

## VitalMeals Week 92

---

"If you can read you can cook. You can always feed yourselves.  
You remember that." Kent Haruf



### **Breakfast Item**

Low Carb French Toast

### **Day 1**

Zucchini Nachos

### **Day 2**

Macadamia Nut Chicken Bake

Balsamic Roasted Brussels Sprouts

### **Day 3**

Indian Curry

Cauliflower Rice

### **Day 4**

Low Carb Shepherd's Pie

### **Day 5**

Low Carb Salmon Burgers

Low Carb Zucchini Fries

### **Day 6**

Loaded Sweet Potato Skins

Garlic Chicken Wings

### **Day 7**

Southwestern Taco Soup

Servings: 4

## Low Carb French Toast

---

5 net carbs per slice

4	eggs	1/2 tsp	vanilla extract
1/2 cup	cream	1/8 tsp	sea salt
1/2 tsp	Stevia or Truvia	8	slices Healthy Life bread
1/2 tsp	ground cinnamon		



- 1 Heat griddle on stove top over medium high heat with butter or oil.
- 2 Combine all of the above ingredients, except bread, in a large bowl and mix well.
- 3 Dip the bread into the mixture and place on hot griddle. Cook each side until golden brown.

Servings: 8

### Degree of Difficulty

---

Degree of Difficulty: Easy

### Cooking Times

---

Preparation Time: 5 minutes

Cooking Time: 5 minutes

### Tips

---

A good option - top with natural peanut butter or almond butter, berries with a little whipping cream, or sugar free maple syrup!

## Zucchini Nachos

---

6 net carbs per serving

4 large zucchinis  
1 lb ground beef, cooked and drained

1 cup cheddar cheese, shredded  
salt and pepper to taste



- 1 First make zucchini "chips": Preheat oven to 425. Using a mandolin, slice zucchini thin.
- 2 Place sliced zucchini on top of a paper towel and cover with another paper towel pressing down firmly to remove excess liquid.
- 3 Line a baking sheet with parchment paper and spread zucchini slices evenly on top.
- 4 Bake for 10-15 minutes (or until crispy), turning once.
- 5 Remove and sprinkle with salt and pepper.
- 6 Top with ground beef and shredded cheese and place back into the oven for 3-5 minutes or until cheese melts.
- 7 Enjoy! Feel free to top with salsa, sour cream or other favorite nacho topping.

Servings: 4

### Cooking Times

---

Preparation Time: 5 minutes

Cooking Time: 20 minutes

## Macadamia Nut Chicken Bake

---

4 net carbs per serving

- 4 chicken breasts, boneless and skinless    2 Tbsp mayonnaise  
4 oz can macadamia nuts



- 1 Preheat oven to 400.
- 2 Coat chicken with mayonnaise.
- 3 Chop macadamia nuts and roll chicken in them to coat.
- 4 Bake for 30 minutes or until chicken thoroughly cooked through.
- 5 Enjoy!

Servings: 4

### Degree of Difficulty

---

Degree of Difficulty: Very easy

### Cooking Times

---

Preparation Time: 5 minutes  
Cooking Time: 30 minutes

## Balsamic Roasted Brussels Sprouts

---

*4 net carbs per serving*

1 1/2 lbs Brussels sprouts	1 pinch kosher salt
4 oz pancetta, diced	1 pinch black pepper
1/4 cup olive oil	1 Tbs balsamic vinegar



- 1 Preheat oven to 400.
- 2 Place Brussels sprouts on pan and add pancetta, olive oil, salt and pepper. Toss with your hands and spread out evenly across pan.
- 3 Roast for 20-30 minutes until they are tender and nicely browned and pancetta is cooked. Toss once during roasting.
- 4 Remove from oven and immediately drizzle with balsamic vinegar and toss again.
- 5 Serve hot.

Servings: 4

### Degree of Difficulty

---

Degree of Difficulty: Very easy

### Cooking Times

---

Preparation Time: 2 minutes

Cooking Time: 30 minutes

## Indian Curry

---

3 net carbs per serving

1 lb	chicken breasts, boneless, skinless, cooked and cubed into 3/4 inch cubes	1 Tbsp	olive oil
1/2 tsp	mustard seeds, crushed	1/4 tsp	ground turmeric
1/4 tsp	cumin seeds, crushed	1/4 tsp	ground red chili
1 cup	tomato, diced	1/4 tsp	salt
		3/4 cup	coconut milk, unsweetened



- 1 Heat a large skillet on medium heat.
- 2 Add mustard and cumin seeds and cook for about 2 minutes, stirring often. Seeds will become fragrant.
- 3 Meanwhile, in a small bowl, combine olive oil and tomato. Add to the seed mixture and cook for 1 minute, stirring continuously.
- 4 Add turmeric, salt and red chili. Cook for another minute.
- 5 Finally, add the already cooked and diced chicken breast and sauté for about 1 minute. Add in coconut milk and cover.
- 6 Simmer on low heat for about 10 minutes.
- 7 Serve on top of cauliflower rice.

