

VitalMeals Week 2

Mexican Beef Crockpot
Italian Chicken
String Beans with Shallots
Low Carb Shepherd's Pie
Steak "Pizza-Style"
Parmesan Creamed Spinach
Mahi Mahi with Cauliflower
Low Carb Burger
Spicy Sweet Potato Chips
Butternut Squash Soup with Chipotle Cream

Servings: 4



Mexican Beef Crockpot

16 net carbs per serving

1-2 Tbsp	olive oil	1	clove	garlic
1	lb			stewing beef (cubed)
2	Tbsp			almond flour
1	tsp			kosher salt
1/2	tsp			garlic powder
1/2	tsp			onion powder
1	medium			sweet onion finely chopped
2	stalks			celery chopped
		1		red pepper chopped
		1	can	diced green chilis (4.5oz)
		1/2	cup	diced tomato
		1/8	tsp	chipotle powder
		1/8	tsp	cayenne pepper
		1	tsp	chili powder



- 1 Heat olive oil over medium heat in frying pan
- 2 Combine almond flour, garlic powder, onion powder, salt and pepper in a shallow pan
- 3 Coat the beef cubes in the almond flour mixture
- 4 Fry beef in olive oil until browned on all sides. Should take about 5 mins
- 5 Place all other ingredients in a slow cooker & mix thoroughly
- 6 Placed brown beef on top and cook on low heat for 6 hours or high heat for 3 hours.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Moderately difficult

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 6 hours

Recipe Type: Main Dish

Italian Chicken

8 net carbs per serving

6	chicken cutlets (pounded thin)	1	28 oz can	whole tomatoes	
		1/2	tsp	red pepper flakes	
6	sage leaves	1	tsp	salt	
3	oz	grated fontina cheese	1/2	tsp	pepper
3	Tbsp	olive oil		Toothpicks	
1	clove	garlic			
1/2	cup	white wine			



- 1 Sprinkle chicken with salt and pepper and place a sage leaf on top of each. Then top each with about 2 Tbsp of fontina cheese.
- 2 Roll up chicken & seal with toothpick.
- 3 Warm olive oil and halved garlic clove in large skillet over medium-high heat until garlic is fragrant (about 2 mins)
- 4 Add chicken & brown on all sides (about 3 mins per side)
- 5 Remove chicken from pan and remove & discard garlic
- 6 Add wine to the pan and simmer for 2 mins.
- 7 While that is cooking, go ahead and combine tomatoes and red pepper flakes in blender. Blend until smooth.
- 8 Add this mixture to the wine in the pan and simmer for 5 mins.
- 9 Then return chicken to pan and simmer for 10 mins in tomato sauce. Turn chicken and simmer until cooked through (about 5-7 more mins)
- 10 Remove chicken and season sauce with salt and pepper
- 11 Slice chicken into 1 inch rounds, remove tooth pick and place chicken over sauce and serve

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 30 minutes

String Beans with Shallots

4.5 net carbs per serving

- | | | | |
|--------|---|-----|------------------------------|
| 1 lb | french string beans
(haricots verts), remove
ends | 3 | large shallots (diced large) |
| | | 1/2 | tsp pepper |
| 2 Tbsp | unsalted butter | 1 | pinch kosher salt |
| 1 Tbsp | olive oil | | |



- 1 Blanch string beans in a large pot of boiling salted water for 1.5 mins only
- 2 Drain immediately and immerse in a bowl of ice water.
- 3 Heat the butter and oil in a very large saute pan or large pot and saute the shallots on medium heat for 5-10 mins, tossing occasionally, until lightly browned.
- 4 Drain the string beans and add to the shallots with 1/2 tsp salt and pepper. Toss well.
- 5 Heat only until beans are hot.
- 6 Blanch beans for about 3 mins until they are crisp and tender.

