

VitalMeals Week 17

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Day 3

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Cauliflower "Mashed Potatoes"

Day 4

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Cucumber Dill Salad

Day 6

Low Carb Pepperoni and Mushroom Pizza

Day 7

Summer Squash Soup

Servings: 4



Low Carb Burrito Bowls

24 net carbs per serving (yields 4 servings)

2	spaghetti squash	2	jalapenos, cored and sliced
3 Tbsp	olive oil		
1 14.5 oz can	black beans, drained and rinsed	6	green onions, sliced
		1 tsp	cumin
1 16 oz jar	salsa	1 cup	shredded mexican-style cheese blend
1 large	bell pepper, cored and sliced		salt and black pepper to taste
1 large	red onion, sliced		
1 cup	fresh cilantro chopped		



- 1 Preheat oven to 400 and line 2 cookie sheets with foil.
- 2 Wash spaghetti squash and cut in half lengthwise. Spoon out the seeds/core.
- 3 Rub olive oil on insides of squash and then place face down on baking sheet. Bake in oven for 45 minutes or until "spaghetti" strands fork out easily from the skin.
- 4 While squash is baking, prepare filling: Heat 1 Tbsp olive oil in skillet over medium-high heat and add red onions, peppers, and jalapeno. Sprinkle with salt, pepper, and cumin. Sauté until softened (about 10 minutes)
- 5 When squash finishes baking, cool for about 10 minutes.
- 6 Turn oven up to broil setting.
- 7 Scrape 3/4 of insides of each squash into a large bowl. Stuff the emptied squash bowl with black beans, peppers, onions, salsa, and cilantro. Top with spaghetti squash from bowl and press down. Then add another layer of filling. Top with green onion and shredded cheese.
- 8 Place in oven to broil for about 3-5 minutes until cheese is bubbly.
- 9 ****Note:** to further reduce carb count, cut out or decrease amount of black beans.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 25 minutes

Cooking Time: 55 minutes

Almond Basil Chicken Lettuce Wrap

5 net carbs per serving (yields 4 servings)

1 tsp	olive oil	1 tsp	honey
1 small	onion, minced	2 tsp	soy sauce
2 medium	garlic cloves, minced	2 Tbsp	hoisin sauce
1	red bell pepper, seeded and diced	1/2 tsp	rice vinegar
1 lb	boneless and skinless chicken breasts, diced into cubes	1 stalk	romaine lettuce leaves
		1/2 cup	chopped fresh basil
		1/4 cup	sliced almonds, toasted



- 1 In skillet, heat olive oil over medium high heat then add onion and garlic. Sauté for about 5 minutes.
- 2 Add chicken and cook for another 5 minutes.
- 3 While chicken is cooking, mix together in a small bowl honey, soy sauce, hoisin sauce, and rice vinegar.
- 4 Add mixture and bell pepper and sauce mixture and cook for another 5 minutes, or until chicken is fully cooked.
- 5 Lay out 2-3 romaine lettuce leaves on each plate & fill with chicken mixture. Finish with sprinkle of fresh basil and toasted almonds.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Sun-dried Tomato and Garlic Ribeye

1.5 net carbs per serving (yields 4 steaks)

4	8 ounce grass fed boneless ribeye steaks	2 Tbsp	rosemary, chopped
4	Tbsp butter	2 Tbsp	sun-dried tomatoes, chopped
4	Tbsp olive oil		salt and black pepper to taste
2	Tbsp garlic, chopped		



- 1 Season ribeyes with salt and pepper.
- 2 Heat cast iron skillet/pan on medium-high heat for about 3-4 minutes.
- 3 Add steaks and cook for 3 minutes on each side.
- 4 Remove steaks from skillet and allow them to rest for about 5 minutes.
- 5 While steaks are resting, combine butter, olive oil, garlic, rosemary, and sun-dried tomatoes. Then throw in skillet for about 5 minutes.
- 6 Top steaks with butter mixture and enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 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

Lime Cilantro Chicken Kabobs

6 net carbs per serving (yields about 6 servings)

1/2 cup	cilantro leaves, coarsely chopped	1 large	red bell pepper, seeded and cut into 1-inch pieces
1/3 cup	lime juice (about 6 limes)	1 large	green bell pepper, seeded and cut into 1-inch pieces
1/3 cup	olive oil	1 large	white onion, cut into 1 inch pieces
4	garlic cloves, peeled		Wooden skewers (soaked in water for 30 minutes prior to assembly)
1 Tbsp	splenda brown sugar		
2 tsp	kosher salt		
1.5 tsp	ground cumin		
3/4 tsp	crushed red pepper flakes		
2 lbs	boneless skinless chicken breasts, cut into 1-inch pieces		



- 1 In a blender, blend cilantro, lime juice, olive oil, garlic, brown sugar, salt, cumin, and crushed red pepper. Puree until smooth.
- 2 In a large ziploc bag, add chicken cubes and pour in the pureed mixture. Let marinate in refrigerator (ideally for 1 hour or overnight)
- 3 Begin to assemble skewers alternating chicken, pepper, and onions.
- 4 Coat grill with olive oil and grill for about 4 minutes per side (or until cooked thoroughly).

