

## VitalMeals Week 91

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"A recipe is a story that ends with a good meal." Pat Conroy

**Breakfast Item**

Low Carb Berry Smoothie

**Day 1**

Southwest Chicken Bake

**Day 2**

Curry Chicken Enchiladas

**Day 3**

Spaghetti Squash Chow Mein

**Day 4**

Jerk Pork Roast

Cauliflower Rice

**Day 5**

Blackened Tilapia

Kickin' Kale Chips

**Day 6**

Cheddar Waffles with Fried Eggs

**Day 7**

Low Carb Chili

Low Carb Jalapeno Cheddar Muffins

Servings: 4



## Low Carb Berry Smoothie

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*9 net carbs per serving*

1 cup vanilla Oikos Triple Zero yogurt	1-2 cups spinach
1/4 cup frozen blueberries	1 scoop whey protein powder
3-5 fresh strawberries	



Blend all ingredients well. Enjoy!

Servings: 2

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

## Southwest Chicken Bake

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8 net carbs per serving

8	chicken thighs, boneless, skinless	1	Tbsp	almond flour
		1	Tbsp	ground cumin
1/2	cup	2	Tbsp	ground chili powder
1/2	cup	1/2	cup	cheddar cheese, grated
				salt and pepper to taste
1	cup			salsa



1 Preheat oven to 375.

2 Spray a baking dish with olive oil spray and add all ingredients, except the chicken, to the baking dish and mix well.

3 Nestle chicken on top and place in oven. Bake for roughly 45 minutes or until chicken is thoroughly cooked.

4 Top with cheese.

5 Enjoy!

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: 45 minutes

## Curry Chicken Enchiladas

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5 net carbs per serving

2 Tbsp	olive oil	2 Tbsp	lime juice
1/2 cup	onion, diced	1 cup	cilantro, chopped
1/2 cup	carrots, shredded	1 tsp	lime zest
1/2 cup	cabbage, shredded	2	chicken breasts, boneless, skinless, cooked and shredded
4 cloves	garlic, minced	2 cups	unsweetened coconut milk
1 small piece	ginger, freshly grated	1 package	low carb tortillas
1 tsp	red curry paste		
1/2 tsp	ground cumin		
3 Tbsp	fish sauce		
1 tsp	Stevia brown sugar		



- 1 Preheat oven to 350.
- 2 In a large skillet, heat olive oil over medium high heat and add onion, cabbage, carrots, garlic and ginger. Let simmer for 3-5 minutes.
- 3 Add curry paste, cumin, fish sauce, brown sugar, lime juice, salt, pepper and 1 cup coconut milk. Allow it to come to a boil and then reduce heat. Let simmer for 5 minutes.
- 4 Add shredded chicken, lime zest and cilantro.
- 5 Spray baking dish with olive oil spray. Fill each tortilla with above mixture. Roll up and place in pan seam side down. Repeat until you have used all your chicken mixture.
- 6 Bake for 30 minutes. Enjoy!

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: 45 minutes

## Spaghetti Squash Chow Mein

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11 net carbs per serving

1	spaghetti squash	2 Tbsp	olive oil
1/4 cup	soy sauce	1	onion, chopped
3 cloves	garlic, minced	3 stalks	celery, chopped
2 tsp	ginger, grated	2 cups	coleslaw mix
1/4 tsp	pepper		



- 1 Preheat oven to 400.
- 2 Half spaghetti squash and scoop out seeds. Place skin side up on lined baking dish and drizzle with olive oil. Pour 1/2 inch water in bottom of pan.
- 3 Bake for about 30-45 minutes until insides scoop out like spaghetti. Scoop insides out and place in a bowl.
- 4 In a separate bowl whisk together soy sauce, garlic, ginger and pepper.
- 5 Heat 2 Tbsp olive oil over medium high heat and add onion and celery. Cook until soft, about 4 minutes. Add cabbage and cook an additional 1-2 minutes.
- 6 Finally, add spaghetti squash and soy mixture until blended well. This should take another 3-5 minutes.
- 7 Enjoy!