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Low Carb Shepherd's Pie

16 net carbs per serving

1	medium head of cauliflower (washed and cut into florets)	1 lb	lean ground beef (preferably grassfed), browned
3 Tbsp	butter (cubed)	1/2 tsp	kosher salt
1/4 tsp	salt	1 Tbsp	Worcestershire sauce
1/2 Tbsp	parsley	1/2 cup	beef or vegetable broth
1	sprinkle pepper	1/2 tsp	soy sauce
1	sprinkle garlic powder	1/4 cup	tomato paste
2 Tbsp	Olive oil	1/2 Tbsp	parsley
2	cloves garlic minced	1 cup	frozen peas
1	small onion (chopped fine)	1 cup	mozzarella cheese, shredded
2/3 cup	carrots (chopped fine)	1 Tbsp	Parmesan cheese
2	stalks celery (chopped)		paprika
2	cups fresh mushrooms (diced)		



Step 1: Prepare Topping

- 1 Place Cauliflower in large pot covered with water. Bring to boil. Then reduce to gentle boil & cook with lid on for 8-10 mins. (Cauliflower should be tender not mushy)
- 2 Remove from heat. Drain well. Put cauliflower back in pot with lid on and let stand for 5 mins. (This ensures the cauliflower doesn't get mushy, so dont skip this step!)
- 3 Place cauliflower in food processor with butter, salt, parsley, pepper & garlic powder. Pulse until it is whipped consistency of mashed potatoes. Add butter.

Step 2: Prepare Base

- 1 Brown ground beef over medium heat
- 2 In a separate pan, fry the oil, garlic, onion, carrots over medium heat until softened (about 3-5 mins). Add celery & mushrooms and cook for 1 more minute.
- 3 Add ground beef, salt, worchestshire, broth, soy sauce, tomato paste and parsley.
- 4 Simmer over medium heat for about 15 mins until cooked through and some of the juice has cooked off so its not runny.
- 5 Add frozen peas for the last 10 mins.

Step 3: Assemble the Pie and Bake

- 1 Preheat oven to 350.
- 2 Spread the beef mixture into 9x13 casserole dish and top with mashed cauliflower.
- 3 Sprinkle with mozzarella, parmesean & dash of paprika
- 4 Bake for 45 mins until bubbling and cheese is cooked. Feel free to broil toward the end for cheese to crisp up.
- 5 Let stand for 5-10 mins before slicing and serving.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Moderately difficult

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 45 minutes

Steak "Pizza-Style"

12 net carbs per serving

1/4 lb	boneless sirloin steak	1	can (15 ounces) crushed tomatoes
2	Tbsp olive oil		
4	cloves garlic (smashed)	1/2 tsp	dried oregano
1	large onion, sliced 1/4 inch thick	1 pinch	red pepper flakes
2	bell peppers, sliced 1/2 inch thick	2 Tbsp	parsley
			Kosher salt
4	jarred pepperoncini (drained and thinly sliced)		



- 1 Sprinkle the steak with 1/4 tsp salt
- 2 Heat the olive oil in a large skillet over medium-high heat. Add the steak and sear until browned (about 2 mins per side) then transfer to a plate.
- 3 Add garlic, onion, bell peppers and cook until softened slightly (about 4 mins). Then add pepperoncini, tomatoes, oregano, red pepper flakes & 3/4 cup water. Stir.
- 4 Simmer, add steak in the sauce, and continue cooking until medium rare (about 7 mins).
- 5 Remove steak and let it rest for about 5 mins. Continue cooking th sauce so it can thicken up a little more (about 3 mins).
- 6 Slice steak, top with sauce & parsley

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 2 minutes

Cooking Time: 15 minutes

Parmesan Creamed Spinach

2 net carbs per serving

2 cups unsweetened almond milk 2 10 oz packages of frozen,
2 Tbsp unsalted butter chopped spinach (thawed
2 Tbsp almond flour and drained)
1/2 tsp pumpkin pie spice Kosher salt
1/4 cup grated Parmesan Ground black pepper



- 1 Warm milk in small sauce pan over medium heat
- 2 Melt the butter in a separate small sauce pan over medium heat
- 3 Whisk the almond flour into the butter and cook for about 2 mins (making a roux)
- 4 Whisk in the warm milk a little at a time to avoid lumps. Cook until sauce begins to thicken (2-3 mins). Then add pumpkin pie spice, pinch of salt & pepper
- 5 Turn the heat to slow, stir in cheese & let it melt. Then stir in spinach and cook another 2-3 mins until heated through.

