

VitalMeals Week 94

"Two cool things I like about a great cook and their exquisite dishes...they enjoy cooking it and enjoy watching me eat it! Kathy McClary



Breakfast Item

Mexican Breakfast Squash Hash

Day 1

Mexican Chicken and Sweet Potato Bake

Day 2

Thai Chicken Salad

Day 3

Caprese Steak
Parmesan Creamed Spinach

Day 4

Turkey Casserole

Day 5

Low Carb Fish Sticks
Broccoli Salad

Day 6

Old Fashioned Hamburgers
Low Carb Zucchini Fries

Day 7

Enchilada Crock-Pot Stew

Servings: 4

Mexican Breakfast Squash Hash

12.5 net carbs per serving

2 cups	butternut squash, diced	1/2 cup	green peppers, diced
2 Tbsp	olive oil	2 cups	spinach
1/2 tsp	paprika	1/2 cup	chorizo
2 tsp	cumin	1 1/2 tsp	lime juice
1/2 tsp	salt	1 Tbsp	cilantro
1/2	onion, diced	1	avocado
1	jalapeno pepper, finely diced	3	eggs
1/2 cup	red peppers, diced		



- 1 Preheat oven to 375 degrees.
- 2 Mix avocado, 1 Tbsp. jalapeno, 1 tsp lime juice and salt in food processor.
- 3 Mix squash in a bowl with olive oil, paprika and 1 tsp cumin. Toss well to coat. Place on baking sheet and bake for 15-20 minutes.
- 4 Meanwhile, cook chorizo in iron skillet (or other oven-proof skillet) on stove top, Add onions, peppers, and the rest of the jalapeno. After 5 minutes, add spinach with 1/2 tsp lime juice and t tsp cumin. Sautee for another 1-2 minutes.
- 5 add squash to chorizo and peppers. Mix well. Create 3 holes in the mixture. Crack an egg in each hole.
- 6 Place skillet in oven and cook for about 10 minutes or until desired doneness of egg.
- 7 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Moderately difficult

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 25 minutes

Mexican Chicken and Sweet Potato Bake

14 net carbs per servings

1 lb	chicken breasts, boneless, skinless, cooked and shredded (you could also use rotisserie chicken)	1	onion, cut into quarters
		4	cloves garlic
		1/2	tsp cumin
		1	tsp salt
2	sweet potatoes, spiralized	1/4	tsp black pepper
4	tomatoes peeled, seeded and diced	1/4	cup black beans
		5	oz pepper jack cheese
1	tsp olive oil		



- 1 Preheat oven to 400. Spiralize sweet potatoes with smallest noodle blade and place them in a 9x13 casserole dish.
- 2 Place shredded chicken in a large bowl.
- 3 Bring a large pot of water to a boil and add 4 tomatoes. Cook for about 10 minutes. Remove, peel skin and place in blender. Blend until smooth.
- 4 In a medium skillet, heat oil over high heat. Add garlic and onion- sauteing until brown. Transfer to blender with sauce. Add cumin, salt and pepper. Blend thoroughly.
- 5 Pour mixture into large bowl with chicken and add 1/4 cup black beans. Stir to combine.
- 6 Pour mixture over sweet potatoes. Top with cheese. Cover with foil and bake for 50-60 minutes or until sweet potatoes are soft.

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 1 hour

Thai Chicken Salad

12 net carbs per serving

CHICKEN MARINADE:

1/2 cup olive oil
2 Tbsp rice vinegar
2 Tbsp Truvia
1 clove garlic, minced
1/2 bunch cilantro, chopped
1 lime, juiced
4 chicken breasts, boneless, skinless

SALAD:

2 hearts of romaine, chopped
1/2 large head napa cabbage, chopped
1 cucumber peeled, seeded and cut into 1/4-inch cubes
2 carrots, shredded
1 red bell pepper, chopped

5 scallions, chopped
1/2 bunch cilantro, chopped
1 cup peanuts, salted

DRESSING:

1/4 cup rice vinegar
1/4 cup Thai sweet red chili sauce
1 tsp sesame oil
1/2 tsp Truvia
salt and pepper to taste

PEANUT SAUCE:

1/4 cup natural peanut butter
2 Tbsp soy sauce
1 Tbsp rice vinegar
1 Tbsp Thai sweet red chili sauce
2 Tbsp water



- 1 Place all ingredients for chicken marinade in a Ziplock bag and let chicken marinate overnight or for at least 30 minutes to 1 hour for maximum flavor.
- 2 Cook the chicken on a hot grill for about 8 minutes per side or on 350 for about 40 minutes.
- 3 Allow to cool and chop into cubes.
- 4 While chicken cooks, combine all ingredients for salad in a large bowl.
- 5 Combine all ingredients for dressing in a smaller bowl and pour over the salad. Toss well.
- 6 Once chicken is cooked and cut, place in salad.
- 7 Finally, mix all ingredients for peanut sauce in another small bowl and drizzle over the top of the salad. Enjoy!

