

## VitalMeals Week 15

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### Day 1

Cilantro Lime Rice and Chicken Bowl

### Day 2

Caprese Chicken  
Broccoli Salad

### Day 3

Low Carb Meatloaf  
Cauliflower "Mashed Potatoes"

### Day 4

Strawberry and Avocado Spinach Salad

### Day 5

Tuna Kabobs  
Cauliflower Rice

### Day 6

Southwest Turkey Burger  
Coleslaw  
Garlic Broccoli Rabe

### Day 7

Pizza Soup

Servings: 4

### Tips

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Have a busy week coming up? Or just wanting to "play" on the weekend instead of cook? Consider doubling the meatloaf recipe, baking both and keeping one in the freezer for future use.



## Cilantro Lime Rice and Chicken Bowl

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

6 cups	lettuce		
1 lb	boneless and skinless chicken breasts, cooked and shredded	1 medium	cauliflower head
		1 Tbsp	olive oil
		2	garlic cloves, chopped
1 cup	diced tomato	2	scallions, diced
1/2 cup	diced onion	2	limes
1/2 cup	guacamole	1/4 cup	fresh cilantro chopped
1/2 cup	greek yogurt (plain)		
1/2 cup	cilantro		



- 1 Make the rice by coarsely chopping the cauliflower into florets & placing half into the food processor. Pulse until the consistency of rice. Set aside & repeat with the other 1/2 of cauliflower.
- 2 In a large pan over medium heat, sauté olive oil, scallions and garlic for about 3 minutes.
- 3 Raise the heat and add cauliflower. Cover and cook approximately 5 more minutes stirring frequently.
- 4 Remove from heat and season with salt, pepper, cilantro, and lime juice.
- 5 To make burrito bowls: Stack lettuce, rice, shredded chicken, and veggies and toppings as desired.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 15 minutes

## Caprese Chicken

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

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|---|-----------------------------------|--------|------------------|
| 4 | boneless skinless chicken breasts | 6 oz   | fresh mozzarella |
|   |                                   | 4 Tbsp | balsamic vinegar |
| 2 | garlic clove, minced              | 3 Tbsp | olive oil        |
| 1 | large heirloom tomato             |        |                  |
| 4 | large basil leaves                |        |                  |



- 1 Preheat oven to 400.
- 2 Heat a grill pan over medium heat and brush with olive oil. Grill chicken on both sides for about 2 minutes then transfer chicken into oven and cook for another 10 minutes. In the last 2 minutes, add a slice of mozzarella to each chicken breast.
- 3 When chicken is done cooking, place basil leaf and tomato slice on top of cheese. Drizzle with balsamic vinegar to finish.

### 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

## Broccoli Salad

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

1	Tbsp	white wine vinegar	6	oz	cherry or grape tomatoes (halved)
1		lemon (zested)			
1	Tbsp	lemon juice	3	oz	coarsely chopped pecans or hazelnuts
2	tsp	dijon mustard			
1	tsp	kosher salt	2	Tbsp	basil
		pepper			
1/4	cup	olive oil			
1	lb	broccoli (rinsed, trimmed, and sliced thinly on mandolin)			



- 1 Whisk together the vinegar, zest, lemon juice, mustard, salt and pepper in a medium bowl. While whisking constantly, gradually add olive oil. Then add broccoli & toss to coat.
- 2 Cover and set in refrigerator for 1 hour.
- 3 Stir in the tomatoes, nuts and basil.
- 4 Cover and allow to sit at room temp (or in refrigerator) for another 15 mins before serving.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Inactive Time: 1 hour

## Low Carb Meatloaf

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

2 lbs	lean ground beef	1/4 tsp	pepper
1/2 medium	onion	1/8 tsp	nutmeg
1	garlic clove, minced	2 slices	healthy life bread (toasted lightly and cut into coarse bread crumbs)
3 Tbsp	fresh parsley		
1	egg		
1/4 cup	half and half		
1 tsp	dry mustard	2 Tbsp	reduced sugar ketchup
1/4 tsp	salt	2 Tbsp	water



- 1 Preheat oven to 350.
- 2 In a large bowl, mix meat with onion, garlic, and parsley.
- 3 In another bowl, whisk egg for about a minute and then add half-and-half, salt, pepper, mustard, and nutmeg. Blend well. Add breadcrumbs and let sit for about 5 minutes.
- 4 Pour egg mixture into meat mixture until thoroughly mixed.
- 5 Pour into a 9x5 loaf pan that is coated with olive oil. Mix water & ketchup and lightly top the meat mixture.
- 6 Bake for about 80-90 minutes or until thoroughly cooked.

