

VitalMeals Week 14

Day 1

Southwest Chicken Salad

Day 2

Black Pepper Citrus Chicken
Balsamic Roasted Brussel Sprouts
Parmesan Creamed Spinach

Day 3

Indian Curry
Cauliflower Rice

Day 4

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Tomato and Asparagus Salad

Day 5

Lemon Lime Salmon
Cauliflower "Mashed Potatoes"

Day 6

Jalapeno Chicken Burgers
Baked Eggplant Fries

Day 7

Cream of Cauliflower Soup
Low Carb Jalapeno Cheddar Muffins

Servings: 4



Southwest Chicken Salad

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

4	chicken breasts	1/4 cup	cheese, cheddar shredded
6	cups romaine lettuce	4	slices bacon, nitrate free (cooked & crumbled)
1	tomato, sliced	1	pinch salt
1	large avocado	1	pinch pepper
1/2	cup corn, canned	2	jalepeno (optional)
1/2	cup black beans		
1/4	cup red onion, sliced		



- 1 Layer salad with romaine lettuce, tomato, and avocado. Top with corn, black beans, onion, and cheese. Then finish with chicken breast slices, crumbled bacon bits, and jalapenos if you choose!
- 2 Serve with ranch or bleu cheese dressing and enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Black Pepper Citrus Chicken

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

2	Tbsp	olive oil	1	cup	onion sliced	
1	1/4	tsp	black pepper freshly ground	2	tsp	minced garlic
1/4	tsp	salt	1/4	cup	white wine	
4		boneless and skinless chicken breasts	2	Tbsp	juice from an orange	
			1	Tbsp	juice from a lemon	



- 1 Heat 1 Tbsp olive oil in large skillet over medium high heat.
- 2 Season chicken breasts with salt and pepper and then place in pan.
- 3 Cook on each side for about 2-3 minutes.
- 4 Remove from pan.
- 5 Add the other Tbsp olive oil to pan and then add onion and garlic. Sauté for about 2-3 minutes then add wine. Cook for another minute.
- 6 Place chicken back in pan and top with a little more pepper and juice from the orange and lemon.
- 7 Cover, reduce heat to low, and simmer for about 5 minutes.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Balsamic Roasted Brussel Sprouts

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

1 1/2 lbs	brussel sprouts	1 pinch	kosher salt
4 oz	pancetta, diced	1 pinch	black pepper
1/4 cup	olive oil	1 Tbs	balsamic vinegar



- 1 Preheat oven to 400.
- 2 Place brussels on pan and add pancetta, olive oil, salt and pepper. Toss with your hands and spread out evenly across pan.
- 3 Roast for 20-30 mins until they are tender and nicely browned and pancetta is cooked. Toss once during roasting.
- 4 Remove from oven and immediately drizzle with balsamic vinegar and toss again.
- 5 Serve hot.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 2 minutes

Cooking Time: 30 minutes

Parmesan Creamed Spinach

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

2 cups	unsweetened almond milk	2	10 oz packages of frozen,
2 Tbsp	unsalted butter		chopped spinach (thawed
2 Tbsp	almond flour		and drained)
1/2 tsp	pumpkin pie spice		Kosher salt
1/4 cup	grated Parmesan		Ground black pepper



- 1 Warm milk in small sauce pan over medium heat
- 2 Melt the butter in a separate small sauce pan over medium heat
- 3 Whisk the almond flour into the butter and cook for about 2 mins (making a roux)
- 4 Whisk in the warm milk a little at a time to avoid lumps. Cook until sauce begins to thicken (2-3 mins). Then add pumpkin pie spice, pinch of salt & pepper
- 5 Turn the heat to slow, stir in cheese & let it melt. Then stir in spinach and cook another 2-3 mins until heated through.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 2 minutes

Cooking Time: 10 minutes

Indian Curry

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

1 lb	boneless and skinless chicken breasts, cooked and cubed into 3/4 inch cubes	1 Tbsp	olive oil
1/2 tsp	mustard seeds, crushed	1/4 tsp	ground turmeric
1/4 tsp	cumin seeds, crushed	1/4 tsp	ground red chili
1 cup	diced tomato, drained	1/4 tsp	salt
		3/4 cup	unsweetened coconut milk



- 1 Heat a large skillet on medium heat.
- 2 Add mustard and cumin seeds and cook for about 2 minutes (seeds will become fragrant). Stirring often.
- 3 Meanwhile, in a small bowl, combine olive oil and tomato then add to the seed mixture. Cook for 1 minute, stirring continuously.
- 4 Then add turmeric, salt, and red chili. Cook for another minute.
- 5 Finally, add the already cooked and diced chicken breast and sauté for about 1 minute. Add in coconut milk and cover.
- 6 Simmer on low heat for about 10 minutes.
- 7 Serve on top of cauliflower rice.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Cooking Time: 15 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

