

VitalMeals Week 12

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Day 3

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Day 6

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Spicy Sweet Potato Chips

Day 7

Gazpacho

Cauliflower "Bread" Sticks

Servings: 4



Tips

When you are out of staple items, do you immediately put them on your shopping list? Keeping a shopping list on your refrigerator door or as a note in your smart phone makes it easy to stay well-stocked.

Mexican Pizza Cups

10 net carbs per serving (3 pizza cups) (entire recipes has 4 servings)

- | | | |
|--------|--|--------------------------------|
| 6 | low carb tortillas | |
| 1 lb | lean ground beef, browned
and drained | sour cream
chopped tomatoes |
| 1 cup | salsa | black olives |
| 1 pkg | dry taco seasoning | |
| 2 cups | shredded mexican-style
cheese blend | |



- 1 Preheat oven to 425 and spray 12 count muffin tin with non-stick olive oil spray
- 2 In a skillet, over medium high heat, cook the ground beef until cooked through and browned. Drain.
- 3 While meat is cooking, lay each tortilla out and use an empty glass cup to cup 2 medium circles out of each wrap
- 4 Place each "tortilla circle" into muffin tin--pressing it against sides.
- 5 Mix together ground beef, salsa, and taco seasoning. Stir well.
- 6 Scoop meat mixture into each wrap to fill and top with shredded cheese.
- 7 Bake for 12-15 minutes or until cheese is melted and bubbly
- 8 Let rest for 5-10 mins before removing. Top with any toppings of your choice!
- 9 1 serving = 3 pizza cups
- 10 Serve with a side salad to get some extra greens!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Asian Chicken

6 net carbs per serving (entire recipe has 4 servings)

4	boneless and skinless chicken breasts	1/4 cup	low sodium soy sauce
		1/4 cup	teriyaki sauce
2 Tbsp	lemon juice	2	green onion, finely chopped
2 tsp	sesame oil		
2 Tbsp	sesame seeds (toasted)	2 tsp	fresh ginger peeled and minced
2 cloves	garlic, minced		



- 1 Combine all marinade ingredients & pour over chicken. Coat thoroughly. Cover and refrigerate overnight preferably. (If you are under the gun, it is fine to cook immediately, just won't have quite as much flavor)
- 2 Preheat grill to high heat
- 3 Grill chicken about 4 minutes on each side.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 8 minutes

Asian Cole Slaw

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

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Recipe Type: Side Dish

Crockpot Stuffed Greek Chicken

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

4	boneless and skinless chicken breasts	4 oz	feta cheese
		1 Tbsp	oregano, chopped
3	cups spinach, chopped	1 tsp	garlic powder
2	roasted red peppers, chopped	1.5 cups	chicken broth
			salt and black pepper to taste
1/4	cup black olives, sliced		
1	cup artichoke hearts		



- 1 Mix together spinach, artichoke hearts, roasted red peppers, feta, oregano, and garlic.
- 2 Sprinkle chicken with salt and pepper and then cut the center of the breast to create a pocket (do not cut all the way through the chicken).
- 3 Stuff spinach and pepper mixture into chicken breast and place in slow cooker.
- 4 Cover with chicken broth.
- 5 Cook on low for 4 hours or until chicken is cooked through.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 4 hours

Spinach Salad

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

3	eggs	2	tsp	Stevia or Truvia		
7	slices	thick cut	bacon	1/2	tsp	dijon mustard
1	small	red	onion	1	dash	salt
1	pkg	mushrooms		8	oz	baby spinach- washed
3	Tbsp	red wine	vinegar			dried and stems removed



- 1 Place eggs in saucepan, cover water, bring to boil. Then turn off heat and allow them to sit in water for 20 mins. Drain off water and add ice on top of eggs.
- 2 Fry bacon in skillet until crispy. Remove to a paper towel. Drain fat into bowl and reserve.
- 3 Slice red onion thinly and add to skillet. Cook slowly until onions are caramelized and reduced. Remove to plate and set aside.
- 4 Slice mushrooms and add to same skillet with a little bit of bacon fat if needed. Cook slowly until caramelized and brown. Remove to plate and set aside.
- 5 Chop bacon. Peel and slice the egg
- 6 Make hot bacon dressing: Add 3 Tbsp of bacon fat, vinegar, stevia/truvia, dijon, and salt to a small saucepan or skillet over medium-low heat. Whisk together and heat thoroughly until bubbly.
- 7 Add spinach to a large bowl. Arrange onions, mushrooms and bacon on top. Top with hot dressing and combine. Add eggs and serve.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Zesty Pork Chops

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

4 6 oz	pork chops	1 tsp	paprika
4 cloves	garlic, crushed	1	lime
1 tsp	cumin		salt and pepper to taste
1 tsp	chili powder		



- 1 Combine garlic, cumin, chili powder, paprika and salt and pepper in a bowl and then sprinkle evenly over pork chops.
- 2 Cut lime in half--first adding zest of the lime and then squeezing the juice from the limes on top of each chop.
- 3 Let sit and marinate for 15 minutes.
- 4 Place pork chops in a pan and broil for about 5 minutes on each side (or until cooked through).