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: 1 hour

## Jerk Pork Roast

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2 net carbs per serving

3 lbs	pork tenderloin	1/2 tsp	ground nutmeg
1 Tbsp	onion flakes	1/2 tsp	ground cinnamon
1 Tbsp	onion powder	2 tsp	Stevia or Truvia
2 tsp	thyme	1 tsp	black pepper
2 tsp	salt	1 tsp	cayenne pepper
1 tsp	ground allspice		



- 1 Preheat oven to 350.
- 2 Pat off excess liquid from roast with paper towel. Mix all seasonings together and coat the pork generously.
- 3 Place in pan and roast for 50-60 minutes, or until desired doneness.
- 4 Let rest 10 minutes before serving.
- 5 Should be plenty left over for tomorrow!

Servings: 6

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 1 hour

## Cauliflower Rice

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*4 net carbs per serving*

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|---|--------------------------|
| 1 small head cauliflower, chopped<br>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

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Preparation Time: 5 minutes

Cooking Time: 10 minutes

## Blackened Tilapia

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1 net carb per serving

4 filets tilapia	1 tsp	black pepper
1 lemon	1 tsp	cayenne pepper
1 Tbsp olive oil	1 tsp	dried oregano
<b>Spice Mixture</b>	1 tsp	dried thyme
3 Tbsp paprika	1/2 tsp	celery seed
1 Tbsp onion powder	1 Tbsp	kosher salt
1 pinch garlic powder		



- 1 Coat fish with spice mixture.
- 2 Heat skillet on high heat and add olive oil until hot.
- 3 Cook fillets for about 2-3 minutes per side.
- 4 Remove and top with pan juices and a squeeze of lemon.

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 30 minutes

Cooking Time: 6 minutes



## Kickin' Kale Chips

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*5 net carbs per serving*

1 bunch kale  
2 Tbsp olive oil

2 tsp chili powder  
salt



- 1 Preheat oven to 375.
- 2 Remove ribs from kale and tear into pieces.
- 3 In a bowl, combine kale and olive oil, coating generously. Season with chili powder and salt.
- 4 Place kale on baking sheets and bake until they become "chip-like." This should take about 10-15 minutes.
- 5 Enjoy!

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

## Cheddar Waffles with Fried Eggs

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7 net carbs per serving

1	cup	almond flour	3/4	cup	almond milk, unsweetened
1	cup	flax seed meal			
1/4	cup	unflavored whey protein	1/4	cup	butter, melted
2	tsp	baking powder			
1/2	tsp	salt	8		eggs
1/4	tsp	pepper			butter
1 1/2	cups	cheddar cheese, shredded			salt and pepper to taste
4		eggs			



- 1 Preheat waffle iron and spray with non-stick olive oil.
- 2 In a bowl, whisk together almond flour, flax seed meal, whey protein, baking powder, salt and pepper. Add cheddar cheese.
- 3 Finally add eggs, almond milk and melted butter to the above mixture until well blended.
- 4 Scoop mixture into waffle iron and cook until gold brown, about 5 minutes.
- 5 Heat a skillet over medium heat and add butter (about 1 Tbsp per egg).
- 6 Once pan is hot, add eggs to skillet. Cook about 2-4 minutes, flipping halfway through.
- 7 Top waffles with eggs and enjoy!

Servings: 4

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 45 minutes

## Low Carb Chili

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9 net carbs per serving

2 lbs	ground beef	3	cups	water	
1	small onion, chopped	8 oz	can	tomato sauce	
1	green pepper, chopped	14.5 oz	can	diced tomatoes, undrained	
1	clove garlic, minced				
1/2	tsp	pepper	2	tsp	salt
2	Tbsp	chili powder			



- 1 Brown the meat, onion, green pepper and garlic in large pot.
- 2 Add all other ingredients and simmer for 1-3 hours.

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: 1 hour

Recipe Type: Soups

## Low Carb Jalapeno Cheddar Muffins

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4 net carbs per muffin

2 cups	almond flour	4 Tbsp	coconut oil melted, divided
1 tsp	baking powder	1/2 cup	almond milk, unsweetened
1/2 tsp	salt	1/2 cup	cheddar cheese, shredded
1 Tbsp	raw honey	1-2	jalapenos, chopped
3	large eggs		



- 1 Preheat oven to 325.
- 2 Mix the almond flour, baking powder and salt in large bowl. Set aside.
- 3 Add honey, eggs, 3 Tbsp. coconut oil and almond milk to a separate bowl and whisk.
- 4 Add wet ingredients into large bowl with cheese and chopped jalapenos. Mix just until incorporated.
- 5 Pour batter into 8 greased (use 1 tbsp of coconut oil) muffin cups and bake for 25-30 minutes.

Servings: 8

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 30 minutes

Recipe Type: Bread