

VitalMeals Week 89

"Home cooking is the true embodiment of love. It makes us show patience, kindness, humility, hope and perserverance." Agus Ekanurdi



Breakfast Idea

Breakfast Pizza

Day 1

Steak Quesadillas with Avocado Sauce and Tomato Salad

Day 2

Spicy Kale Stuffed Chicken Breasts

Parmesan Creamed Spinach

Day 3

Crock-Pot Italian Zucchini Meatloaf

Day 4

Beef and Sweet Potato Curry

Cauliflower Rice

Day 5

Grilled Salmon and Avocado Salsa

Simple Summer Salad

Day 6

Southern BBQ

Collard Greens

Day 7

Broccoli Cheddar Soup

Cauliflower "Bread" Sticks

Servings: 4

Breakfast Pizza

7 net carbs per serving

2 tsp	olive oil	1/4 cup	green peppers, chopped
2	eggs, beaten	1 oz	Mozzarella cheese, shredded
3	grape tomatoes, sliced	1/4 tsp	dried oregano
4 slices	pepperoni, cut in half		



- 1 Preheat oven to 425.
- 2 Beat eggs together in a bowl and add dried oregano. Add to oven-safe skillet with olive oil.
- 3 Cook over medium-high heat until eggs start to set on the bottom. This should take 2-3 minutes.
- 4 Once eggs begin to set, add your toppings and cheese and cook for another 4 minutes.
- 5 Remove pan from stove top and place in oven until cheese is melted.
- 6 Enjoy!

Servings: 1

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Tips

For a couple or family, double or triple recipe and use larger pan.

Steak Quesadillas with Avocado Sauce and Tomato Salad

9 net carbs each

1.5 lbs	beef eye round roast	2 Tbsp	lime juice
2 Tbsp	olive oil	1 ripe	avocado
1 Tbsp	chili powder	1/3 cup	fresh cilantro, chopped
	Kosher salt	1 clove	garlic
	pepper	8 ounces	Mexican cheese, shredded
1 cup	cherry tomatoes		
8 pieces	hearts of palm (1 can)	4	low carb tortillas



- 1 Slice the roast crosswise into 3 even steaks. Heat skillet over medium-high heat and brush the steaks with 1 Tbsp olive oil, season with chili powder and salt. Cook 4-5 minutes per side.
- 2 Let meat rest for 5 minutes.
- 3 Meanwhile, toss tomatoes and hearts of palm in a bowl with remaining 1 Tbsp olive oil, 1 Tbsp lime juice, salt and pepper.
- 4 Halve and pit the avocado. Scoop out the flesh into a blender or food processor. Add cilantro, garlic, remaining 1 Tbsp lime juice and add 1/2 cup water. Puree and season with salt.
- 5 Thinly slice the steak and place inside low carb tortilla. Top with cheese and fold over.
- 6 Grill until cheese melts and top with avocado sauce and tomato salad.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Spicy Kale Stuffed Chicken Breasts

3 net carbs per serving

4	tsp	olive oil	4	chicken breasts, boneless, skinless
5 1/2	oz	frozen chopped kale (about 2 cups)	1/2	cup low sodium chicken broth
2	cloves	garlic	1	tsp almond flour
2	oz	kosher salt	1 1/2	tsp fresh lemon juice
		pepper jack cheese, shredded (about 1/2 cup)		



- 1 Heat 2 tsp olive oil in large skillet over medium heat. Add kale, garlic and 1/4 tsp salt. Stir until kale is softened and garlic is fragrant (about 5 minutes). Transfer to bowl and cool slightly, then stir in cheese.
- 2 Insert a thin paring knife into the thickest part of the chicken breast and cut down the side to make a 3 inch pocket. Repeat with remaining chicken breasts and evenly stuff with the above kale mixture.
- 3 Heat a large skillet over medium heat until very hot, about 3-4 minutes.
- 4 Rub the chicken breasts with remaining 2 tsp olive oil and sprinkle with salt and pepper.
- 5 Add all 4 breasts to skillet and cook until golden brown, about 2 minutes. Lower heat to medium and continue cooking - turning once halfway through until cooked through, about 14 more minutes.
- 6 Insert a small knife into top of chicken to test for doneness. If any pink remains, cover skillet and continue to cook until opaque.
- 7 Transfer the chicken and any bits of filling onto 4 plates.
- 8 Stir the broth and flour together in small bowl and then add to skillet.
- 9 Cook, stirring until thickened, about 2 minutes.
- 10 Remove from heat, stir in lemon juice and season with salt and pepper. Spoon the sauce over the chicken and serve.

