

## VitalMeals Week 16

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**Day 1**

Cheesy Pepper Enchiladas

**Day 2**

Chicken Marsala

Balsamic Roasted Brussel Sprouts

**Day 3**

Greek Chicken Salad

**Day 4**

Turkey Casserole

Green Bean Bundles

**Day 5**

Zucchini Noodles and Garlic Shrimp

**Day 6**

Tomato Basil Pork Chops

Garlic Greens

**Day 7**

Ginger Carrot Soup

Cauliflower "Bread" Sticks

Servings: 4



## Cheesy Pepper Enchiladas

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7 net carbs per serving (makes 4 servings of 2 stuffed pepper halves)

2	green bell peppers	1/3 cup	cilantro
2	red bell peppers	2	garlic clove, minced
2	zucchini, cut into small pieces	1 tsp	salt
1	28 oz can enchilada sauce	1/2 tsp	black pepper
1	15 oz can black beans, drained and rinsed	1 tsp	cumin
1	red onion, diced	1 tsp	smoked paprika
		1	lime



- 1 Preheat oven to 400
- 2 Half bell peppers, remove seeds and place in bowl with 1/2 inch water. Microwave for about 3 minutes to soften peppers.
- 3 In a large bowl, combine zucchini, beans, cilantro, onion, juice of 1 lime, garlic, cumin, paprika, salt and pepper.
- 4 Place softened peppers in a baking dish with open side up & fill each pepper with veggie mixture above.
- 5 Top with enchilada sauce and then with shredded cheese. Cover with aluminum foil and bake for 30 minutes or until cheese is bubbly.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 20 minutes

Cooking Time: 30 minutes

## Chicken Marsala

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2 net carbs per serving (makes 4 servings)

4	boneless and skinless chicken breasts	1/2 tsp	salt
		1/4 cup	dry marsala wine
3 cups	sliced mushrooms	1	tsp corn starch
2 Tbsp	sliced green onion		
2 Tbsp	water		



- 1 Flatten chicken filets.
- 2 Heat large skillet over medium heat and add 1 Tbsp olive oil. Then add chicken- cooking for about 3 mins per side.
- 3 Move chicken to a plate.
- 4 Add mushrooms, onion, water and salt to skillet and cook for another 3 minutes (or until most of the water is evaporated).
- 5 Combine marsala wine and cornstarch in small bowl and then add to skillet mixture to thicken. Stir continuously & then spoon over the top of each chicken breast to serve.

## Balsamic Roasted Brussel Sprouts

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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

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 2 minutes

Cooking Time: 30 minutes

## Greek Chicken Salad

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6 net carbs per serving (makes 4 servings)

5	tomatoes, chopped	1 Tbsp	olive oil
1	garlic clove, chopped	2 Tbsp	vinegar
1	cucumber	4	boneless and skinless
3	scallions or Green Onions		chicken breasts, cooked and
16	green olives, pitted		cooled
2	oz crumbled feta cheese		



- 1 Slice up each chicken breast into strips and set aside.
- 2 Build salad: Place tomatoes in a bowl that has been rubbed with garlic cloves and then add cucumber, peppers, onions, olives, and feta. Top with chicken and sprinkle with olive oil and vinegar. Salt and pepper salad to taste. Stir thoroughly.

### Cooking Times

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Preparation Time: 10 minutes

## Turkey Casserole

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4 net carbs per serving (makes 4 total servings)

2 cups	cooked turkey breast cut into 1x2x1-inch cubes	1/4 cup	canned chopped pimento
2 cups	diced celery	1/2 cup	sliced almonds
5 Tbsp	minced scallions	1 cup	grated monterey jack cheese
1 cup	mayonnaise	1/2 cup	plain crushed pork rinds
1 Tbsp	lemon juice		



- 1 Preheat oven to 350.
- 2 In a large bowl, combine turkey, celery, scallions, mayonnaise, lemon juice, and pimento.
- 3 In a separate bowl, mix together almonds, grated cheese, and pork rinds.
- 4 Grease a 2 quart casserole dish and spoon turkey mixture into the dish topping with cheese mixture evenly.
- 5 Bake until completely cooked through and cheese is bubbly (about 25-30 mins).

