

## VitalMeals Week 11

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**Day 1**

Mexican Turkey Lettuce Wraps

**Day 2**

Thai BBQ chicken  
Asian Cole Slaw

**Day 3**

String Beans with Shallots  
Italian Chicken Carbonara

**Day 4**

Stuffed Zucchini

**Day 5**

Salmon Patties with Bacon, Squash & Asparagus

**Day 6**

Chicken and Veggie Nachos

**Day 7**

Tomato Basil Parmesan Soup  
Low Carb Jalapeno Cheddar Muffins

Servings: 4



## Mexican Turkey Lettuce Wraps

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

1.5 lbs	lean ground turkey	1/2 small	onion chopped
1	tsp garlic powder	2	tbsp bell pepper, chopped
1	tsp cumin	4	oz can tomato sauce
1	tsp paprika	3/4	cup water
1	tsp oregano	8	large iceberg lettuce leaves
1	tsp chili powder	1/2	cup shredded cheddar cheese



- 1 Brown turkey meat in skillet. Once it is cooked through, add all the spices. Mix well.
- 2 Add onion, bell pepper, water and tomato sauce and let simmer for about 20 mins.
- 3 Wash lettuce & lay out on plates as "taco shells" for the meat.
- 4 Fill leaves with meat and top with cheese & any other toppings you like (sour cream, guacamole, tomatoes, etc.)
- 5 1 serving = 2 lettuce wraps

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 30 minutes

## Thai BBQ chicken

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

4	boneless and skinless chicken breast	1	tsp	ground tumeric
		1	tsp	curry powder
1	bunch fresh cilantro chopped	1	Tbsp	stevia or truvia
3	cloves garlic	3	Tbsp	Fish sauce
3	red hot chile peppers, seeded and chopped	1/4	cup	coconut milk



- 1 In a food processor, combine cilantro, garlic, chile peppers, turmeric, curry powder, stevia, and 1 pinch of salt.
- 2 Food process until it is the consistency of a paste.
- 3 Then pour in fish sauce and blend until smooth.
- 4 Place chicken in a greased baking dish and rub with the paste you just made.
- 5 It is ideal to marinate in fridge for several hours, however, if you are preparing last minute, just let it sit for 5-10 mins.
- 6 Then stick on a pre-heated, lightly greased grill grate. Brush chicken with coconut milk and grill for about 10-12 mins on each side until cooked through. (Juices should run clear)
- 7 Enjoy!

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 30 minutes

## Asian Cole Slaw

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

1	bunch	scallions or Green Onions	1/4	cup	olive oil
2	16 oz bags	coleslaw mix	2	Tbsp	grated fresh ginger
1	small	red onion	2	Tbsp	white vinegar
1/4	cup	soy sauce	2	Tbsp	Splenda Brown Sugar
1/4	cup	lemon juice	2	Tbsp	Asian sesame oil



- 1 Separate the scallion whites
- 2 Toss the coleslaw mix, red onions, and scallions together in a large bowl til thoroughly mixed
- 3 Stir remaining ingredients together in a small bowl until blended.
- 4 Serve within 1 hour of dressing
- 5 Tip: You can make the slaw (minus the dressing) up to a day in advance as long as it is refrigerated. Before serving, simply bring slaw back to room temperature and make dressing and toss.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Recipe Type: Side Dish

## String Beans with Shallots

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

- |        |                                                         |     |                              |
|--------|---------------------------------------------------------|-----|------------------------------|
| 1 lb   | french string beans<br>(haricots verts), remove<br>ends | 3   | large shallots (diced large) |
|        |                                                         | 1/2 | tsp pepper                   |
| 2 Tbsp | unsalted butter                                         | 1   | pinch kosher salt            |
| 1 Tbsp | olive oil                                               |     |                              |



- 1 Blanch string beans in a large pot of boiling salted water for 1.5 mins only
- 2 Drain immediately and immerse in a bowl of ice water.
- 3 Heat the butter and oil in a very large sauté pan or large pot and sauté the shallots on medium heat for 5-10 mins, tossing occasionally, until lightly browned.
- 4 Drain the string beans and add to the shallots with 1/2 tsp salt and pepper. Toss well.
- 5 Heat only until beans are hot.
- 6 Blanch beans for about 3 mins until they are crisp and tender.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 15 minutes

## Italian Chicken Carbonara

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

4	boneless and skinless chicken breasts	1/2 cup	heavy cream
		1 Tbsp	butter
8	pieces bacon	1	onion, diced
2	small spaghetti squash		italian seasoning
12	oz bag spinach		garlic powder
1	bunch asparagus		
1/2	cup Parmesan cheese		



- 1 Preheat oven to 400.
- 2 Remove seeds from spaghetti squash & place on baking dish.. Cook for roughly 30 mins.
- 3 While spaghetti squash is cooking, cut the chicken in 1/2 lengthwise.
- 4 In skillet over high heat, add asparagus and a small amount of water and cook until asparagus softens. Then add 1 Tbsp of butter.
- 5 Remove asparagus from pan. Add bacon to same pan and cook until crispy.
- 6 Remove bacon. Cook chicken in same skillet- sprinkling with salt, pepper, garlic powder, and italian seasoning to taste.
- 7 Once chicken is fully cooked, remove.
- 8 Add onion to same skillet and cook until softened. Then add spinach until wilted.
- 9 Finally add the cream to top of spinach mixture and top with about 1/4 tsp of garlic powder and italian seasoning for added spice.
- 10 Remove spaghetti squash from oven & string out insides with a fork (should be like spaghetti noodles).
- 11 Serve spaghetti squash topped with spinach mixture, chicken, bacon and asparagus on top. Finally sprinkle parmesan cheese on top to finish.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 30 minutes

