

VitalMeals Week 19

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Mexican Pizza

Day 2

"Fried Green Tomato" Salad

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Grilled Chicken and Veggies

Day 4

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Day 5

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Asian Cole Slaw

Day 6

Balsamic Grilled Steak

Loaded Sweet Potato Skins

Day 7

Coconut Chicken Soup

Servings: 4



Mexican Pizza

18 net carbs per pizza (yields 4 pizzas)

4	low carb tortillas	8 Tbsp	salsa
4	Tbsp olive oil divided	1	tomato, diced
1	lb lean ground beef	1 can	sliced black olives
1	Tbsp cumin	2 cups	mexican blend grated cheese
1	Tbsp chili powder	4 Tbsp	taco sauce
1	Tbsp oregano		sour cream (optional)
	salt and black pepper to taste		guacamole (optional)
3/4 cup	water		



- 1 Preheat oven to 400.
- 2 Brush low carb wraps with olive oil & place in oven for about 5 mins per side. They should get golden brown but not burned. They also may puff up some.
- 3 In a medium skillet, thoroughly cook ground beef until browned. Add cumin, chili powder, oregano, and salt and pepper to taste. Then add water. Simmer for a few minutes until thickened and then remove from heat.
- 4 Now it is time to assemble pizzas: Place four tortillas down on non-stick baking sheet. Top with 2 Tbsp salsa, 2 Tbsp taco sauce, 1/4 of meat, and 1/4 cup of cheese (or until well covered). Top with diced tomatoes and olives.
- 5 Once you have assembled all 4 pizzas, place back in the oven until cheese is melted and bubbles.
- 6 Top with guacamole & sour cream if you wish! Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

"Fried Green Tomato" Salad

8 net carbs per serving (yields 4 servings of salad & 5 slices of fried tomatoes)

4	green tomatoes	1/2 cup	almond flour
1/4 cup	coconut flour	1/4 cup	olive oil
1/2 tsp	salt	8 cups	romaine lettuce
1/2 tsp	black pepper	1	tomato, diced
2	eggs	1/2 cup	Mozzarella cheese
1/2 cup	Parmesan cheese		shredded



- 1 Slice tomatoes into 1/2 inch thick slices.
- 2 Whisk together coconut flour, salt, and pepper then use mixture to coat tomato slices.
- 3 In a separate bowl, beat eggs together.
- 4 In another separate bowl, combine almond flour with parmesan cheese
- 5 Heat oil in skillet over medium-high heat.
- 6 Dredge the tomatoes (now covered in coconut flour mixture) in egg and then into the almond flour & parmesan mixture. Coat thoroughly.
- 7 Place in skillet and fry until golden brown.
- 8 Assemble salad on each plate using 2 cups romaine lettuce, diced tomatoes, and 1/8 cup cheese. Top with fried tomato slices.

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Grilled Chicken and Veggies

9 net carbs per serving (yields 4 servings)

4	boneless and skinless chicken breasts	6	Tbsp	olive oil
		2		garlic cloves, minced
1	medium eggplant, sliced 1/4 inch thick	1	tsp	oregano, divided
		2	tsp	salt, divided
1	medium zucchini, sliced 1/4 inch thick	2	tsp	cracked black pepper, divided
1	red bell pepper, sliced in 1/2 inch strips	1/2	cup	crumbled feta cheese



- 1 Heat up grill.
- 2 Toss chicken breasts in olive oil, 1/2 tsp of oregano, 1 tsp salt, and 1 tsp of pepper.
- 3 Place on grill. Cook until thoroughly cooked through (about 5-7 minutes per side).
- 4 Meanwhile, Lay veggies on grill and cook until charred on edges (about 3-4 minutes per side).
- 5 Remove veggies, chop into 1/2 inch pieces and place in large bowl.
- 6 Add olive oil, garlic, remaining oregano, salt and pepper. Coat well. Finish will sprinkle of feta cheese.
- 7 Serve chicken breast on top of veggie mixture for a delicious combination.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 7 minutes

Cooking Time: 15 minutes

Pork Kabobs

5 net carbs per serving (yields 4 servings)

1	orange	1 small	red onion, cut into 1 inch slices
1	Tbsp tomato paste		
1	garlic clove, chopped		
1	Tbsp cumin		salt and black pepper to taste
1/8	tsp cinnamon		skewers
4	Tbsp olive oil	1 small container	tzatziki sauce (optional)
1 1/2	lbs boneless pork loin, cut into 2 inch cubes	4	low carb tortillas (optional)
1	small eggplant, cut into 1 inch cubes		



- 1 Preheat grill.
- 2 In a bowl, whisk together tomato paste, juice from 1 orange, garlic, cumin, cinnamon, 2 Tbsp olive oil, and salt and pepper (about 1 tsp each). Add pork and thoroughly cover. Let marinate (overnight is ideal, but at least 20 minutes)
- 3 While pork is marinating, in a separate bowl combine eggplant, onion, 2 Tbsp olive oil, salt and pepper.
- 4 Once pork is finished marinating, cut into cubes, then begin assembling skewers- alternating pork, eggplant and onion.
- 5 Place on grill and cook until pork is cooked to desired doneness and veggies are charred.
- 6 You could serve with or on low carb wrap with tzatziki sauce if you prefer! (Just add about 6 extra carbs to carb count)

