

VitalMeals Week 13

Day 1

Mexican Salmon
Cauliflower Rice

Day 2

Chicken and Broccoli Bake

Day 3

Jerk Pork Roast
String Beans with Shallots

Day 4

Strawberry chicken salad

Day 5

Thai Shrimp Burgers
Asian Cole Slaw

Day 6

Philly Cheesesteak Bake

Day 7

Meatball Soup

Servings: 4



Mexican Salmon

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

4 filets	salmon	1	tsp	salt
1 Tbsp	olive oil	1		avocado, peeled and sliced
1 tsp	coriander	1/2		red onion, thinly sliced
1 tsp	cumin	1		Jalapeno pepper seeded and finely chopped
1 tsp	paprika	1/2		red bell pepper seeded and chopped
1 tsp	onion powder	1/2		yellow bell pepper seeded and chopped
1 tsp	pepper			
1 tsp	salt	2	Tbsp	cilantro
3 Tbsp	olive oil			
2	limes			



- 1 Coat salmon with olive oil.
- 2 Mix all the spices (coriander, cumin, paprika, onion powder, salt and pepper) in a small bowl and then season the "meat side" of the salmon (not skin side) with the mixture.
- 3 Refrigerate for 20-30 minutes.
- 4 While salmon is in fridge, you can make the avocado salsa.
- 5 Mix 3 Tbsp olive oil, juice from 2 limes and salt in a bowl.
- 6 In a separate bowl, combine avocado, red onion, red & yellow bell pepper and cilantro and then top with the above juice mixture.
- 7 Place salsa in refrigerator.
- 8 At this point, you are ready to grill your fish. Fire up grill & cook salmon for about 5 minutes per side.
- 9 Top salmon with salsa and enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Cauliflower Rice

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

- | | |
|---|--|
| 1 small head cauliflower, chopped
coarsley | 2 Tbsp coconut oil
salt and pepper to taste |
| 1 small onion finely chopped | |
| 2 Tbsp butter | |



- 1 After chopping cauliflower, place in food processor and pulse until almost the size of rice.
- 2 Then, melt butter and coconut oil in a skillet over medium heat and sauté onions until softened.
- 3 Add chopped cauliflower to the skillet and mix well with onions and butter and oil.
- 4 Finish with salt and pepper to taste

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Chicken and Broccoli Bake

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

3 cups	shredded chicken breast	1 cup	shredded cheddar cheese
1	16-oz bag of frozen broccoli		garlic powder to taste
1	can cream of mushroom soup		pepper to taste



- 1 Heat oven to 350.
- 2 Mix all ingredients in a bowl & pour into a 9x9 baking dish.
- 3 Bake for 25 minutes covered & then uncover and bake for another 5 minutes (or until cheese is bubbly).
- 4 Enjoy!
- 5 ** You can use any kind of shredded chicken--you can cook chicken breasts in crockpot and shred yourself after cooking or just shred off pieces from a rotisserie chicken!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Jerk Pork Roast

2 net carbs per serving (entire recipe is 6 servings)

3 lbs	pork tenderloin	1/2 tsp	ground nutmeg
1 Tbsp	onion flakes	1/2 tsp	ground cinnamon
1 Tbsp	onion powder	2 tsp	splenda
2 tsp	thyme	1 tsp	black pepper
2 tsp	salt	1 tsp	cayenne pepper
1 tsp	ground allspice		



- 1 Preheat oven to 350.
- 2 Pat off excess liquid from roast with paper towel. Mix all seasonings together and then coat the pork generously.
- 3 Place in pan and roast for 50-60 minutes, or until desired doneness.
- 4 Let rest 10 mins before serving.
- 5 Should be plenty left over for tomorrow!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 1 hour

String Beans with Shallots

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

- | | | | |
|--------|---|-----|------------------------------|
| 1 lb | french string beans
(haricots verts), remove
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

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Strawberry chicken salad

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

- | | | | |
|---|--|--------------------------------|--|
| 4 | boneless and skinless
chicken breasts, cooked
and cooled | 1/2 cup
1 package
1 4 oz | pine nuts
strawberries
container feta cheese |
| 1 | 16 oz | | bag of spinach |