### Degree of Difficulty

---

Degree of Difficulty: Easy

### Cooking Times

---

Preparation Time: 4 minutes

Cooking Time: 15 minutes

## Cauliflower Rice

---

*4 net carbs per serving*

- |   |                          |
|---|--------------------------|
| 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

---

Preparation Time: 5 minutes

Cooking Time: 10 minutes

## Low Carb Shepherd's Pie

---

16 net carbs per serving

1	medium head of cauliflower, washed and cut into florets	1 lb	lean ground beef, preferably grass fed), browned
3 Tbsp	butter, cubed	1/2 tsp	kosher salt
1/4 tsp	salt	1 Tbsp	Worcestershire sauce
1/2 Tbsp	parsley	1/2 cup	beef or vegetable broth
1	sprinkle pepper	1/2 tsp	soy sauce
1	sprinkle garlic powder	1/4 cup	tomato paste
2 Tbsp	olive oil	1/2 Tbsp	parsley
2	cloves garlic minced	1 cup	frozen peas
1	small onion, chopped fine	1 cup	mozzarella cheese, shredded
2/3 cup	carrots, chopped fine	1 Tbsp	Parmesan cheese
2 stalks	celery, chopped		paprika
2 cups	fresh mushrooms, diced		



### Step 1: Prepare Topping

- 1 Place cauliflower in large pot covered with water. Bring to boil. Reduce to gentle boil and cook with lid on for 8-10 minutes. (Cauliflower should be tender not mushy.)
- 2 Remove from heat. Drain well. Put cauliflower back in pot with lid on and let stand for 5 minutes. (This ensures the cauliflower doesn't get mushy, so don't skip this step!)
- 3 Place cauliflower in food processor with butter, salt, parsley, pepper and garlic powder. Pulse until it is whipped consistency of mashed potatoes. Add butter.

### Step 2: Prepare Base

- 1 Brown ground beef over medium heat.
- 2 In a separate pan, fry garlic, onion and carrots in olive oil over medium heat until softened (about 3-5 minutes. Add celery and mushrooms and cook for 1 more minute.
- 3 Add ground beef, salt, Worcestershire, broth, soy sauce, tomato paste and parsley.
- 4 Simmer over medium heat for about 15 minutes until cooked through and some of the juice has cooked off so its not runny.
- 5 Add frozen peas for the last 10 minutes.

### Step 3: Assemble the Pie and Bake

- 1 Preheat oven to 350.
- 2 Spread the beef mixture into 9x13 casserole dish and top with mashed cauliflower.
- 3 Sprinkle with mozzarella, Parmesan and a dash of paprika.
- 4 Bake for 45 minutes until bubbling and cheese is cooked. Feel free to broil toward the end for cheese to crisp.
- 5 Let stand for 5-10 minutes before slicing and serving.

Servings: 4

### Degree of Difficulty

---

Degree of Difficulty: Moderately difficult

### Cooking Times

---

Preparation Time: 30 minutes

Cooking Time: 45 minutes

## Low Carb Salmon Burgers

---

8 net carbs per serving

1/4 cup	red bell pepper, diced	1/2 Tbsp	soy sauce, reduced sodium
1/4 cup	yellow bell pepper diced	1 tsp	lemon juice
2 slices	Healthy Life bread	1/4 tsp	kosher salt
1 clove	garlic, minced	4 cups	baby spinach
1 lb	Salmon, wild caught	4 oz	avocado, sliced
1 large	egg, beaten		



- 1 Remove skin from salmon and place salmon in food processor or chop finely into small pieces. Set aside.
- 2 Place 2 pieces of bread into food processor to make bread crumbs.
- 3 In a bowl, combine salmon with bell peppers, 6 Tbsp of bread crumbs and garlic.
- 4 In another bowl, combine egg, soy sauce, lemon juice and salt. Then add to salmon mixture. Mix well.
- 5 Form into 4 patties. Ideally you want to let them sit in the fridge for about an hour to allow the burgers to hold together well.
- 6 Heat grill to medium high heat and spray with olive oil spray. Cook about 4 minutes per side.
- 7 Place spinach on plate and top with salmon burger.

