garlic, rosemary and sun-dried tomatoes. Place butter mixture in skillet for about 5 minutes.
- 6 Top steaks with butter mixture and enjoy!

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 15 minutes



## Garlic Greens

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7 net carbs per serving

1	onion, sliced	1	bunch	mustard greens	
8	cloves	garlic, whole	1	bunch	kale
1/2	tsp	paprika	1	pinch	salt
3	Tbsp	olive oil			



- 1 Cook 1 sliced onion, 8 whole garlic cloves and 1/2 tsp of paprika in a large pot with 3 Tbsp olive oil, for about 2 minutes.
- 2 Add the entire bunch of mustard greens and kale, 2 cups water, pinch of salt and Stevia.
- 3 Simmer covered, until tender, about 15 minutes.

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 15 minutes

Recipe Type: Side Dish

## Tilapia with Green Beans

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1.5 net carbs per serving

2 Tbsp almond flour	4 Tbsp butter, unsalted
2 tsp oregano, chopped	1/2 lb thin green beans (haricots verts)
2 Tbsp parsley pepper	1 clove garlic, chopped
kosher salt	1 cup cherry tomatoes
4 filets tilapia	1 lemon, juiced



- 1 Combine the flour, oregano and parsley in a shallow dish. Season with salt and pepper.
- 2 Place large skillet over medium high heat.
- 3 Dredge the fish in the flour mixture and shake off excess.
- 4 Melt 3 Tbsp of butter in skillet, add 2 filets and cook until golden brown on the bottom (about 4 minutes). Flip and cook 1-2 more minutes. Transfer to plate to keep warm. Repeat with remaining 2 filets.
- 5 Add green beans and garlic to skillet and cook about 2 minutes. Season with salt and pepper, Add tomatoes and cook until just softened (about 1 more minute). Stir in lemon juice and 1/4 cup water. Cover and cook until beans are tender (about 3 more minutes). Remove from heat and stir in remaining 1 Tbsp butter until just melted.

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

## Low Carb Fried Chicken

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< 1 net carb per serving

3-6 cups	olive oil (depending on size of pan)	2 1/3 cups	almond flour
3 lbs	chicken breasts, boneless, skinless	2 tsp	salt
3	eggs	1 tsp	pepper
1/4 cup	heavy cream	1 tsp	garlic
		1 tsp	poultry seasoning



- 1 Preheat oven to 350.
- 2 Place heavy pot over medium-high heat with at least 1 inch of olive oil.
- 3 Heat oil to 350. It is important to monitor and maintain temperature or the breading and oil will burn.
- 4 In medium bowl, mix eggs and cream to make egg wash. In a separate larger bowl, mix all the breading ingredients together.
- 5 Season the chicken with salt and pepper. Dip first in the breading, then in egg wash, then back in breading again. Make sure to coat well on all sides. Pat off any excess breading.
- 6 Place chicken in hot oil and fry until golden brown and crisp (only takes a few minutes). Remove and drain on paper towels.
- 7 Boneless chicken breasts may cook all the way by frying alone, however, it is best to place them on a sheet pan and finish by baking at 350 for an additional 10 minutes.

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

## Cauliflower Macaroni and Cheese

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4 net carbs per serving

1	large head	cauliflower	1 1/2	cups	sharp cheddar cheese, shredded
		olive oil spray			
1	cup	heavy cream	1/4	tsp	pepper
2	oz	cream cheese, cut into small pieces	1/8	tsp	garlic powder Kosher salt
1 1/2	tsp	Dijon mustard			



- 1 Preheat oven to 375. Bring a large pot of water to a boil and season water with salt.
- 2 Spray baking dish with olive oil spray.
- 3 Clean, cut (into medium-sized pieces) and cook cauliflower in the boiling water about 5 minutes.
- 4 Drain well and pat between several layers of paper towels to dry. Transfer the cauliflower to baking dish and set aside.
- 5 Bring cream to a simmer in a small sauce pan, add cream cheese and mustard. Stir until smooth. Stir in 1 cup cheese, salt, pepper and garlic.
- 6 Whisk just until cheese melts (about 1-2 minutes).
- 7 Remove from heat, pour over cauliflower, stir to combine.
- 8 Top with remaining 1/2 cup cheese. Bake until golden brown, bubbly and hot (about 15 minutes).

Servings: 6

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 15 minutes

## Pizza Soup

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11 net carbs per serving

1	Tbsp	olive oil	14 oz	chicken broth
1	cup	mushrooms, sliced	1	cup water
1	cup	green bell pepper, chopped	3	oz pepperoni slices
1/2	cup	onion, chopped	1	tsp dried oregano leaves
15 oz	can	pizza sauce	1	cup Mozzarella cheese, shredded



- 1 Heat olive oil in large skillet over medium heat. Add mushrooms, peppers and onion.
- 2 Cook, stirring frequently for about 5-10 minutes or until vegetables are tender.
- 3 Add pizza sauce, chicken broth, water, oregano and pepperoni slices until soup comes to a boil.
- 4 Reduce heat and simmer for about 5 minutes.
- 5 Serve topped with cheese

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 15 minutes