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Inactive Time: 20 minutes

Cauliflower Rice

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

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|---|--|
| 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

Low Carb Crab Cakes

4 net carbs per serving (recipes yields 4 servings of 2 crab cakes)

1 cup	lump crab meat	2	tsp	old bay seasoning
1	egg	2	Tbsp	parsley
2 tsp	dijon mustard	1 1/2	Tbsp	coconut flour
1 Tbsp	fresh lemon juice	2	Tbsp	coconut oil



- 1 In a small bowl, combine whisk egg & then combine with lemon juice and dijon mustard.
- 2 In a separate bowl, combine old bay seasoning, parsley, and coconut flour. Mix well.
- 3 Ensure crab meat has no shells or cartilage and then add to egg mixture. Once well mixed, add dry mixture.
- 4 Heat coconut oil in a skillet over medium heat.
- 5 Form 8 patties of crab meat & place in oil-- frying for about 3 minutes per side.
- 6 Remove and dab excess oil with paper towel. Top with lemon juice and salt and pepper as desired.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 6 minutes

Asian Cole Slaw

8 net carbs per serving (12 servings in entire recipe)

1	bunch	scallions or Green Onions	1/4	cup	olive oil
2	16 oz bags	coleslaw mix	2	Tbsp	grated fresh ginger
1	small	red onion	2	Tbsp	white vinegar
1/4	cup	soy sauce	2	Tbsp	Splenda Brown Sugar
1/4	cup	lemon juice	2	Tbsp	Asian sesame oil



- 1 Separate the scallion whites
- 2 Toss the coleslaw mix, red onions, and scallions together in a large bowl til thoroughly mixed
- 3 Stir remaining ingredients together in a small bowl until blended.
- 4 Serve within 1 hour of dressing
- 5 Tip: You can make the slaw (minus the dressing) up to a day in advance as long as it is refrigerated. Before serving, simply bring slaw back to room temperature and make dressing and toss.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Recipe Type: Side Dish

Balsamic Grilled Steak

10 net carbs per serving (yields 4 servings)

1/4 cup balsamic vinegar	1 lb	sirloin steak, cut into 1 inch cubes
1/4 cup barbecue sauce		
1 tsp dijon mustard	2 cups	cherry tomatoes



- 1 Mix together balsamic vinegar, bbq sauce, and dijon mustard in a bowl. Remove 1/2 cup for basting but use the rest to marinade the steak.
- 2 Assemble skewers: Alternating steak and tomatoes then place them on the grill over medium heat until desired doneness of steak.
- 3 Use 1/2 cup of reserve liquid to baste skewers for the last 2-3 minutes of cooking for extra moistness.
- 4 Serve with loaded sweet potato skins!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Loaded Sweet Potato Skins

12 net carbs per serving (yields 4 servings of 1/2 sweet potato or 1 skin)

2	small	sweet potatoes	1	cup	mexican blend cheese
1	Tbsp	olive oil	4	strips	bacon, cooked and crumbled
1/4	cup	half and half			sour cream, (optional)
1/4	tsp	salt			
1/4	tsp	black pepper			



- 1 Preheat oven to 400. Wrap sweet potatoes in aluminum foil & pierce several times with fork or knife. Bake for 45 mins to an hour, until soft.
- 2 Allow potatoes to cool then slice lengthwise.
- 3 Scoop out sweet potato "insides" from the skin and place in a bowl.
- 4 Place the skins on a baking sheet lined with foil, drizzle with olive oil, and bake for 5-10 minutes.
- 5 Meanwhile, combine sweet potato flesh with half and half, salt, and pepper.
- 6 Remove skins from oven and fill with flesh mixture. Top with cheese. Bake for another 10-15 minutes, until cheese melted and bubbly. Top with bacon crumbles and sour cream if desired!
- 7 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 1 hour and 10 minutes

Coconut Chicken Soup

4 net carbs per serving (yields 8 servings)

1 Tbsp	olive oil	1/2 tsp	red pepper flakes
1 inch piece	ginger, peeled & sliced thin	1 lb	rotisserie chicken, shredded
1 Tbsp	dried lemongrass	2 cups	unsweetened coconut milk
8 ounces	mushrooms sliced	2 Tbsp	asian fish sauce
6 cups	chicken stock	3 Tbsp	fresh cilantro leaves
3 Tbsp	lime juice		



- 1 Heat olive oil in skillet over medium heat. Add ginger and lemon grass. Let toast for about 2 mins and then add mushrooms. Cook for another 2-3 minutes.
- 2 Then add chicken stock, lime juice and red pepper flakes. Bring soup to a simmer and simmer for 10 minutes. Then add chicken and cook for another 5 minutes.
- 3 Finally, whisk in coconut milk, fish sauce and cilantro. At this point, you want to lower heat and let soup cook for another 10 minutes. Salt and pepper to taste.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 30 minutes