Cooking Times

Preparation Time: 1 hour

Cooking Time: 10 minutes

Thai Slaw

12 net carbs per serving (yields 4 servings)

1/2 small head of cabbage, thinly sliced	1.5 Tbsp sesame oil
1/4 head purple cabbage, thinly sliced	2 garlic cloves, minced
1 large carrot, shredded	1/2 cup cilantro
3 scallions, shredded	1/8 cup parsley
1/2 cup rice wine vinegar	1 Tbsp sesame seeds
1.5 Tbsp soy sauce	1/4 cup peanuts, crushed



- 1 Wash and dry cabbage and carrots. Peel and discard the first few layers of cabbage.
- 2 Thinly slice both the cabbage and red cabbage. Place into large bowl and then shred carrot on top.
- 3 Add diced scallions to the mixture above and then mix well.
- 4 In a separate bowl, combine rice wine vinegar, soy sauce, sesame oil, cilantro, and parsley. Whisk together.
- 5 Top cabbage with dressing. Then add sesame seeds and peanuts on top to finish.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 25 minutes

Grilled Salmon with Avocado Salsa

3 net carbs per serving (yields 4 servings)

4	salmon steaks	1/2 tsp	chili powder
1 Tbsp	olive oil	1 tsp	black pepper
1 tsp	salt	1	avocado, sliced
1 tsp	ground cumin	1/2 small	red onion, sliced
1 tsp	paprika	2	limes, juiced
1 tsp	onion powder	1-2 Tbsp	Chopped cilantro



- 1 Coat salmon filets with olive oil.
- 2 Mix together salt, chili powder, cumin, paprika, onion, and black pepper and then rub into salmon filets.
- 3 Let marinate in refrigerator for 15-20 minutes.
- 4 While marinating: mix avocado, onion, cilantro, lime juice and salt in a bowl for salsa topping.
- 5 Grill salmon (for about 5-7 minutes).
- 6 Serve topped with avocado salsa

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 5 minutes

Cucumber Dill Salad

6 net carbs per serving (yields 4 servings)

2	Cucumber, thinly sliced	1	tsp	fresh dill, chopped
1	red onion, thinly sliced	1/2	tsp	stevia/truvia
2	Tbsp	lemon juice		salt and black pepper to
1	cup	plain greek yogurt		taste



- 1 Mix together cucumber and onion slices. In another bowl, mix together lemon juice, Greek yogurt, dill, stevia/truvia, salt, and pepper.
- 2 Dress the cucumbers and onions with the dill mixture and combine well.
- 3 Chill until ready to serve

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Low Carb Pepperoni and Mushroom Pizza

9 net carbs per serving (yields 4 servings)

1 1/2	cups	shredded mozzarella cheese (for crust)	1/4	tsp	salt
2	Tbsp	grated Parmesan cheese	1 1/2	cups	tomato sauce
1/4	tsp	garlic powder	1 1/2	cups	shredded mozzarella cheese (for topping)
1/2	tsp	dried basil	1/2	cup	pepperoni slices
2		eggs	1/2	cup	mushroom slices



- 1 First prepare crust:
- 2 Preheat oven to 350 and cover pizza pan with aluminum foil. Grease foil with olive oil.
- 3 In a bowl, combine mozzarella cheese, parmesan cheese, garlic powder, basil, salt, and eggs. Stir well until fully blended.
- 4 Press dough evenly onto pizza pan and place in oven. Bake for 20 minutes or until center is firm.
- 5 Remove crust and turn oven up to 400.
- 6 Top crust with tomato sauce, cheese, pepperoni and mushrooms (or your desired toppings) and bake for another 10 minutes or until bubbly.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Summer Squash Soup

4 net carbs per serving (yields 6 servings)

3	Tbsp	olive oil	4	garlic cloves, finely chopped
1 1/2	lbs	summer squash, sliced into 1/2 inch thick pieces	3	cups vegetable broth
1	medium	onion		salt and black pepper to taste
1	tsp	cumin		
1	tsp	curry powder		



- 1 Heat large pot on medium heat. Add oil, garlic and onion and sauté for about 5 minutes then add squash and cook for another 10 minutes.
- 2 Add curry powder, cumin, and vegetable broth. Bring to a boil.
- 3 Simmer for about 10 more minutes.
- 4 Remove from heat & blend with either an immersion blender or by placing inside soup-safe blender.
- 5 Allow it time to cool, season with salt and pepper.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 30 minutes