Servings: 6

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 2 minutes

Cooking Time: 10 minutes

Mahi Mahi with Cauliflower

4 net carbs per serving

4	6 oz	skinless mahi mahi filets	1/4 tsp	coriander
		Kosher salt	1 Tbsp	lemon juice
		Black pepper	1/4 cup	chopped parsley
1/2	head	cauliflower florets (cut into 1/2 inch pieces)		Lemon wedges (for serving)
1/4	cup	sliced almonds		



- 1 Preheat oven to 375.
- 2 Season fish with salt and pepper
- 3 Heat 1 Tbsp butter in large skillet over medium-high heat. Sear fish until golden brown on 1 side (about 3 mins). Then transfer to baking sheet with "cooked-side" up. Roast in oven about 10 mins (or until cooked through)
- 4 While fish is roasting, melt remaining 3 Tbsp butter in skillet over medium-high heat. Add cauliflower and cook until golden brown (about 6 mins).
- 5 Then add almonds, coriander, 1/4 tsp salt & pepper
- 6 Cook until almonds are golden (about 2 mins).
- 7 Remove from heat and stir in lemon juice and parsley.

Servings: 4

Cooking Times

Cooking Time: 25 minutes

Low Carb Burger

< 2 net carbs per serving (2 patties)

2.5 lbs	ground beef (preferably grass fed)	1 Tbsp	chili powder
		1 tsp	salt
1 cup	shredded sharp cheddar cheese	1/4 tsp	black pepper
1/2 cup	finely chopped red bell pepper	1 pinch	cayenne pepper
1/4 cup	finely chopped red onion	1 large	egg (beaten)
1 Tbsp	sugar free ketchup	2 Tbsp	olive oil



- 1 Mix all ingredients together in a large bowl (except the oil).
- 2 Divide into 10 equal sized patties.
- 3 Heat oil in large skillet over medium high heat
- 4 Cook burger until lightly browned & cooked through (roughly 7 mins per side). Of course, you can always throw them on the grill if its nice outside!

Servings: 5

Yield: 2 patties each

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Tips

Note: nutrition calculated using Heinz reduced sugar catsup

Spicy Sweet Potato Chips

15 net carbs per serving

2 sweet potatoes, washed and dried 1/2 tsp salt
2 Tbsp olive oil 1/2 tsp pepper
1 tsp cayenne pepper



- 1 Preheat oven to 450.
- 2 Line 2 baking sheets with parchment paper.
- 3 Cut potatoes into 1/4 inch thick slices
- 4 In large bowl, add oil & seasoning and toss potato slices to coat
- 5 Place single layer on baking sheets and bake until lightly browned & crisp on both sides. (roughly 15 mins per side)

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Butternut Squash Soup with Chipotle Cream

8 net carbs per serving

3 Tbsp	Olive oil	6 cups	chicken broth
1 medium	butternut squash (halved lengthwise, seeds discarded, washed, and reserved)	3 tsp	minced canned chipotle chiles in adobo, divided
		1/2 cup	sour cream
1 medium	onion chopped		salt
2 stalks	celery chopped		pepper
2 cloves	garlic, chopped		



- 1 Preheat oven to 400
- 2 Using 1 Tbsp oil, grease the squash and season with salt and pepper. Place on baking sheet and roast until tender- about 45 mins. Remove from oven.
- 3 In the meantime, in a large pot over medium-high heat, add remaining olive oil, onion, celery, and carrot. Add pinch of salt. Saute until just tender (10 mins) and then add garlic. Saute 2 more minutes.
- 4 Scoop the butternut squash flesh into pot and stir. Add 4 cups chicken broth and bring to boil.
- 5 Reduce heat to low, cover and simmer until veggies are very tender (about 30 mins).
- 6 Turn heat off, using immersion blender, puree the soup until smooth. (If necessary, add more of remaining stock to created desired thickness).
- 7 Mix in 2 tsp of chipotle into soup and season with salt and pepper to taste.
- 8 Then, in a small bowl, mix the chipotle cream: 1 tsp chipotle chiles, sour cream & salt and pepper to taste. Add dollop to each bowl of soup.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Moderately difficult

Cooking Times

Cooking Time: 45 minutes