

VitalMeals Week 21

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Cabbage Enchiladas

Day 2

Chicken and Egg Sweet Potato Hash

Day 3

Broccoli Chicken Casserole

Day 4

Sweet and Sour Brisket

Braised cabbage

Day 5

Spicy Shrimp and Cashew Stir Fry

Day 6

Pizza Topping Bake

Day 7

Summer Carrot Soup

Servings: 4



Cabbage Enchiladas

12 net carbs per serving, (yields 4 servings)

8 leaves	cabbage	1	Tbsp	chili powder
1 lb	grass fed ground beef	1	tsp	cumin
1 large	onion	1/2	tsp	garlic powder
1	green bell pepper, diced	1/2	tsp	salt
1 cup	diced tomato	1/2	tsp	pepper
1 can	enchilada sauce	1/2	cup	water



- 1 Preheat oven to 350.
- 2 In a skillet over medium-high heat, brown meat with onion, diced pepper, and seasoning. Then add water & tomatoes. Simmer on low heat.
- 3 While above is simmering, boil cabbage leaves for about 3 minutes or until soft.
- 4 Lay out cabbage leaves & fill with heaping spoonful of meat mixture. Roll cabbage like an enchilada and place in baking dish (seam side down).
- 5 After all are placed in baking dish, top with enchilada sauce.
- 6 Bake for 20-25 minutes or until desired doneness.
- 7 Top with cheese, guacamole or sour cream as desired! Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Oven Temperature: 350°F

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Chicken and Egg Sweet Potato Hash

15 net carbs per serving. (Yields 4 servings)

1	Tbsp	olive oil	1/4	tsp	paprika
1		onion chopped	8	oz	rotisserie chicken breast, cut into 1/2 inch pieces
10	oz	peeled sweet potatoes, cut into 1/2 inch pieces	4	large	eggs
3/4	tsp	dried thyme	1	tsp	chopped chives
1/2	tsp	garlic powder			



- 1 Heat a skillet over medium-high heat and add olive oil and onions. Cook for about 5 minutes.
- 2 Then add sweet potatoes, thyme, garlic powder, paprika, and salt and pepper to taste. Stir well. Add 2-3 Tbsp of water, cover, and simmer on medium heat for about 10-15 minutes.
- 3 Add chicken and cook another 2-3 minutes uncovered.
- 4 Make 4 wells in hash and crack an egg in each. Cover skillet again & cook until whites are set- this should take about 7 minutes. Top with chives and enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Broccoli Chicken Casserole

10 net carbs per serving, (yields 6 servings)

1	lb	chopped broccoli	1/2 cup	shredded cheddar cheese
1	1/2 cups	cooked chicken breast, cubed	1 Tbsp	melted butter
1	10.75 oz	can condensed cream of broccoli soup	1-2 pieces	healthy life (or other lower carb) bread
1/3	cup	milk		



- 1 Preheat oven to 450.
- 2 In a sauce pan, boil broccoli in water for about 5 minutes and then drain.
- 3 In a bowl, mix cream of broccoli and milk.
- 4 Place cooked broccoli in casserole dish (a 9 inch pie dish is best). Top with chicken cubes and above milk mixture.
- 5 Top with cheddar cheese.
- 6 Prepare bread crumbs by food processing 1-2 pieces of healthy life bread. Then mix with melted butter and sprinkle over cheese.
- 7 Bake for 15 minutes or until golden brown.
- 8 Should have left overs for tomorrow!!
- 9 **To cut carbs even further, consider subbing almond or coconut milk for milk in recipe**

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Sweet and Sour Brisket

13 net carbs, yields 10 servings of 4 oz brisket with 3 Tbsp sauce

1	3lbs	beef brisket	1	15 oz	can tomato sauce (reduced sugar)
1	tsp	salt			
1/2	tsp	ground black pepper	1/4	cup	low sodium chicken broth
2	Tbsp	olive oil			
1	medium	onion, sliced into wedges	3	Tbsp	splenda brown sugar
3	cloves	garlic	1/3	cup	cider vinegar



- 1 Preheat oven to 300.
- 2 Heat dutch oven over medium high heat. Add 1 Tbsp of olive oil.
- 3 Season brisket with salt and pepper and then sear about 5 minutes on each side, or until browned. Remove brisket.
- 4 Add remaining 1 Tbsp olive oil to pot and add onion, cooking for about 5 minutes. Then add garlic, tomato sauce, broth, brown sugar, and cider vinegar.
- 5 Bring to a boil. Add brisket back to pot and spoon mixture over brisket. Cover and place in oven.
- 6 Cook for about 3 hours, or until brisket is tender.
- 7 Let brisket rest for about 10-20 minutes before cutting.
- 8 Top each serving with sauce from the pot. Enjoy!
- 9 This is a recipe that you can enjoy for lunch the next day or to easily feed a large crowd for a party or gathering!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 3 hours

