

VitalMeals Week 18

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Crockpot Beef Tacos

Day 2

Thai Chicken Salad

Day 3

Sausage and Zucchini Bake
Cauliflower Rice

Day 4

Steak and Cilantro Kabobs
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Pepper Chicken Nachos

Day 7

Summer Chicken and Veggie Soup

Servings: 4



Crockpot Beef Tacos

4 net carbs per serving (yields 4 servings)

2	Tbsp	olive oil, divided	2	Tbsp	tomato paste
2	lbs	beef (recommended: boneless chuck roast)	1		chipotle pepper, minced
2	tsp	chili powder	1	small	white onion
1	tsp	cumin	5		cloves garlic
1/2	tsp	smoked paprika	4		low carb tortilla wraps
1	cup	beef stock			



- 1 Mix together chili powder, cumin, paprika and rub mixture on beef thoroughly.
- 2 Heat 1 Tbsp olive oil in skillet over high heat and place beef on skillet to sear each side (about 2 minutes per side). Remove beef and place in crockpot.
- 3 Add remaining 1 Tbsp olive oil and onion to skillet. Sauté for 4 minutes then add garlic for another minute. Add beef stock, stirring well. Then add tomato paste and minced chipotle pepper--whisking pan until well combined.
- 4 Bring to a boil, then reduce heat and simmer for 5 minutes.
- 5 Pour sauce in crockpot on top of beef. Cover and cook on high for 4 hours (or low for 8 hours). When it is ready, beef should shred easily.
- 6 When you are ready to eat, assemble taco! Top low carb tortilla with shredded beef and topping of your choice: guacamole, sour cream, cheese, lettuce, tomato, onion, cilantro, lime zest, etc. Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Inactive Time: 4 hours

Thai Chicken Salad

13 net carbs per serving (yields 4 servings)

1/4 cup	olive oil	1/2 bunch	cilantro, chopped
1 Tbsp	rice vinegar	1/2 cup	salted peanuts
1 Tbsp	truvia		
1/2	clove garlic -- minced	1/4 cup	rice wine vinegar
1/4 bunch	cilantro, chopped	1/4 cup	thai sweet red chili sauce
1	lime	1 tsp	sesame oil
4	boneless and skinless chicken breasts	1/2 tsp	truvia
			salt and black pepper to taste
2	heart of romaine, chopped		
1/4 large	head napa cabbage, chopped	1/4 cup	natural peanut butter
1	cucumber peeled, seeded and chopped	2 Tbsp	soy sauce
		1 Tbsp	rice vinegar
1	carrots, shredded	1 Tbsp	thai sweet red chili sauce
1	red bell pepper, chopped	2 Tbsp	water
3	green onions, chopped		



- 1 Combine all ingredients for chicken marinade in a ziploc bag & place chicken inside as well. Let marinade in refrigerator ideally for 4 hours but at least 10-15 minutes.
- 2 When ready to cook the chicken, grill for about 8 minutes per side, or until thoroughly cooked through.
- 3 Let rest & then slice into strips.
- 4 Combine all salad ingredients, with the exception of the peanuts, in a bowl. Add chicken.
- 5 Mix all dressing ingredients together & pour generously over salad. Toss well.
- 6 Mix all ingredients for peanut sauce together and top each salad with peanut sauce and peanuts.
- 7 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Sausage and Zucchini Bake

7 net carbs per serving (yields 4 servings)

1	Tbsp	olive oil	1	yellow squash, cut into 1/2 inch cubes
1/2	cup	onion, diced		
1	tsp	minced garlic	2	cups grape tomatoes, sliced in half
1	lb	smoked sausage, cut into 1/2 inch cubes	1	tsp oregano
1		zucchini, cut into 1/2 inch cubes	1/2	tsp red pepper flakes
			1/2	tsp salt



- 1 Heat olive oil in skillet over medium heat then add diced onions and sauté for about 5 minutes.
- 2 Next add in garlic and let simmer for about a minute, then add sausage. Cook sausage until brown--roughly 5-6 minutes.
- 3 Then add in veggies and additional spices/seasonings. Sauté for an additional 10 minutes.
- 4 Serve over cauliflower rice.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 20 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 Cilantro Kabobs

8 net carbs per serving (yields 4 servings)

1 lb sirloin steak	1 bunch cilantro
1 red onion	1 lemon (juiced)
1 red bell pepper	olive oil
1 yellow bell pepper	salt and black pepper to taste
1 green bell pepper	olive oil
olive oil	wooden skewers (soaked in water for 30 minutes before grilling)
salt and pepper to taste	