Servings: 4

Cooking Times

Cooking Time: 30 minutes

Parmesan Creamed Spinach

2 net carbs per serving

2 cups	almond milk, unsweetened	2 10 oz pkg	frozen chopped spinach, thawed and drained
2 Tbsp	butter, unsalted		kosher salt
2 Tbsp	almond flour		ground black pepper
1/2 tsp	pumpkin pie spice		
1/4 cup	Parmesan cheese, grated		



- 1 Warm milk in small sauce pan over medium heat.
- 2 Melt the butter in a separate small sauce pan over medium heat.
- 3 Whisk the almond flour into the butter and cook for about 2 minutes - making a roux.
- 4 Whisk in the warm milk a little at a time to avoid lumps. Cook until sauce begins to thicken, about 2-3 minutes. Add pumpkin pie spice, pinch of salt and pepper.
- 5 Turn the heat to low, stir in cheese and let it melt. Stir in spinach and cook another 2-3 minutes until heated through.

Servings: 6

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 2 minutes

Cooking Time: 10 minutes

Crock-Pot Italian Zucchini Meatloaf

3 net carbs per serving

2	lbs	ground beef, preferably grass-fed	3	Tbsp	balsamic vinegar
			1	Tbsp	oregano
2		eggs	2	Tbsp	onion powder
1	cup	zucchini, shredded (squeeze out excess liquid)			salt and pepper to taste
1/2	cup	Parmesan cheese, grated	1/4	cup	ketchup
1/2	cup	parsley, chopped	1/4	cups	Mozzarella cheese, shredded
4	cloves	garlic, crushed			



- 1 In a large bowl, combine meat, eggs, zucchini, Parmesan cheese and spices. Mix well.
- 2 Place mixture in greased slow cooker and shape into a meatloaf.
- 3 Cook on low for 6 hours or on high for 3 hours.
- 4 When meatloaf is finished, remove and top with ketchup and cheese. Place back in slow cooker and cook another 5 minutes or until cheese is melted.
- 5 Enjoy!

Servings: 10

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 3 hours

Beef and Sweet Potato Curry

18 net carbs per serving

1/4 cup	coconut oil	2	Tbsp	sea salt
1	onion, chopped	15 oz	can	diced tomatoes
3	cloves garlic	2	medium	sweet potatoes, peeled and cut into 1- inch cubes
1	lb			ground beef, preferably grass fed
2	Tbsp			curry powder



- 1 Melt coconut oil in large soup pot.
- 2 Chop onion and mince garlic. Add to pot. Sauté until softened.
- 3 Add the ground beef and cook until brown.
- 4 Add curry powder and stir well.
- 5 Peel and dice sweet potatoes. Add to pan.
- 6 Add canned tomatoes, including liquid, and bring to a full boil.
- 7 Reduce and simmer for 20 minutes until potatoes are soft.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Tips

Feel free to add other spices to taste including: ginger, turmeric, cinnamon and pepper.

If you are looking to lessen carbs, you can always cut back on sweet potato amount. This is the majority of the carbs in this recipe.

Cauliflower Rice

4 net carbs per serving

- | | |
|---|--------------------------|
| 1 small head cauliflower, chopped
coarsely | 2 Tbsp coconut oil |
| 1 small onion, finely chopped | salt and pepper to taste |
| 2 Tbsp butter | |



- 1 After chopping cauliflower, place in food processor and pulse until almost the size of rice.
- 2 Melt butter and coconut oil in a skillet over medium heat and sauté onions until softened.
- 3 Add chopped cauliflower to the skillet and mix well with onions and butter and oil.
- 4 Finish with salt and pepper to taste.