Braised Cabbage

8 net carbs per serving, (yields 4 servings)

1 tsp fennel seed	1 Tbsp chicken broth
1 Tbsp olive oil	2 Tbsp butter
1 head red cabbage, thinly sliced	1 Tbsp chopped parsley
1 Tbsp red wine vinegar	salt and black pepper to taste



- 1 Toast fennel seeds in a skillet with 1 Tbsp of olive oil- should take around 1 minute.
- 2 Add red cabbage in batches, seasoning with salt and pepper. Cook until wilted. Add red wine vinegar and chicken broth.
- 3 Cover and simmer over medium heat. Stirring occasionally. Simmer for about 30 minutes or until cabbage is soft.
- 4 Finally, toss cabbage with 2 Tbsp butter and chopped parsley.
- 5 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Spicy Shrimp and Cashew Stir Fry

3 net carbs per serving (Yields 4 servings)

1 Tbsp	soy sauce	4 ribs	celery, thinly sliced
1 Tbsp	sesame oil	3/4 cup	roasted cashews, salted (about 4 oz)
1 Tbsp	white cooking wine	3/4 Tbsp	kosher salt
1 inch	piece of peeled ginger	1 lb	peeled and cleaned shrimp
3 cloves	garlic	3	scallions, thinly sliced
1 tsp	crushed red pepper flakes (optional)		
2 Tbsp	olive oil		



- 1 In a bowl, mix soy sauce, sesame oil and wine.
- 2 Use a chopper to mince ginger, garlic, and red pepper flakes.
- 3 Heat skillet over high heat. You want it to get very hot and then add 1 Tbsp of olive oil. Then add celery and cashews and season with 1/4 tsp salt. Stir fry about 3 minutes then remove to a plate.
- 4 Add remaining 1 Tbsp olive oil to skillet and then add shrimp and 1/2 tsp salt. Stir fry about 2 minutes, or until shrimp turn pink.
- 5 Add garlic-ginger mixture and scallions. Stir fry for another minute. Then add celery and cashews back to skillet.
- 6 Top with soy sauce mixture and cook for an additional minute, or until all ingredients are well mixed.
- 7 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Pizza Topping Bake

8 net carbs per serving, (yields 6 servings)

1	lb	italian sausage	1/2	cup	green pepper chopped
8	oz	mushrooms, sliced	8	oz	whole milk mozzarella cheese, cut into small cubes
4		eggs			
1/2	cup	heavy cream			
1/4	cup	pizza sauce, reduced sugar	1/2	cup	red onion, thinly sliced
1/4	tsp	garlic powder			crushed red pepper (optional)
1/2	tsp	italian seasoning			
3 1/2	oz	chopped pepperoni			



- 1 Preheat oven to 350.
- 2 In a skillet over medium high heat, brown sausage with mushrooms.
- 3 While cooking sausage & mushrooms, whisk eggs, cream, pizza sauce and seasonings in a bowl.
- 4 Grease a deep baking dish (7x9") and add meat & mushroom mixture, peppers, and mozzarella cubes. Then pour egg mixture on top and mix well. Top with red onion.
- 5 Sprinkle with garlic powder, italian seasoning and crushed repper flakes.
- 6 Bake at 350 for 45-50 minutes or until golden brown and bubbly.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Summer Carrot Soup

10 net carbs per serving, (yields 6 servings)

3	Tbsp	olive oil	1/4	tsp	paprika
1	large	red onion, diced	2	tsp	cumin
3	cloves	garlic, minced	1/4	tsp	allspice
1	lb	carrots, diced	1	tsp	turmeric
4	cups	vegetable broth			salt and pepper to taste
1/4	tsp	garlic powder			



- 1 Heat a large soup pot (or dutch oven) over medium heat. Add olive oil and onions and cook about 3-5 minutes. Then add garlic and carrots. Mix well to make sure all ingredients are well coated with olive oil.
- 2 Add all remaining ingredients (except salt and pepper).
- 3 Bring to a boil then reduce heat to simmer for about 10 minutes (or until carrots are tender).
- 4 Remove from heat.
- 5 Using an immersion blender or food processor, blend soup until creamy and smooth.
- 6 Season with salt and pepper.

Degree of Difficulty

Degree of Difficulty: Easy