- 1 Season chicken with olive oil, salt, and pepper & bake for 45 minutes.
- 2 Take out of the oven and let cool somewhat.
- 3 Place pine nuts on baking sheet & bake for about 5-10 minutes, until starting to brown.
- 4 While pine nuts are roasting, divide the bag of spinach into 4 plates and top with feta cheese and strawberry slices.
- 5 Shred or slice chicken and place on top of salad.
- 6 Finally, sprinkle with toasted pine nuts.
- 7 I suggest serving with olive oil and vinegar dressing, however, bleu cheese or balsamic vinaigrette are great choices as well.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 50 minutes

Thai Shrimp Burgers

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

1.5 lbs	shrimp, peeled and deveined, chopped into large pieces	1	Tbsp	soy sauce	
		1	tsp	chili sauce (optional)	
		1	Tbsp	natural peanut butter	
2	garlic cloves	1/4	cup	carrots, julienne	
1	small shallot	2		green onions, sliced	
2	tsp	fish sauce	1/4	cup	cilantro
1/2	tsp	lime zest	1/4	cup	peanuts, toasted and chopped
2	Tbsp	cilantro			
3/4	cup	unsweetened coconut milk	8	large	romaine lettuce leaves (for buns)
1		juice of 1 lime			
2	Tbsp	Splenda brown sugar			



- 1 Mince 1/3 of the shrimp in a food processor with garlic, shallot, fish sauce, lime zest and cilantro.
- 2 Mix the minced shrimp into the chopped shrimp to form 4 patties and let sit in refrigerator for about 30 minutes.
- 3 Heat grill to medium-high heat and cook each patty about 4 minutes per side.
- 4 Heat coconut milk, lime juice, brown sugar, soy sauce, and peanut butter in a pot over medium heat until peanut butter melts and sauce thickens. Set aside to cool
- 5 Mix the carrots, green onion & cilantro and toss into above sauce.
- 6 Place shrimp patties between two large pieces of romaine lettuce leaves and top with sauce and chopped peanuts. Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Inactive Time: 30 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

Philly Cheesesteak Bake

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

2 Tbsp	coconut oil	2 6 oz	packages of beef slices (I recommend hormel all natural beef slices)
3	medium onions, sliced		
3	bell peppers, sliced		
1 tsp	garlic	1 large	box sliced mushrooms
1 tsp	salt	1 package	swiss cheese slices
1 Tbsp	italian seasoning		



- 1 Preheat oven to 375.
- 2 Melt coconut oil in skillet over medium heat. Add onions, bell peppers, mushrooms, garlic, salt, pepper, and beef. Sauté for 5-10 minutes.
- 3 Then pour skillet contents into a 9x13 pan and top with Swiss cheese slices.
- 4 Bake for 10-15 minutes until cheese melts.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Meatball Soup

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

1 lb	lean ground beef	2	celery stalks, chopped
2	Cloves garlic minced		
1 tsp	ground cumin	3 cups	chicken broth
1 tsp	dried oregano	3 cups	water
1/4 cup	chopped parsley	1 14.5 oz can	diced tomato
1	egg, beaten	1/2 tsp	diced oregano
1/2 tsp	salt	1/4 tsp	ground cumin
1/4 tsp	pepper	1 cup	chopped zucchini
1 Tbsp	olive oil	1 Tbsp	lemon juice
1 large	onion chopped		salt and black pepper
2	Cloves garlic minced		to taste
1	carrot, peeled and diced		



- 1 For the Meatballs: Mix all ingredients in a large bowl and shape into 1 inch balls. Keep them in refrigerator until ready to add to soup.
- 2 For the Soup: In a large pot, heat olive oil and then add onions. Sauté until soft and then add garlic, chopped carrots, and celery. Stir continuously. Cook for about 5 minutes. Pour chicken broth, water, and diced tomatoes over. Then add in oregano and cumin. Bring to a boil & then reduce heat to low and simmer for about 5 minutes.
- 3 Add meatballs to soup and stir gently. Cover and simmer for another 10 minutes. Then add zucchini and cook another 10 minutes. Finally, add lemon juice and season with salt and pepper. Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 30 minutes