Cooking Time: 30 minutes

## Stuffed Zucchini

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

4	medium zucchini	3	eggs
1	lb ground sausage		oregano
1	can roasted red peppers		basil
1/4	green pepper chopped		garlic
1/4	onion chopped		chili powder



- 1 Boil zucchinis in a large pot of water for about 10 minutes. Do not peel prior to boiling.
- 2 While that is boiling, heat 2 Tbsp of olive oil in skillet and cook add peppers and onions. Cook for 5 minutes then add sausage.
- 3 Cook until sausage is browned.
- 4 Remove zucchinis and cut in half lengthwise. Scoop out the seeds.
- 5 Preheat oven to 350.
- 6 Place zucchini on baking sheet lined with aluminum foil for easy clean up.
- 7 Toss meat mixture with roasted red peppers and eggs. Stir well.
- 8 Stuff zucchini with meat and veggie mixture and top with cheese.
- 9 Bake for 30 mins until cheese bubbles.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 30 minutes

Cooking Time: 45 minutes

## Salmon Patties with Bacon, Squash & Asparagus

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8 net carbs per serving

2	lbs	wild caught salmon (fresh or frozen)	1	egg
			2	tsp dijon mustard
1	lb	bacon	1	bunch asparagus
1/4	cup	onion finely chopped	2	yellow squash
1/4	cup	bell pepper, chopped	1	onion
2		minced garlic cloves		
3	Tbsp	Parmesan cheese		



- 1 Preheat oven to 350.
- 2 Cook salmon in skillet until flaky then remove and set aside.
- 3 Dice onion, garlic, and bell pepper. Then mix with salmon once it has cooled. Once well mixed, add egg, parmesan cheese, mustard, and salt and pepper to taste.
- 4 Cut each piece of bacon in half and lay on greased cookie sheet.
- 5 Roll salmon mixture into a ball and wrap bacon around the mixture. Use a toothpick to secure.
- 6 Place cookie sheet with bacon wrapped salmon into oven and cooked about 20 mins. Bacon should be crispy.
- 7 While cooking the salmon patties, peel and slice the squash and sauté in pan with onion and 1 Tbsp olive oil. Add salt, pepper, and garlic to taste.
- 8 Boil asparagus in a pot for 2-3 mins and then toss with butter and salt.
- 9 Serve patties with squash and asparagus and enjoy!

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 30 minutes



## Chicken and Veggie Nachos

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

1	tsp	olive oil	1	tsp	chili powder
2		garlic clove, minced	1	cup	salsa
6		green onions, chopped	1	lb	mini bell peppers
1.5	cups	shredded chicken (already cooked)	1 1/2	cups	cheddar cheese grated



- 1 Preheat oven to 350.
- 2 Heat oil in skillet over medium heat. Add garlic and white sections of green onions. Sauté for 1 minute then add shredded chicken and chili powder. Cook for about 2 more minutes.
- 3 Remove from heat. Add salsa. Season with salt and pepper as desired.
- 4 Cut off the tops of bell peppers and slice in 1/2. Remove seeds and lay each half facing upward on baking sheet.
- 5 Top each pepper with chicken mixture and then with cheese. (Feel free to top with jalapenos or olives as desired).
- 6 Bake "nachos" for about 10 minutes or until cheese is bubbly.
- 7 Remove and top with anything of your choice- sour cream, cilantro, tomatoes, etc.

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 10 minutes

## Tomato Basil Parmesan Soup

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

3	cups	canned diced tomatoes with juices	1/4	tsp	pepper
			1/4	cup	olive oil
1	cup	celery finely chopped	1	Tbsp	dried basil
1	cup	carrot, finely chopped	1/2		bay leaf
1	cup	onion finely chopped	1/2	cup	butter
1	tsp	dried oregano	2	cups	half and half
4	cups	chicken broth	1	tsp	salt
1/2	cup	almond flour			
1	cup	Parmesan cheese grated			



- 1 Heat olive oil in large soup pot. Add celery, onion, and carrots. Cook for about 5 minutes then add basil, oregano, bay leaf, tomatoes and chicken broth.
- 2 Bring all to a boil then reduce heat and simmer for another 12-15 mins.
- 3 While soup is simmering, melt butter over low heat and add almond flour-- whisking constantly for about 7 minutes. Slowly add 1 cup of hot soup to flour mixture. Then continue adding 3 more cups.
- 4 Return all to soup pot and simmer another 5 minutes or until soup begins to thicken.
- 5 Add parmesan cheese and stir briskly until it mixes in well. Then add warmed half and half, salt and pepper.
- 6 Simmer an additional 15 minutes over low heat and enjoy!
- 7 Plenty left over for lunch tomorrow!

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 35 minutes

## Low Carb Jalapeno Cheddar Muffins

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4 net carbs per muffin (8 servings in entire recipe)

2 cups	almond flour	4 Tbsp	coconut oil melted, divided
1 tsp	baking powder	1/2 cup	unsweetened almond milk
1/2 tsp	salt	1/2 cup	shredded sharp cheddar cheese
1 Tbsp	raw honey		
3	large eggs	1-2	jalapenos chopped



- 1 Preheat oven to 325
- 2 Mix the almond flour, baking powder, and salt in large bowl. Set aside
- 3 Add honey, eggs, 3 Tbsp. coconut oil, and almond milk to a separate bowl and whisk
- 4 Add wet ingredients into large bowl with cheese and chopped jalapenos. Mix just until incorporated.
- 5 Pour batter into 8 greased (use 1 tbsp of coconut oil) muffin cups and bake for 25-30 mins.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 30 minutes

Recipe Type: Bread