Servings: 4

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Grilled Salmon and Avocado Salsa

3 net carbs per serving

4	filets	salmon, wild-caught	1/2 tsp	black pepper
1	Tbsp	olive oil	Salsa:	
1/2	tsp	salt	1	avocado
1 1/2	tsp	ground cumin	1/4	red onion, chopped fine
1	tsp	paprika	1	lime - juiced
1/2	tsp	garlic powder	3 Tbsp	cilantro, chopped
1	tsp	onion powder	1/4 tsp	salt
1/2	tsp	chili powder		



- 1 Preheat oven to 400.
- 2 Coat each salmon filet in olive oil
- 3 Combine dry seasonings and rub generously over the salmon filets.
- 4 Cook salmon skin side down for about 15 minutes.
- 5 While salmon is cooking, mash the avocado until slightly chunky and add onion, lime juice, cilantro and salt.
- 6 Serve salmon topped with a dollop of the avocado salsa.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Simple Summer Salad

3 net carbs per serving

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|---|------------------------------------|---------|--------------------------------|
| 1 | cucumber, seeded and chopped | 1/3 cup | feta cheese, crumbled |
| 3 | large avocados, pitted and chopped | 1 Tbsp | fresh dill, chopped |
| 1 | lemon - juiced | | salt and black pepper to taste |



1 Combine cucumber, avocado, juice of 1 lemon, feta and dill. Mix well and season with salt and pepper.

2 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Southern BBQ

< 1 net carb per serving

5 lbs pork butt roast
salt to taste
black pepper to taste

1 14 oz carton beef broth
1/4 cup brewed coffee



- 1 Cut roast in half. Rub each half with salt and pepper and place in slow cooker. Pour broth and coffee over the meat.
- 2 Turn the slow cooker to low and cover.
- 3 Cook for 6-8 hours or until roast is "fork tender."
- 4 Enjoy with plenty of left overs for lunch tomorrow!

Servings: 8

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 6 hours

Collard Greens

8 net carbs per serving

- | | |
|--|---------------------------------|
| 1 Tbsp olive oil | 3 cups vegetable stock |
| 1 Tbsp butter | 2 tomatoes, seeded and
diced |
| 1/2 large onion, chopped | salt |
| 1 tsp red pepper flakes | pepper |
| 1 clove garlic | |
| 1 lb collard greens, chopped
and rinsed | |



- 1 Heat oil and butter in a large pan over medium heat. Saute the onions until softened slightly, about 2 minutes and add the red pepper flakes and garlic.
- 2 Cook 1 more minute then add collard greens and cook another minute.
- 3 Add vegetable stock, cover, bring to a simmer.
- 4 Cook until greens are tender, about 40 minutes. Add tomatoes and season with salt and pepper.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 40 minutes

Broccoli Cheddar Soup

8 net carbs per serving

2 Tbsp	butter	8 oz	cheddar cheese,
3 cups	chicken broth		shredded (about 2 cups)
8 oz	cream cheese	2 bunches	fresh broccoli, chopped
1 cup	heavy cream		



- 1 Heat broth and broccoli until broccoli is tender.
- 2 Mix cream cheese, heavy cream, shredded cheese and butter in another pan and stir often.
- 3 When broccoli is tender, put half in blender and puree (this makes it a little thicker).
- 4 When cream cheese mixture is melted, add to broth and broccoli.
- 5 Garnish with cheese and add salt and pepper to taste.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Cauliflower "Bread" Sticks

3 net carbs per serving

1 head cauliflower	1/2 tsp red pepper flakes
1 Tbsp oregano	2 eggs
1/2 tsp basil	salt and pepper, to taste
1 Tbsp onion powder	



- 1 Preheat oven to 425.
- 2 Put cauliflower in food processor until you get rice consistency, then place in microwave safe dish and microwave for 10 minutes.
- 3 Let cauliflower cool slightly, then place in refrigerator until completely cooled.
- 4 Once cooled, mix the rest of the ingredients with the cauliflower.
- 5 Grease a cookie sheet and place cauliflower on it. Pat down cauliflower until it is about 1/2 inch thick.
- 6 Bake at 425 for about 25 minutes or until golden brown.
- 7 Remove, turn oven to broil at 500. Cut cauliflower in desired "sticks" and flip.
- 8 Place back in oven until both sides are brown and desired crispness.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 30 minutes