Steak and Herbs

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

- | | |
|------------------------------------|--------------------------------|
| 1 24 oz rib eye (2-3 inches thick) | 1 Tbsp fresh tarragon |
| 1 cup basil leaves | 2 Tbsp fresh oregano |
| 1 cup parsley leaves | 2 garlic cloves, minced |
| 1 Tbsp fresh rosemary | 1 cup olive oil divided |
| 1 Tbsp fresh thyme | salt and black pepper to taste |



- 1 On a cutting board, chop all herbs and garlic together. Then transfer to a small bowl and mix together. Add in 3/4 cup of olive oil and salt and pepper to taste. Cover and set aside for 30 minutes ideally.
- 2 Season the steak with salt and pepper and 2 Tbsp olive oil.
- 3 Cook steak over medium high heat grill until cooked to desired doneness (roughly 12-15 minutes for medium)
- 4 Once steak is cooked, place on a platter & let rest for about 5 minutes.
- 5 Then, slice steak into pieces and top generously with herb sauce.

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 20 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

Lemon Lime Salmon

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

4	salmon filets	2 Tbsp	butter (room temperature)
1/2 tsp	grated lemon zest	2 Tbsp	olive oil
1/2 tsp	grated lime zest		salt and pepper to taste



- 1 Combine lemon zest, lime zest and butter and then pour onto a piece of plastic wrap. Roll plastic wrap into a 1 inch cylinder and refrigerate (or freeze) while you cook fish.
- 2 Preheat oven to 400 and coat fish with salt, pepper, and olive oil.
- 3 Place salmon skin-side down on foil lined baking sheet and cook for about 15 minutes (or until salmon flakes easily with fork).
- 4 Top each fish with slices of lemon lime butter.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Cauliflower "Mashed Potatoes"

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

1 medium head of cauliflower 1/2 tsp minced garlic
1 Tbsp cream cheese 3 Tbsp unsalted butter
1/4 cup grated parmesan cheese



- 1 Boil a pot of water over high heat
- 2 Clean & cut cauliflower into small pieces and cook in boiling water for about 6 mins (or until well done). Drain well- do not let cool. Pat dry between several layers of paper towels).
- 3 In a bowl with an immersion blender or in a food processor, puree the hot cauliflower with the cream cheese, parmesan, garlic & a little salt & pepper
- 4 Feel free to add other things to taste: cheese, chives, even rosemary.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Jalapeno Chicken Burgers

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

1.5 lbs	ground chicken	2	tsp	chopped jalapeno
1/2 cup	yellow onion, peeled and chopped	1/3	cup	shredded cheddar cheese
1/4 cup	fresh cilantro chopped			salt and black pepper to taste
2	garlic cloves, minced	1	cup	guacamole (optional)
1	tsp	1	cup	sour cream (optional)
1	tsp	1	cup	salsa (optional)
1	tsp			dried paprika



- 1 In a large bowl, mix together ground chicken, onion, cilantro, garlic, jalapeno, ground cumin, paprika, cheese, salt, and pepper.
- 2 Form mixture into 4 patties and grill over medium heat for about 5-6 minutes per side (or until desired doneness).
- 3 Serve each patty topped with guacamole, sour cream, and salsa if desired.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Baked Eggplant Fries

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

1	medium	eggplant (cut into 1/4 inch thick "fries")	1/4 cup	Parmesan cheese grated	
1/2	cup	almond flour	1	tsp	italian seasoning
2		eggs, lightly beaten			salt and pepper to taste
2	slices	healthy life bread (for breadcrumbs)			



- 1 Preheat oven to 425.
- 2 First, make breadcrumbs by food processing up 2 pieces of healthy life bread.
- 3 Then, in a small bowl, mix bread crumbs, parmesan cheese, italian seasoning, and salt.
- 4 Dip eggplant slices in flour, then in egg, and then in the above breadcrumb mixture.
- 5 Place slices on a baking sheet and bake for about 10 minutes or until crispy and golden brown.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Cream of Cauliflower Soup

6 net carbs per serving

3 Tbsp	butter	1	10 oz	package frozen cauliflower
3/4 cup	diced onion	1/2 cup		half-and-half
3/4 cup	diced celery			salt and pepper to taste
1 quart	chicken broth			



- 1 Melt butter in skillet over medium-low heat and sauté onions and celery for about 5 minutes.
- 2 In a large pot, combine the above veggies with broth and cauliflower and simmer until cauliflower becomes tender.
- 3 With a slotted spoon, spoon out veggies from pot and place into a blender. Puree until smooth.
- 4 Pour pureed mixture back into pan and then add half-and-half, salt, and pepper. Simmer on low for about 5 more minutes.
- 5 Top with shredded cheese if you prefer!

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Low Carb Jalapeno Cheddar Muffins

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

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Recipe Type: Bread