

## VitalMeals Week 6

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**Day 1**

Pork Carnitas

**Day 2**

Chicken and Asparagus Stir Fry

**Day 3**

Spinach and Beef Casserole

**Day 4**

Stuffed Peppers

**Day 5**

Scallops and Cauliflower Mash

**Day 6**

"Spaghetti" and Meatballs

**Day 7**

Hearty Beef Stew

Servings: 4



## Pork Carnitas

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*1 net carb per serving*

2 lbs	boneless pork shoulder	1	onion, chopped
	salt & pepper	4	garlic cloves, minced
2 tsp	dried oregano	1	jalapeno (seeded and diced)
1 tsp	ground cumin	1	orange, cut in 1/2
4 Tbsp	olive oil		



- 1 Rinse and dry pork shoulder. Season with salt & pepper.
- 2 Mix oregano & cumin with 1 tsp olive oil and rub on pork.
- 3 Put in slow cooker & top with onion, garlic & jalapeno.
- 4 Squeeze juice of orange and then add the two halves.
- 5 Cover and cook for 8-10 hours on low, or 4 hours on high.
- 6 When meat is tender, remove from crock pot & let it cool slightly. Then using a fork, begin pulling it apart.
- 7 Heat 3 tsp of olive oil in pan over high heat & sear carnitas until crusty on one side.
- 8 Great served in low carb wraps or on top of mexican style salad.

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 8 hours

## Chicken and Asparagus Stir Fry

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7 net carbs per serving

1.5 lbs	boneless skinless chicken breasts, cut into 1-inch pieces	1 Tbsp	olive oil divided
	kosher salt	1 bunch	asparagus, ends trimmed, cut into 2 inch pieces
1/2 cup	reduced sodium chicken broth	6 cloves	garlic, chopped
2 Tbsp	reduced sodium soy sauce	3 Tbsp	fresh lemon juice black pepper



- 1 Lightly season chicken with salt and pepper. In bowl, combine chicken broth and soy sauce.
- 2 Heat large skillet or wok over medium high heat and when hot, add 1 tsp olive oil. Then add asparagus and cook until tender-crisp, about 4 mins. Add garlic and ginger. Cook 1 more minute and set aside.
- 3 Increase to high heat and add 1 tsp oil and half chicken. Cook until browned and cooked through (about 4 mins on each side) Remove and set aside.
- 4 Repeat with remaining oil and chicken. Set aside
- 5 Add soy sauce mixture and bring to boil. Cook about 1-2 mins. Add lemon juice and stir well. When simmering, put chicken and asparagus back into wok and mix well.
- 6 Remove from heat and serve!

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: 20 minutes

## Spinach and Beef Casserole

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3 net carbs per serving

2 lbs	ground beef	4 oz	can mushrooms, drain
1/2 cup	onion, chopped	8 oz	shredded cheddar cheese
2	eggs, beaten		
1 pkg (10oz)	frozen spinach, thawed and drained	1/2 tsp	garlic powder salt & pepper



- 1 Preheat oven to 375.
- 2 Brown hamburger and onion. Drain excess grease.
- 3 Mix all ingredients in a bowl & pour into casserole dish (greased).
- 4 Bake uncovered for 25- 30 mins.

Servings: 6

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 30 minutes

## Stuffed Peppers

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9 net carbs per serving

4	green bell peppers	1 cup	finely chopped carrot
1 lb	ground beef	1 6 oz can	tomato paste
1 lb	pork	1 Tbsp	oregano flakes
1 medium	onion, diced	1 tsp	dried thyme
2	garlic cloves	1 cup	chicken broth
3 cups	finely chopped cauliflower		



- 1 Cut off the top of bell peppers (save them) and remove seeds.
- 2 Set peppers inside crockpot.
- 3 Put all remaining ingredients (except chicken broth) in large bowl and mix. Combine evenly.
- 4 Fill peppers with generous helping of mixture & place tops on top.
- 5 Pour chicken broth into crockpot around the peppers.
- 6 Cook on low for 7-8 hours.

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 7 hours

## Scallops and Cauliflower Mash

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3 net carbs per serving

12	scallops, diced	2 oz	cream
2	Tbsp olive oil		salt and black pepper to taste
2	Tbsp butter		taste
	sea salt and ground pepper to taste	2 tsp	butter
6	cups cauliflower florets	4 bunches	fresh spinach leaves, cleaned and stems discarded
2	oz butter		



- 1 Steam the cauliflower until soft. Then puree in food processor.
- 2 Put cauliflower in medium saucepan, add butter and cream. Season with salt and pepper. Cover and keep on low heat.
- 3 Place spinach and 1/4 cup water in large pot & cook over medium heat until leaves wilt (3-4 mins). Drain & put back into pot with butter. Cover and keep on low heat.
- 4 Pat scallops dry and season with salt and pepper. Heat butter in skillet over medium heat then sear scallops until caramelized and cooked thoroughly (about 2 mins per side).
- 5 Spoon cauliflower mash onto plate, top with spinach and then with scallops. Drizzle with olive oil lightly right before serving.

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: 10 minutes

## "Spaghetti" and Meatballs

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11 net carbs per serving

1 medium	spaghetti squash	4	cloves garlic
1 lb	ground italian sausage	2 Tbsp	olive oil
1 can (14 oz)	tomato sauce	2 tsp	Italian seasoning
2 Tbsp	hot pepper relish		(oregano, basil, thyme)



- 1 Combine tomato sauce, olive oil, garlic, hot pepper relish and italian seasoning into slow cooker and combine.
- 2 Cut squash in half and scoop out seeds. Place halves face down in slow cooker.
- 3 Roll sausage into meatballs and place around squash.
- 4 Cook on high for 3 hours (or low for 5 hours)
- 5 With fork, string out the "spaghetti" from the squash and toss with meatballs and sauce.

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 3 hours

## Hearty Beef Stew

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8 net carbs per serving

2 lbs	stew beef chunks	1 tsp	Stevia or Truvia
2 Tbsp	olive oil	1/2 tsp	pepper
2 cups	water	1/2 tsp	paprika
1 Tbsp	Worcestershire sauce	1 dash	ground allspice
1 clove	garlic, peeled	1 large	carrot, sliced
1	bay leaf	3 ribs	celery, chopped
1 medium	onion, sliced	2 Tbsp	almond flour
1 tsp	salt		



- 1 Brown meat in hot oil. Add water, worcestershire, garlic, bay leaf, onion, salt, stevia/truvia, pepper, paprika, and allspice.
- 2 Cover and simmer for 1 1/2 hours.
- 3 Remove bay leaves and garlic clove.
- 4 Add carrots and celery.
- 5 Cover and cook 30 more mins.
- 6 To thicken: remove 2 cups of hot liquid and combine that in a separate bowl with 1/4 cup water and almond flour until smooth. Mix and return to pot.
- 7 Stir and cook until bubbly.

Servings: 6

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 4 minutes

Cooking Time: 2 hours