

VitalMeals Week 95

"Make sure you have cheese in your house." Hannah Hart

Breakfast Item

Simple and Sweet Blueberry Omelet

Day 1

Low Carb Burrito Bowls

Day 2

Southwest Chicken Casserole

Day 3

Super Simple Pot Roast

Cauliflower "Mashed Potatoes"

Day 4

Antipasto Kabobs

Day 5

Shrimp Cobb Salad

Day 6

Cauliflower Pepperoni Pizza Bake

Day 7

Beef and Butternut Stew

Servings: 4



Simple and Sweet Blueberry Omelet

Yields 6 net carbs per serving

4 each eggs
4 Tbsp cream cheese, softened

1/2 cup blueberries



- 1 Combine eggs and cream cheese.
- 2 Place a large skillet on stove top over medium-high heat and grease with butter or olive oil. Pour half of the egg mixture into skillet and top with 1/4 cup blueberries.
- 3 When both sides of omelet are cooked, fold over and remove from heat.
- 4 Repeat for second omelet.
- 5 Enjoy!

Servings: 2

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Low Carb Burrito Bowls

24 net carbs per serving

2		spaghetti squash	2	jalapenos, cored and sliced
3	Tbsp	olive oil	6	scallions, sliced
14.5 oz	can	black beans, drained and rinsed	1 tsp	cumin
16 oz	jar	salsa	1 cup	Mexican-style cheese blend, shredded
1	large	bell pepper, cored and sliced		salt and black pepper to taste
1	large	red onion, sliced		
1	cup	fresh cilantro, chopped		



- 1 Preheat oven to 400 and line 2 cookie sheets with foil.
- 2 Wash spaghetti squash and cut in half lengthwise. Spoon out the seeds/core.
- 3 Rub olive oil on insides of squash and then place face down on baking sheet. Bake in oven for 45 minutes or until "spaghetti" strands fork out easily from the skin.
- 4 While squash is baking, prepare filling: heat 1 Tbsp olive oil in skillet over medium-high heat and add red onions, peppers and jalapenos. Sprinkle with salt, pepper and cumin. Sauté until softened, about 10 minutes.
- 5 When squash finishes baking, cool for about 10 minutes.
- 6 Turn oven up to broil setting.
- 7 Scrape 3/4 of insides of each squash into a large bowl. Stuff the emptied squash bowl with black beans, peppers, onions, salsa and cilantro. Top with spaghetti squash from bowl and press down. Then add another layer of filling. Top with scallions and shredded cheese.
- 8 Place in oven to broil for about 3-5 minutes until cheese is bubbly.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 25 minutes

Cooking Time: 55 minutes

Tips

Note: to further reduce carb count, cut out or decrease amount of black beans.

Southwest Chicken Casserole

10 net carbs per serving

1/2	onion, chopped	1/2 can (11 oz)	cream of celery soup
1/2	green pepper, chopped	1/2 can (11 oz)	cream of chicken soup
1/2	red pepper, chopped	1/2 can (11 oz)	diced tomatoes
1	Tbsp olive oil	1/2 Tbsp	chili powder
1	tsp minced garlic	1 cup	cheddar cheese, shredded
2	cups chicken breast, shredded		



- 1 Preheat oven to 350.
- 2 Heat oil in a skillet over medium heat and add onions and peppers. Sauté until softened then add garlic and cook for another minute.
- 3 Finally, add chicken, cream of celery, cream of chicken, tomatoes and chili powder.
- 4 Coat the bottom of 9x13 baking dish with olive oil spray and top with 1/2 chicken mixture above. Cover with 1/2 cup of cheese. Add another layer of chicken mixture and cover with the remaining cheese.
- 5 Bake for about 30 minutes or until cheese is bubbling.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 25 minutes

Cooking Time: 30 minutes

Super Simple Pot Roast

2.5 net carbs per serving

2.5 lbs	chuck roast	2 cups	water
2	cloves garlic, chopped	1 cup	red wine (optional)
1/2	cup onion, chopped	2 Tbsp	fresh parsley, chopped
2	cups celery, chopped		salt and black pepper to
1	cup baby carrots, chopped		taste



- 1 Season roast generously with salt and pepper.
- 2 Heat skillet over medium high heat and sear chuck roast until browned on all sides then add to slow cooker.
- 3 Top with all other ingredients, except the parsley. Cook on high for 5 hours.
- 4 Season with salt and pepper if desired. Serve over cauliflower rice. Enjoy!