- 1 Cut steak, onion, and peppers into cubes that are all of similar sizes.
- 2 After you have soaked skewers in water, start to assemble your kabobs- rotating meat, onions and peppers.
- 3 Brush kabobs with olive oil and top with salt and pepper.
- 4 Place on grill for 3-5 minutes per side, or until desired doneness.
- 5 To prepare the pesto: place cilantro in food processor and pulse until reduced- then add olive oil, juice of 1 lemon and salt and pepper. Process until pureed.
- 6 Top kabobs with pesto.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Simple Summer Salad

3 net carbs per serving (yields 4 servings)

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|---------|------------------------------|---------|--------------------------------|
| 1 | cucumber, seeded and chopped | 1/3 cup | crumbled feta cheese |
| | | 1 Tbsp | fresh dill, chopped |
| 3 large | avocados, pitted and chopped | | salt and black pepper to taste |
| 1 | lemon (juiced) | | |



- 1 Combine cucumber, avocado, juice of 1 lemon, feta, and dill. Mix well and season with salt and pepper.
- 2 Enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Fish Taco Bowl

6 net carbs per serving (yields 4 servings)

4	small	tilapia filets			
4	tsp	olive oil, divided	1/2	cup	plain greek yogurt
		salt and black pepper	2	Tbsp	fresh squeezed lime juice
		to taste			
1	tsp	ground cumin	2	tsp	green tabasco sauce
1/2	tsp	chili powder			salt to taste
1	large bag	coleslaw mix			
1/2	cup	green onions, sliced			



- 1 Use 2 tsp of olive oil to coat fish. Then rub with salt and pepper, cumin, and chili powder.
- 2 Heat skillet on medium-high heat. Add 2 tsp of olive oil. Then add fish and cook for about 4 minutes per side (you could also do on the grill if weather is good!)
- 3 While fish is cooking, prepare your dressing by mixing together the greek yogurt, lime juice, tabasco sauce, and salt.
- 4 Add green onions to coleslaw mix and dress with dressing.
- 5 When fish is cooked, let it cool for 5 minutes then shred it using a fork.
- 6 Fill bowl with 1/4-1/2 of cabbage mixture and then top with fish. Drizzle a little extra dressing on top.
- 7 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Pepper Chicken Nachos

10 net carbs per serving (yields 4 servings)

1	tsp	olive oil	1	lb	mini bell peppers
2		cloves garlic, minced	1 1/2	cups	shredded mexican-style
6		green onions			cheese blend
1 1/2	cups	shredded, cooked chicken	1/4	cup	black olives
1	tsp	chili powder			salt and pepper to taste
1	cup	salsa			



- 1 Preheat oven to 350.
- 2 Heat a skillet on medium-high heat. Add olive oil. Add garlic and green onions for about a minute. Then add chicken and chili powder. Stir well for about 2 minutes- until chili powder coats all ingredients. Remove from heat. Add salsa & season with salt and pepper.
- 3 Slice tops off bell peppers and slice in half length-wise. Remove seeds and place each pepper with cut side up on large baking sheet lined with foil and sprayed with olive oil.
- 4 Spoon skillet chicken mixture into each pepper half. Top with black olives and cheese.
- 5 Bake "nachos" for about 10 minutes or until cheese is bubbly.
- 6 Feel free to top with tomatoes, cilantro, lime zest, sour cream, etc. as you prefer. Enjoy!

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Summer Chicken and Veggie Soup

9 net carbs per serving (yields 4 servings)

2 Tbsp	butter	2 tsp	lemon zest
1 Tbsp	olive oil	2 Tbsp	lemon juice
1	leek, white only, sliced	1/4 cup	chopped basil
2	carrots peeled and diced	2 cups	spinach
2	cloves garlic, minced		salt and pepper to taste
4 cups	chicken stock		
1 cup	baby zucchini, diced		
2	boneless and skinless chicken breasts, cooked and shredded (or you can use rotisserie chicken)		



- 1 Heat a large pot over medium heat. Add butter and olive oil then add leek and diced carrots. Sauté for about 5 minutes then add garlic and salt and pepper--stirring well.
- 2 Next warm chicken stock in microwave til it is hot and then add to pot mixture. Bring to a simmer, cover with lid, and simmer for about 20 minutes.
- 3 Turn off heat, add diced zucchini, spinach, chicken cubes, lemon zest and lemon juice.
- 4 Serve soup topped with fresh basil and lemon juice.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 30 minutes