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Green Bean Bundles

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

1 lb green beans, trim the ends salt and black pepper to
4 slices bacon, halved taste
1/8 tsp garlic powder



- 1 Blanch the green beans for 3-4 minutes and let dry on paper towel.
- 2 Preheat oven to 400 and spray baking sheet with olive oil.
- 3 Form 8 bundles of green beans and wrap each bundle with one half slice of bacon. Secure with toothpick.
- 4 Place on baking sheet, spray tops with extra olive oil and season with salt pepper and garlic powder.
- 5 Bake for about 15 minutes

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Garlic Broccoli Rabe

1 net carb per serving (entire recipe is 4 servings)

1 large bunch	broccoli rabe	crushed red pepper
4	garlic cloves, crushed	flakes (optional)
2 tbsp	olive oil	
	salt and black pepper	
	to taste	



- 1 Preheat oven to 400.
- 2 Boil a pot of water. Once boiling, add broccoli for one minute and sprinkle with salt.
- 3 Remove and drain well.
- 4 Place broccoli on cookie sheet and cover with garlic, olive oil, salt, pepper, and crushed red pepper flakes if desired.
- 5 Bake for 20 minutes (or until crispy).

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Blackened Tilapia

1 net carb per serving (entire recipe is 4 servings)

4 filets tilapia	1 tsp dried oregano
3 Tbsp paprika	1 tsp dried thyme
1 Tbsp onion powder	1/2 tsp celery seed
1 pinch garlic powder	1 Tbsp kosher salt
1 tsp black pepper	1 lemon
1 tsp cayenne pepper	1 Tbsp olive oil



- 1 Coat fish with spice mixture.
- 2 Heat skillet on high heat and add olive oil. Heat until hot.
- 3 Cook fillets for about 2-3 mins per side.
- 4 Remove and top with pan juices and a squeeze of lemon.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 6 minutes

Tomato and Asparagus Salad

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

1 lb	asparagus, trimmed and cut into 1-inch pieces	1/4 cup	olive oil
		2 tsp	lemon juice
6 cups	cherry tomatoes halved	2 tsp	dijon mustard
1/2 cup	crumbled blue cheese	1/2 tsp	kosher salt
1	ripe avocado	1/2 tsp	pepper
1 cup	sliced basil leaves		



- 1 Boil asparagus in a large pot of salted water for about 2 minutes. Drain and then rinse with cold water.
- 2 Combine asparagus with tomatoes, cheese, avocado and remaining ingredients. Stirring well to coat.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Low Carb Salmon Burgers

8 net carbs per serving (entire recipe is 4 servings)

1/4 cup	red bell pepper, diced	1/2 Tbsp	soy sauce, reduced sodium
1/4 cup	yellow bell pepper diced	1 tsp	lemon juice
2 slices	low carb bread (healthy life recommended)-- for bread crumbs	1/4 tsp	kosher salt
		4 cups	baby spinach
		4 oz	avocado, sliced
1	garlic clove, minced		
1 lb	wild caught salmon		
1	large egg, beaten		



- 1 Remove skin from salmon and place salmon in food processor or chop finely into small pieces. Set aside.
- 2 Place 2 pieces of bread into food processor to make bread crumbs
- 3 In a bowl, combine salmon with bell peppers, 6 Tbsp of bread crumbs and garlic.
- 4 In another bowl, combine egg, soy sauce, lemon juice, and salt. Then add to salmon mixture. Mix well.
- 5 Form into 4 patties. Ideally you want to let them sit in the fridge for about an hour to allow the burgers to hold together well.
- 6 Heat grill to medium high heat and spray with olive oil spray. Cook about 4 minutes per side.
- 7 Place spinach on plate and top with salmon burger.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Inactive Time: 1 hour

Spicy Sweet Potato Chips

15 net carbs per serving (entire recipe is 4 servings)

2 sweet potatoes, washed and dried 1/2 tsp salt
1/2 tsp pepper
2 Tbsp olive oil
1 tsp cayenne pepper



- 1 Preheat oven to 450.
- 2 Line 2 baking sheets with parchment paper.
- 3 Cut potatoes into 1/4 inch thick slices
- 4 In large bowl, add oil & seasoning and toss potato slices to coat
- 5 Place single layer on baking sheets and bake until lightly browned & crisp on both sides. (roughly 15 mins per side)

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Gazpacho

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

4 large	tomatoes peeled, seeded and diced	2 tsp	red wine vinegar
		4 tsp	olive oil
1 medium	cucumber peeled, seeded and cut into pieces	4 Tbsp	chopped red onion
1	red bell pepper cut into pieces		salt and black pepper to taste
2	garlic clove, chopped		



- 1 Put tomatoes, cucumber, bell pepper, garlic, salt, pepper, and vinegar into blender and blend until smooth.
- 2 Chill in refrigerator for 30 minutes.
- 3 Pour into bowls and top with 1 tsp olive oil and 1 Tbsp chopped red pepper per bowl.
- 4 Flavor with salt and pepper as needed.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Inactive Time: 30 minutes

Cauliflower "Bread" Sticks

< 3 net carbs per serving (entire recipe is 4 servings)

1 head cauliflower	1/2 tsp red pepper flakes
1 Tbsp oregano	2 eggs
1/2 tsp basil	pepper, to taste
1 Tbsp onion powder	Salt to taste



- 1 Preheat oven to 425.
- 2 Put cauliflower in food processor until you get rice consistency, then place in microwave safe dish and microwave for 10 mins.
- 3 Let cauliflower cool slightly, then place in refrigerator until completely cooled.
- 4 Once cooled, mix the rest of the ingredients with the cauliflower.
- 5 Grease a cookie sheet and place cauliflower on it. Pat down cauliflower until it is about 1/2 inch thick.
- 6 Bake at 425 for about 25 mins or until golden brown.
- 7 Remove, turn oven to broil at 500. Cut cauliflower in desired "sticks" and flip
- 8 Place back in oven until both sides are brown and desired crispness.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 30 minutes