Servings: 4

### Degree of Difficulty

---

Degree of Difficulty: Easy

### Cooking Times

---

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Inactive Time: 1 hour

## Low Carb Zucchini Fries

---

4 net carbs per serving

2	zucchini	1/2 cup	almonds	
1	Tbsp	salt	1/2 cup	Parmesan cheese, grated
2	eggs	1/2	tsp	Italian seasoning



- 1 Preheat oven to 400. Line baking sheet with parchment paper.
- 2 Cut zucchini into 3-inch lengths and then cut each into fries. Place fries in a colander and sprinkle with salt. Let zucchini dry/drain for 30 minutes - 1 hour to remove excess liquid.
- 3 Beat eggs in bowl. In a separate bowl, mix almonds, Parmesan cheese and Italian seasoning.
- 4 Rinse salt off zucchini and pat dry with paper towel.
- 5 Dip each zucchini fry into egg and then roll in almond mixture. Place on baking sheet.
- 6 Bake about 30 minutes, turning them halfway through.
- 7 Enjoy!

Servings: 6

### Degree of Difficulty

---

Degree of Difficulty: Easy

### Cooking Times

---

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Inactive Time: 1 hour

## Loaded Sweet Potato Skins

---

12 net carbs per serving

2	small	sweet potatoes	1	cup	Mexican blend cheese
1	Tbsp	olive oil	4	strips	bacon, cooked and crumbled
1/4	cup	half and half			sour cream, (optional)
1/4	tsp	salt			
1/4	tsp	black pepper			



- 1 Preheat oven to 400. Wrap sweet potatoes in aluminum foil and pierce several times with fork or knife. Bake for 45 minutes to an hour, until soft.
- 2 Allow potatoes to cool then slice lengthwise.
- 3 Scoop out "insides" from the skin and place in a bowl.
- 4 Place the skins on a baking sheet lined with foil, drizzle with olive oil and bake for 5-10 minutes.
- 5 Meanwhile, combine sweet potato flesh with half and half, salt and pepper.
- 6 Remove skins from oven and fill with flesh mixture. Top with cheese. Bake for another 10-15 minutes, until cheese melted and bubbly. Top with bacon crumbles and sour cream if desired!
- 7 Enjoy!

Servings: 4

### Degree of Difficulty

---

Degree of Difficulty: Easy

### Cooking Times

---

Preparation Time: 10 minutes

Cooking Time: 1 hour and 10 minutes

## Garlic Chicken Wings

---

1 net carb per serving

4	lbs	jumbo fresh chicken wings	1	tsp	salt
			1/2	tsp	pepper
2	Tbsp	olive oil	1/4	cup	Parmesan cheese, grated
2 1/2	Tbsp	minced garlic			
1	tsp	garlic powder			



- 1 Preheat oven to 375.
- 2 In a bowl, mix chicken wings with olive oil, minced garlic, garlic powder, salt and pepper. Coat well.
- 3 Place wings on baking sheet and bake for about an hour.
- 4 After they come out of the oven, top with Parmesan cheese. Enjoy!
- 5 Makes 12 servings.
- 6 Goes great with celery, carrot sticks and bleu cheese dressing.

Servings: 12

### Degree of Difficulty

---

Degree of Difficulty: Easy

### Cooking Times

---

Preparation Time: 10 minutes

Cooking Time: 1 hour

### Tips

---

This dish is perfect for a party, for left overs, or just cut the recipe in 1/2 if you don't need quite that much!

## Southwestern Taco Soup

---

6 net carbs per serving

1 lb	lean ground beef, preferably grassfed	8 oz	cream cheese, softened
1/2 cup	onion, chopped	2	10 oz cans Rotel tomatoes (do not drain)
2 cloves	garlic, minced		
1 Tbsp	cumin	2	14.5 oz cans beef broth
1 tsp	chili powder	1/2 cup	heavy cream



- 1 Brown ground beef with onion and garlic in a large pot then drain.
- 2 Add spices and cook 4-5 minutes.
- 3 Add cream cheese in small sections into meat mixture and work into meat until well combined.
- 4 Stir in remaining ingredients until heated thoroughly
- 5 This makes about 8 cups so there should be plenty of left overs!

Servings: 8

### Degree of Difficulty

---

Degree of Difficulty: Easy

### Cooking Times

---

Preparation Time: 15 minutes

Cooking Time: 15 minutes