Servings: 8

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Inactive Time: 1 hour

Caprese Steak

3 net carbs per serving

4	6 oz	filets	8 leaves	basil
		olive oil		balsamic vinegar
2		Roma tomatoes, sliced		salt and pepper to taste
4	ounces	fresh mozzarella		



- 1 Season filets with salt and pepper. Coat with olive oil.
- 2 Heat grill to medium high heat and place steaks on grill. Cover and cook for 5 minutes per side.
- 3 While steaks are grilling, slice tomatoes into 8 slices and mozzarella into 4 slices.
- 4 Reduce heat to low and top each filet with tomato, basil, mozzarella, another basil leaf and another slice of tomato.
- 5 Cover and cook for 3 more minutes.
- 6 Top with olive oil and balsamic vinegar before serving. Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 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 sauce pan over medium heat.
- 2 Melt the butter in a separate 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

Turkey Casserole

4 net carbs per serving

2 cups turkey breast, cooked and cut into cubes	1/4 cup canned pimento, chopped
2 cups celery, diced	1/2 cup almonds, sliced
5 Tbsp scallions, minced	1 cup Monterey Jack cheese, grated
1 cup mayonnaise	1/2 cup plain pork rinds, crushed
1 Tbsp lemon juice	



- 1 Preheat oven to 350.
- 2 In a large bowl, combine turkey, celery, scallions, mayonnaise, lemon juice and pimento.
- 3 In a separate bowl, mix together almonds, grated cheese and pork rinds.
- 4 Grease a 2 quart casserole dish and spoon turkey mixture into the dish topping with cheese mixture evenly.
- 5 Bake until completely cooked through and cheese is bubbly, about 25-30 minutes.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Low Carb Fish Sticks

3 net carbs per serving

4	filets	tilapia	1/4	tsp	salt
1	cup	Parmesan cheese, grated	2	Tbsp	mayonnaise
1	cup	almond flour	1		egg
1/4	tsp	chili powder			coconut oil
1/2	tsp	dried parsley			



- 1 In a bowl, mix together Parmesan, almond flour, chili powder, parsley and salt.
- 2 In a separate bowl, mix together mayo and egg.
- 3 Take each filet and cut into strips/"sticks". First dip in the egg mixture and then dredge them through the breading mixture. Coat well.
- 4 Heat coconut oil in a skillet and drop in fish sticks. They should cook about 2 minutes per side or until breading is golden brown and fish is cooked through.
- 5 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Broccoli Salad

6 net carbs per serving

- | | | | |
|---------|--|--------|--|
| 1 Tbsp | white wine vinegar | 6 oz | cherry or grape tomatoes,
halved |
| 1 | lemon, zested | | |
| 1 Tbsp | lemon juice | 3 oz | pecans or hazelnuts,
coarsely chopped |
| 2 tsp | Dijon mustard | | |
| 1 tsp | kosher salt | 2 Tbsp | basil |
| | pepper | | |
| 1/4 cup | olive oil | | |
| 1 lb | broccoli, rinsed, trimmed,
and sliced thinly on
mandolin | | |



- 1 Whisk together the vinegar, zest, lemon juice, mustard, salt and pepper in a medium bowl. While whisking constantly, gradually add olive oil. Then add broccoli and toss to coat.
- 2 Cover and set in refrigerator for 1 hour.
- 3 Stir in the tomatoes, nuts and basil.
- 4 Cover and allow to sit at room temp (or in refrigerator) for another 15 minutes before serving.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Inactive Time: 1 hour

Old Fashioned Hamburgers

1 net carb per serving

1 lb lean ground beef, grass fed 1/2 tsp salt
1 Tbsp Worcestershire sauce 1/4 tsp pepper
2 tsp garlic, minced



- 1 Heat grill to medium-high heat and spray with cooking spray.
- 2 In a large bowl, combine beef, Worcestershire, garlic, salt and pepper. Mix well and form into 4 patties.
- 3 Place burger patties on grill and cook for about 5 minutes per side or until desired doneness.
- 4 Serve burgers with toppings of your choice: mustard, mayo, cheese, pickles, tomato or in between two lettuce "buns".

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 8 minutes

Cooking Time: 10 minutes

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

Enchilada Crock-Pot Stew

10 net carbs per serving

4	chicken breasts, boneless, skinless	14 oz can	diced tomatoes
		7 oz can	tomato sauce
1	onion, chopped	3 cloves	garlic, minced
1	green bell pepper, chopped	1 Tbsp	cumin
		1 Tbsp	chili powder
4 oz can	jalapenos, chopped	2 tsp	dried oregano
4 oz can	green chili peppers, chopped		salt and pepper to taste
2	Tbsp coconut oil		



- 1 Place chicken breasts in slow cooker and top with all remaining ingredients.
- 2 Cook on low for about 8 hours.
- 3 Right before you serve, use tongs or a fork to shred the chicken in with all ingredients.
- 4 Serve with toppings of your choice: fresh cilantro, avocado, sour cream, etc.
- 5 Enjoy!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 8 hours