

VitalMeals Week 90

"Life isn't life without real butter." A.D. Posey

Breakfast Option

Low Carb Almond Meal Pancakes

Day 1

Mexican Chicken Stir Fry

Day 2

Chicken and Avocado Burgers

Squash and Onions

Day 3

Stuffed Zucchini

Day 4

Tomato Basil Pork Chops

Italian Vegetables

Day 5

Asian Salmon Crock-Pot

Asian Cole Slaw

Day 6

Low Carb Meatloaf

Cauliflower "Mashed Potatoes"

Day 7

Tomato Basil Parmesan Soup

Servings: 4



Low Carb Almond Meal Pancakes

1 cup almond meal	2 Tbsp olive oil
2 eggs	1/4 tsp salt
1/4 cup water	1 Tbsp Stevia/Truvia



- 1 Mix all ingredients together in a large bowl.
- 2 Heat skillet over medium-high heat and add 1-2 Tbsp olive oil to skillet. Pour batter into skillet to form pancakes.
- 3 Cook both sides until cooked through.

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Mexican Chicken Stir Fry

5 net carbs per serving

- | | |
|---|-------------------------|
| 2 tsp olive oil | 3 cups broccoli florets |
| 4 chicken breasts, boneless,
skinless, cut into 1-inch
pieces | 2 tsp cumin |
| 4 bell peppers, chopped into 1
inch pieces | 1 tsp cayenne pepper |
| | 1 tsp smoked paprika |



- 1 On medium high, heat olive oil in a large skillet.
- 2 Add diced chicken and brown thoroughly, about 5 minutes.
- 3 Add peppers and broccoli. Stir fry for 10 minutes.
- 4 Finally, add spices and 2 Tbsp of water. Mix well until veggies and chicken are well coated.
- 5 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Chicken and Avocado Burgers

2 net carbs per serving

1 lb	ground chicken	1	jalapeno pepper	minced
1	large	avocado, cut into chunks	1/2	tsp salt
1	clove	garlic, chopped	1/2	tsp pepper
1/3	cup	almond flour		



- 1 Mix all ingredients together in a large bowl until well combined.
- 2 Shape into 4 equal patties.
- 3 Grill to desired doneness.
- 4 Serve without a bun or between two pieces of lettuce to keep it low carb!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Squash and Onions

5 net carbs per serving

2 Tbsp	olive oil	salt and black pepper to
4	medium yellow squash, sliced	taste
1/2	medium sweet onion, diced	



- 1 Heat olive oil in skillet over medium high heat.
- 2 Add onions and squash and cook until tender- should take about 10 minutes.
- 3 Top with salt and pepper and enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Stuffed Zucchini

9 net carbs per serving

4	medium zucchini	3	eggs, beaten
1	lb ground sausage		oregano
1	jar roasted red peppers		basil
1/4	green pepper, chopped		garlic
1/4	onion, chopped		chili powder



- 1 Boil zucchinis in a large pot of water for about 10 minutes. Do not peel prior to boiling.
- 2 While that is boiling, heat 2 Tbsp of olive oil in skillet and add peppers and onions. Cook for 5 minutes then add eggs and scramble. Set aside.
- 3 In the same skillet, cook sausage until browned.
- 4 Remove zucchinis and cut in half lengthwise. Scoop out the seeds.
- 5 Preheat oven to 350.
- 6 Place zucchini on baking sheet lined with aluminum foil for easy clean up.
- 7 Combine egg mixture, sausage and roasted red peppers. Stir well.
- 8 Stuff zucchini with meat and veggie mixture and top with cheese.
- 9 Bake for 30 minutes until cheese bubbles.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 45 minutes

Tomato Basil Pork Chops

5 net carbs per serving

4	pork chops	1 large	onion, chopped	
1	Tbsp	olive oil	2 tsp	oregano
5	cloves	garlic, finely chopped	1 tsp	sage
1 1/2	cups	fresh tomatoes, diced	1 tsp	basil



- 1 Heat large skillet over medium-high heat.
- 2 Add olive oil.
- 3 Once oil is heated, place pork chops in skillet for about 1 minute per side, browning on each side.
- 4 Reduce heat to medium-low and add onions. Cook pork chops with onions for another 2 minutes per side.
- 5 Add tomatoes, garlic and spices. Simmer until sauce has thickened, about 5-10 minutes.

Servings: 4

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Italian Vegetables

10 net carbs per serving

1/4 cup	lemon juice, freshly squeezed	1/2 cup	zucchini, sliced
1/2 Tbsp	kosher salt	1/2 cup	yellow squash, sliced
1/2 lb	broccoli rabe	1/2 cup	roasted red peppers
1/2 cup	cauliflower florets	1/2 cup	artichoke hearts
4 ounces	button mushrooms	1/2 cup	black olives, pitted



- 1 Fill a large pot with water and bring to a boil. Add lemon juice and salt.
- 2 Use a large pasta basket to place inside the pot for vegetables. Add broccoli, cauliflower, mushrooms, zucchini and squash.
- 3 Cook in boiling water, covered, for about 2-3 minutes. Remove and shock under cold water.
- 4 Transfer to a bowl and mix with red peppers, artichokes and olives.
- 5 Toss with Italian dressing and enjoy!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 2 minutes

Tips

Net carb count does not include dressing so adjust accordingly depending on your dressing value.