Servings: 8

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 5 hours

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

Antipasto Kabobs

8 net carbs per serving

7 oz fresh mozzarella balls	1/2 bag romaine lettuce
4 oz prosciutto	kabob skewers (soak in water)
1/4 lb Genoa salami, sliced thin	
6 oz roasted red peppers	1 cup balsamic vinegar
3 oz black olives	



- 1 Prepare skewers by alternating all ingredients in any pattern you prefer. Add lettuce leaves after every two ingredients.
- 2 Drizzle skewers with balsamic vinegar.
- 3 No cooking required! Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Shrimp Cobb Salad

9 net carbs per serving

2 lbs	medium shrimp, peeled and de-veined	Dressing:	
4 Tbsp	olive oil, divided	2 cups	cilantro, stems removed
2 Tbsp	creole seasoning	2	limes
8 slices	bacon, diced	1	jalapeno peppers
4 large	eggs	4 cloves	garlic
10 cups	romaine lettuce, chopped	4 Tbsp	olive oil
2	avocados, seeded, peeled, and diced	4 Tbsp	apple cider vinegar
1 cup	blue cheese, crumbled		salt and black pepper to taste



- 1 Start by making your dressing: combine cilantro, juice from the limes, jalapeno and garlic in a food processor. Season with salt and pepper and start food processor. While it is running, add in olive oil and apple cider vinegar slowly until emulsified.
- 2 Preheat oven to 400 and line baking sheet with aluminum foil.
- 3 Place shrimp on baking sheet and drizzle with olive oil and creole seasoning. Toss well to combine. Bake in oven for about 5 minutes. Remove.
- 4 Heat a large skillet over medium-high heat and cook bacon until crispy. Transfer to a paper towel to cool. After bacon has cooled, dice into small chunks for salad.
- 5 Place eggs in a large saucepan and cover with cool water. Bring water to a boil and boil for one minute. Cover pan with lid and remove from heat. Allow it to sit for about ten minutes. Remove eggs and allow to cool. Once cooled, peel the shell and dice eggs for the salad.
- 6 Build your salad: on a bed of romaine lettuce, add baked shrimp, bacon bits, eggs, avocado and bleu cheese. Top with dressing and enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Cauliflower Pepperoni Pizza Bake

16 net carbs per serving

- | | | | |
|----------|-------------------------------------|---------|-----------------------------|
| 1 head | cauliflower, cut into florets | 1 cup | Mozzarella cheese, shredded |
| 1 Tbsp | olive oil | 1/4 cup | Parmesan cheese, grated |
| 2 cups | pizza sauce | | |
| 2 ounces | pepperoni slices, cut into quarters | | |



- 1 Preheat oven to 400.
- 2 Coat cauliflower in olive oil and place on baking sheet. Cook about 30 minutes until roasted well.
- 3 Reduce oven to 375. In a baking dish, mix cauliflower, pizza sauce and pepperoni. Top with cheese.
- 4 Bake at 375 for 20 minutes or until cheese is bubbling

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 50 minutes

Beef and Butternut Stew

11 net carbs per serving

3 Tbsp	olive oil, divided	1/4 cup	sun dried tomatoes, finely chopped
2	leeks, white only, diced		
4 cloves	garlic, minced	4 cups	beef broth
1 lbs	beef stew meat, cut into cubes	2 cups	butternut squash, peeled and cut into 1-inch cubes
2 Tbsp	tomato paste	1 Tbsp	rosemary



- 1 Heat 2 Tbsp of olive oil in a skillet over medium heat. Add leeks and sauté for 5 minutes. Add garlic and cook an additional minute. Pour mixture into slow cooker.
- 2 Add additional Tbsp of oil to skillet and add the beef. Season with salt and pepper and cook about 5 minutes or until browned on all sides. Add tomato paste and cook for a few more minutes. Pour into slow cooker.
- 3 Finally, add sun-dried tomatoes, beef broth and butternut squash to slow cooker.
- 4 Cook on low for 6 hours. Add rosemary in last hour of cooking.
- 5 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 6 hours