

VitalMeals Week 10

Day 1

Low Carb Jalepeno & Cheese Chicken

Day 2

Chicken, Bacon, Apple Crock Pot

Day 3

"Spaghetti" Squash with Cheese and Sausage Bake

Day 4

Beef and Sweet Potato Curry

Day 5

Asian Salmon Crockpot

Day 6

Cajun Turkey Burgers with Sweet potato fries

Day 7

Southwestern Taco Soup

Servings: 4



Low Carb Jalepeno & Cheese Chicken

6 net carbs per serving (6 servings in entire recipe)

6	Boneless and skinless chicken breasts	1 cup	shredded cheddar cheese
5 slices	bacon nitrate free, diced	1/2 cup	Parmesan cheese grated
1/4 cup	jalapeno chiles, stemmed, seeded and finely diced	1 bag	crushed pork rinds
1/4 cup	diced onion	1/2 cup	Parmesan cheese grated
1 8-ounce	cream cheese, softened	4 Tbsp	butter, melted
1/2 cup	mayonnaise		



- 1 Preheat oven to 400 degrees.
- 2 Place chicken breast in 13x9 casserole dish and bake about 30-40 mins.
- 3 While chicken is baking, work on jalapeno layer. Begin frying bacon until crispy. Remove and add onions to skillet. Cook until tender.
- 4 Remove from heat and combine bacon, onions, jalapenos, cream cheese, mayo, cheddar cheese, and parmesan cheese in pan.
- 5 Remove chicken from oven. Cut temperature down to 350.
- 6 Top chicken with jalapeno layer generously.
- 7 Then combine crushed pork rinds, parmesan cheese, and melted butter and sprinkle on top of jalapeno topped chicken.
- 8 Bake at 350 for another 15 mins.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 55 minutes

Chicken, Bacon, Apple Crock Pot

2 net carbs per serving (4 servings in entire recipe)

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| 4 | boneless and skinless chicken breasts | 1 cup | Low carb BBQ sauce (we recommend Annie's natural or Walden Farms) |
| 2 | apples, peeled, cored and grated | 8 pieces | bacon, nitrite free |



- 1 Wrap each chicken breast in 2 pieces of bacon & place in crockpot
- 2 Mix the grated apple and barbecue sauce together. Pour over chicken.
- 3 Cook on low setting for 8 hours.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 8 hours

"Spaghetti" Squash with Cheese and Sausage Bake

11 net carbs per serving (6 servings in entire recipe)

5 1/2 cups	cooked spaghetti squash (about 2 small squashes or 1 large)	8 ounces	Cheddar cheese grated
		4 cups	baby spinach (about 4 oz)
1 Tbsp	butter	1/8 cup	grated Parmesan cheese
1 Tbsp	olive oil		
1/4 cup	minced onion	4 large	sausage links (we recommend aidell's organic sundried tomato)
3 Tbsp	almond flour		
2 cups	unsweetened almond milk		
1 cup	chicken broth		



- 1 Preheat oven to 375.
- 2 Cut squash in 1/2 and remove seeds. Place on baking sheet and bake until tender- this usually takes about 45 mins to an hour.
- 3 While baking the squash, work on cooking the sausage links. Should take about 10 mins in skillet on stove top. Once heated through, remove, let cool & then slice into pieces.
- 4 After baking squash, separate the strands of squash with fork--it should string out like spaghetti. Place in medium bowl.
- 5 Heat butter and oil in large sauce pan on medium heat. Add onions and saute for about 2 minutes. Then add flour. Reduce heat to low and stir continually for about 4 minutes.
- 6 Then add milk and chicken broth while continuing to whisk. Raise heat to medium-high. Bring to a boil. Mixture should become smooth and thicken up.
- 7 Remove from heat, add cheddar cheese and mix until well combined.
- 8 Add cheese to cooked spaghetti squash along with baby spinach and sausage.
- 9 Pour all into a baking dish and sprinkle with parmesan cheese to top.
- 10 Bake for 25 mins until golden brown.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 1 hour and 25 minutes

Beef and Sweet Potato Curry

18 net carbs per serving (4 servings in entire recipe)

1/4 cup	coconut oil	2 Tbsp	curry powder
1	onion chopped	2 Tbsp	sea salt
3 cloves	garlic	1 15-oz	can diced tomatoes
1 lb	ground beef, preferably grass fed	2 medium	sweet potatoes peeled and cut into 1-inch cubes



- 1 Melt coconut oil in large soup pot
- 2 Chop onion and mince garlic. Add to pot. Sauté until softened.
- 3 Add the ground beef and cook until brown.
- 4 Add curry powder and stir well.
- 5 Peel & dice sweet potatoes and add to pan.
- 6 Then add canned tomatoes (including liquid) and bring to a full boil.
- 7 Reduce and simmer for 20 mins until potatoes are soft.
- 8 **Feel free to add other spices to taste as well including: ginger, tumeric, cinnamon, and pepper.
- 9 **If you are looking to lessen carbs, you can always cut back on sweet potato amount. This is the majority of the carbs in the recipe.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Asian Salmon Crockpot

7 net carbs per serving (4 servings in entire recipe)

4	salmon filets, recommend wild caught	1	orange
		1 cup	slivered almonds
1/2 cup	chopped green onions	1 cup	cucumber, thinly sliced
2 Tbsp	low sodium soy sauce	8 Tbsp	annie's asian sesame ginger dressing
2 heads	romaine lettuce		



- 1 Coat the bottom of crock pot with olive oil and place salmon filets on top.
- 2 In a saucepan, boil 1 cup water, 1/2 cup green onions, soy sauce, garlic, salt, and pepper.
- 3 Pour mixture over salmon. Cook on low for 4 hours. Salmon should be flaky
- 4 Arrange romaine lettuce on plate & top with several orange slices, slivered almonds, cucumber, and 1/4 cup green onions. Top with salmon.
- 5 Drizzle each salmon with 1-2 Tbsp of dressing

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 4 hours

Cajun Turkey Burgers with Sweet potato fries

12 net carbs per serving (6 servings in entire recipe)

1 lb	ground turkey	1/2 tsp	onion powder
1	egg	1/2 tsp	cayenne pepper
1 Tbsp	worcestershire sauce	2-3 slices	healthy life bread
1/2 tsp	salt	2	sweet potatoes, sliced into thin strips like fries
1/2 tsp	garlic powder		



- 1 In a large mixing bowl combine egg, worcestershire sauce, salt, garlic powder, onion powder, and cayenne pepper.
- 2 Food process 2-3 slices of healthy life bread-- should equal about 1/2 cup of fine bread crumbs.
- 3 Add bread crumbs and ground turkey to above mixture and combine well.
- 4 Shape into 6 patties
- 5 Place patties on grill and grill for 7-8 mins or until no pink remains.
- 6 While grilling the burgers, place sweet potatoes slices seasoned with olive oil and salt and pepper in oven at 400 degrees. Bake 10-15 mins or until crispy.
- 7 Recommend eating the patty without a bun or between two pieces of lettuce.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Southwestern Taco Soup

6 net carbs per serving (8 servings in entire recipe)

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



- 1 Brown ground beef with onion and garlic in a large pot then drain.
- 2 Add spices and cook 4-5 mins.
- 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!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 15 minutes