Asian Salmon Crock-Pot

7 net carbs per serving

4	filets	salmon, wild caught	1 cup	almonds, slivered
1/2	cup	scallions, chopped	1 cup	cucumber, thinly sliced
2	Tbsp	low sodium soy sauce	8 Tbsp	Annie's Asian sesame
2	heads	romaine lettuce		ginger dressing
1		orange		



- 1 Coat the bottom of Crock-Pot with olive oil and place salmon filets on top.
- 2 In a saucepan, boil 1 cup water, 1/4 cup scallions, soy sauce, garlic, salt and pepper.
- 3 Pour mixture over salmon. Cook on low for 4 hours. Salmon should be flaky
- 4 Arrange romaine lettuce on a serving platter and top with orange slices, slivered almonds, cucumber and remaining green onions. Place cooked salmon on top.
- 5 Drizzle each salmon with 1-2 Tbsp of dressing.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 4 hours

Asian Cole Slaw

8 net carbs per serving

1	bunch	scallions, chopped	1/4	cup	olive oil
2	16 oz bags	coleslaw mix	2	Tbsp	fresh ginger, grated
1	small	red onion, chopped	2	Tbsp	white vinegar
Dressing:			2	Tbsp	Stevia brown sugar
1/4	cup	soy sauce	2	Tbsp	Asian sesame oil
1/4	cup	lemon juice			



- 1 Separate the scallion whites.
- 2 Toss the coleslaw mix, red onions and scallions together in a large bowl til thoroughly mixed.
- 3 Stir dressing ingredients together in a small bowl until blended.
- 4 Mix dressing with coleslaw within 1 hour of serving.

Servings: 12

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Recipe Type: Side Dish

Tips

You can make the slaw (minus the dressing) up to a day in advance as long as it is refrigerated. Before serving, simply bring slaw back to room temperature, make dressing and toss.

Low Carb Meatloaf

2 net carbs per serving

1 1/2 lbs	ground beef	2	eggs
1 Tbsp	Worcestershire sauce	2 1/2 Tbsp	chili powder
1 4 oz can	tomato paste	1 Tbsp	garlic salt
1/3 cup	fried pork skins, crushed	1 Tbsp	garlic pepper



- 1 Preheat oven to 375.
- 2 Grease a loaf pan with olive oil.
- 3 Mix together ground beef, Worcestershire sauce, tomato sauce, pork skins and eggs in a large bowl. Season with chili powder, garlic salt and garlic pepper.
- 4 Bake uncovered for about 40 minutes. Enjoy!

Servings: 8

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Cauliflower "Mashed Potatoes"

4 net carbs per serving

1	medium	head of cauliflower	1/2	tsp	garlic, minced
1	Tbsp	cream cheese	3	Tbsp	butter, unsalted
1/4	cup	Parmesan cheese, grated			



- 1 Boil a pot of water over high heat.
- 2 Clean and cut cauliflower into small pieces and cook in boiling water for about 6 minutes (or until well done). Drain well - do not let cool. Pat dry between several layers of paper towels.
- 3 In a bowl with an immersion blender or in a food processor, puree the hot cauliflower with the cream cheese, Parmesan, garlic and a little salt and pepper.
- 4 Feel free to add other things to taste: cheese, chives, even rosemary.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Tomato Basil Parmesan Soup

15 net carbs per serving

3	cups	canned diced tomatoes with juices	1/4	tsp	pepper
			1/4	cup	olive oil
1	cup	celery, finely chopped	1	Tbsp	dried basil
1	cup	carrots, finely chopped	1/2		bay leaf
1	cup	onion, finely chopped	1/2	cup	butter
1	tsp	dried oregano	2	cups	half and half
4	cups	chicken broth	1	tsp	salt
1/2	cup	almond flour			
1	cup	Parmesan cheese, grated			



- 1 Heat olive oil in large soup pot. Add celery, onion and carrots. Cook for about 5 minutes then add basil, oregano, bay leaf, tomatoes and chicken broth.
- 2 Bring all to a boil then reduce heat and simmer for another 12-15 minutes.
- 3 While soup is simmering, melt butter in another pot over low heat and add almond flour-- whisking constantly for about 7 minutes. Slowly add 1 cup of hot soup to flour mixture. Then continue adding 3 more cups.
- 4 Return all to soup pot and simmer another 5 minutes or until soup begins to thicken.
- 5 Add Parmesan cheese and stir briskly until it mixes in well. Add warmed half and half, salt and pepper.
- 6 Simmer an additional 15 minutes over low heat and enjoy!
- 7 Plenty left over for lunch tomorrow!

Servings: 8

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 35 minutes