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 1 hour and 30 minutes

## Cauliflower "Mashed Potatoes"

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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

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 10 minutes

## Strawberry and Avocado Spinach Salad

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

1	16 oz bag	spinach	1/2 cup	coarsely chopped
2	cups	strawberries, sliced		pecans
2		avocados, diced	1 lb	steak (rib eye, strip,
8	slices	bacon, cooked and crumbled		filet mignon), grilled and sliced into strips
1/2	cup	blue cheese, crumbled		



Assemble all the ingredients on a bowl or plate; add grilled steak to complete. Enjoy!!!

## Tuna Kabobs

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

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|--|----------------------|
| 1 lb tuna steak- cut into 16 one<br>inch thick cubes | 8 cherry tomatoes    |
| 1 green pepper, cut into strips                      | 2 Tbsp olive oil     |
| 1 red pepper, cut into strips                        | 2 Tbsp lime juice    |
| 1 red onion, cut into wedges                         | 1 Tbsp dijon mustard |



- 1 In a small bowl, combine olive oil, lime juice, and dijon mustard.
- 2 Add fish cubes to marinade to coat. Let marinate in refrigerator for about 15 minutes.
- 3 Mean while, cut all veggies and remove all seeds.
- 4 Stack skewers with veggies, 4 pieces of fish per skewer and brush with left over marinade.
- 5 Place on grill for about 7 minutes or until desired doneness.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 20 minutes

Cooking Time: 10 minutes



## Cauliflower Rice

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

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|---|--|
| 1 small head cauliflower, chopped<br>coarsley | 2 Tbsp coconut oil<br>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

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Preparation Time: 5 minutes

Cooking Time: 10 minutes

## Southwest Turkey Burger

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

1 lb ground turkey	1 medium avocado
1 tsp cumin	4 Tbsp sour cream
1/2 tsp garlic powder	8 large lettuce leaves washed and dried
2 tsp olive oil	



- 1 Preheat oven to 350
- 2 Combine ground turkey, cumin, and garlic in a bowl. Combine well. Form 4 patties and lightly coat in olive oil.
- 3 Heat a skillet to medium high heat and place burger patties on skillet for about 4 minutes. Transfer burgers to oven and bake 5 more minutes (or until desired doneness).
- 4 Let cool for about 5 minutes and then place each burger on a piece of lettuce, top with a few avocado slices, a Tbsp of sour cream, and finish with one more lettuce leaf (to make a bun).
- 5 \*\*You can also grill turkey burgers on a grill if you prefer\*\*

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 15 minutes

## Coleslaw

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

1/3 cup	mayonnaise	1	tsp	onion powder	
2/3 cup	sour cream	1/8	tsp	paprika	
2	Tbsp	lemon juice	1/4	tsp	salt
2	Tbsp	stevia or Truvia	1	lb	shredded cabbage
1	tsp	garlic powder			



Mix all dressing ingredients together and then mix in cabbage. Balance the lemon juice and sweetener to your own taste.

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

## Garlic Broccoli Rabe

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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

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 20 minutes

## Pizza Soup

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

1 Tbsp	olive oil	1 cup	water
1 cup	sliced mushrooms	3 oz	sliced pepperoni
1 cup	chopped green bell pepper	1 tsp	dried oregano leaves
1/2 cup	chopped onion	1 cup	shredded mozzarella cheese (4 ounces)
1	15-oz can pizza sauce		
1	14 oz can chicken broth		



- 1 Heat olive oil in large skillet over medium heat. Add mushrooms, peppers, and onion.
- 2 Cook, stirring frequently for about 5-10 mins or until vegetables are tender.
- 3 Add pizza sauce, chicken broth, water, oregano and pepperoni slices until soup comes to a boil.
- 4 Reduce heat and simmer for about 5 minutes.
- 5 Serve topped with cheese

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 15 minutes