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 20 minutes

Cooking Time: 30 minutes

## Green Bean Bundles

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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

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 20 minutes

## Zucchini Noodles and Garlic Shrimp

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4 net carbs per serving (makes 4 servings)

3 tsp olive oil	2 medium zucchinis (spiralized)
1 tsp crushed red pepper flakes	1 tsp salt
8 oz shrimp (peeled and deveined)	1 tsp black pepper
4 garlic cloves, chopped	1/2 lemon
	1/2 cup grape tomatoes (halved)



- 1 Heat a large skillet on medium-high heat and add olive 1.5 tsp of olive oil and crushed red pepper. Then add shrimp and salt and pepper- cooking for about 3 minutes.
- 2 Add half of garlic and cook for another minute or until shrimp is thoroughly cooked.
- 3 Remove from skillet and set aside.
- 4 Add remaining olive oil and garlic to pan and cook for 30 seconds, then add zucchini noodles and cook for another 2 minutes.
- 5 Finally add shrimp and tomatoes on top of "noodles" and squeeze lemon on top.
- 6 Remove from heat and serve.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 10 minutes



## Tomato Basil Pork Chops

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5 net carbs per serving (makes 4 servings)

4	pork chops	1 large	onion chopped
1	Tbsp olive oil	2 tsp	oregano
5	garlic cloves, finely chopped	1 tsp	sage
		1 tsp	basil
1 1/2	cups diced fresh tomatoes		



- 1 Heat large skillet over medium-high heat.
- 2 Add olive oil.
- 3 Once oil is heated, place pork chops in skillet for about 1 minute per side (browning on each side).
- 4 Reduce heat to medium-low and add onions. Cook pork chops with onion for another 2 minutes per side.
- 5 Then add tomatoes, garlic, and spices and simmer until sauce has thickened- about 5-10 minutes.

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 15 minutes

## Garlic Greens

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

1	onion	1 bunch	mustard greens
8	whole garlic cloves	1 bunch	kale
1/2	tsp paprika	1 pinch	salt
3	Tbsp olive oil		



- 1 Cook 1 sliced onion, 8 whole garlic cloves and 1/2 tsp of paprika in a large pot with 3 Tbsp olive oil (for about 2 mins)
- 2 Add the entire bunch of mustard greens and kale, 2 cups water, and pinch of salt and stevia
- 3 Simmer, covered, until tender- about 15 mins

### 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

Recipe Type: Side Dish

## Ginger Carrot Soup

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12 net carbs per serving (makes 6 servings)

2	Tbsp	coconut oil	1	tsp	sea salt
2		green onions chopped	1/4	tsp	ground cinnamon
2		garlic cloves, minced	1/2	tsp	ground turmeric
1	inch	piece of ginger, peeled and grated	4	cups	water
1	pinch	red pepper flakes	1/4	cup	plain yogurt
1	1/2 lbs	carrots, sliced 1/2 inch thick			pepper to taste



- 1 Place skillet over medium high heat with olive oil. Add green onions, garlic, minced ginger, and red pepper flakes for 1-2 minutes.
- 2 Add carrots, salt, cinnamon, and turmeric and cook another 1-2 minutes, stirring occasionally.
- 3 Add water, bring to a boil. Then reduce heat & simmer for about 25 minutes or until carrots are soft.
- 4 Puree soup in a blender (or using immersion blender).
- 5 Divide between 4 bowls and top with a spoonful of yogurt.
- 6 (You can also refrigerate for 3-4 hours or overnight & serve cold for a more "refreshing" option).

### 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

## Cauliflower "Bread" Sticks

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< 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

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 30 minutes

Cooking Time: 30 minutes