

VitalMeals Week 22

Day 1

Mexican Chicken and Sweet potato bake

Day 2

Rosemary Chicken and Mushrooms
Bacon Wrapped Butternut Squash Bites

Day 3

Summer Vegetable Egg Bake

Day 4

Super Simple Pot Roast
Cauliflower Rice

Day 5

Garlic Dijon Salmon
Spicy Green beans and Kale

Day 6

Low Carb Meatloaf
Cauliflower "Mashed Potatoes"

Day 7

Avocado Gazpacho Soup

Servings: 4

Mexican Chicken and Sweet Potato Bake

14 net carbs per servings, (yields 6 servings)

1 lb	boneless skinless chicken breasts, cooked and shredded (you could also use rotisserie chicken)	1	onion, cut into quarters
		4	cloves garlic
		1/2	tsp cumin
		1	tsp salt
2	sweet potatoes, spiralized	1/4	tsp black pepper
4	tomatoes peeled, seeded and diced	1/4	cup black beans
		5	oz pepper jack cheese
1	tsp olive oil		



- 1 Preheat oven to 400. Spiralize sweet potatoes with smallest noodle blade and place them in a 9x13 casserole dish.
- 2 Place shredded chicken in a large bowl.
- 3 Bring a large pot of water to a boil and add 4 tomatoes and cook for about 10 minutes. Remove, peel skin, and place in blender. Blend until smooth.
- 4 In a medium skillet, heat oil over high heat and add garlic and onion- sauteeing until brown. Transfer to blender with sauce and add cumin, salt, and pepper. Blend thoroughly.
- 5 Pour mixture into large bowl with chicken and add 1/4 cup black beans. Stir to combine.
- 6 Pour mixture over sweet potatoes and top with cheese. Cover with foil and bake for 50-60 minutes or until sweet potatoes are soft.
- 7 ** Of note, if you don't have a spiralizer, you can always just chop sweet potatoes into small cubes instead!**

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 1 hour

Rosemary Chicken and Mushrooms

10 net carbs per serving (yields 4 servings)

4	6 oz	chicken breasts	1	cup	water
2	Tbsp	olive oil	2		lemons (to juice)
20		mushrooms, cut in half			salt and black pepper to
8		shallots, cut in half			taste
8		sprigs of fresh rosemary			



- 1 Preheat oven to 350.
- 2 Season chicken with salt and pepper.
- 3 Place in oven proof skillet over medium heat with 2 Tbsp olive oil.
- 4 Add mushrooms, shallots, and rosemary.
- 5 Then move skillet to oven and roast for about 15 minutes (or until chicken is cooked through).
- 6 Remove chicken and let rest.
- 7 While chicken is resting, prepare sauce by removing all but 1-2 Tbsp of rendered chicken fat from skillet and then placing skillet back on stove top. Add water and juice of 2 lemons to Tbsp of juices and cook over medium heat for about 5 minutes.
- 8 Drizzle over dish and enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Bacon Wrapped Butternut Squash Bites

10 net carbs per serving, (yields about 6 servings of 4 bacon wrapped cubes)

- | | | |
|-----------|--|-----------------------|
| 1 lb | butternut squash peeled
and cut into 1-inch cubes | garlic powder
salt |
| 12 slices | bacon
olive oil
chili powder | pepper |



- 1 Preheat oven to 350. Peel butternut squash and cut into 1 inch cubes.
- 2 Place squash cubes in a bowl and top with 1-2 Tbsp olive oil. Sprinkle with chili powder, garlic powder, salt and pepper. Toss and coat well.
- 3 Cut bacon in half and wrap half a bacon slice around each squash cube. Place seal side down on a foil lined baking dish.
- 4 Bake for 20 minutes then flip squash and bake for another 20 minutes.
- 5 ** If you prefer bacon crispier, broil for last 3-5 mins of baking **

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 40 minutes

Summer Vegetable Egg Bake

7 net carbs per slice (yields 8 large slices)

3	Tbsp	olive oil	6	eggs
1/2		onion chopped	1/4 cup	heavy cream
8	oz	mushrooms, sliced	2	cloves garlic, minced
3	medium	zucchini, sliced 1/4 inch thick	3	Tbsp fresh basil, chopped
2		red peppers, sliced into 1/4 inch strips	1/2	tsp salt
8	oz	cream cheese, softened	1/2	tsp pepper
			2	cups shredded swiss cheese



- 1 Preheat oven to 350. Coat the bottom of a 9inch pan with olive oil and line with parchment paper and brush again with olive oil. Wrap outside of pan with aluminum foil.
- 2 Heat skillet over medium heat and add onions, mushrooms, zucchini, and peppers. Sauté for about 10 minutes.
- 3 In a large bowl, beat cream cheese until smooth then beat eggs until combined. Then add cream. Finally, add garlic, basil, salt, and pepper.
- 4 Use a slotted spoon to drain off liquid from cooked veggies and add them to the above egg mixture.
- 5 Add cheese and stir well to combine.
- 6 Spread mixture in pan and bake for about 90 mins or until top puffs up and becomes golden brown. (It should not jiggle when shaken).
- 7 Remove from oven and let sit about 10 minutes before cutting.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 1 hour and 30 minutes

Super Simple Pot Roast

2.5 net carbs per serving (yields 8 servings)

2.5 lbs	chuck roast	2 cups	water
2	cloves garlic, chopped	1 cup	red wine (optional)
1/2	cup onion chopped	2 Tbsp	fresh parsley, chopped
2	cups celery chopped		salt and black pepper to
1	cup baby carrots chopped		taste



- 1 Season roast generously with salt and pepper.
- 2 Heat skillet over medium high heat and sear chuck roast until browned on all sides then add to crock pot.
- 3 Top with all other mixtures, other than parsley, and cover. Cook on high for 5 hours.
- 4 Season with salt and pepper if desired. Serve over cauliflower rice. Enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 5 hours

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

Garlic Dijon Salmon

8 net carbs per serving (yields 4 servings)

4	6 oz	salmon filets	1 tsp	dried tarragon
1/3	cup	dijon mustard		salt and black pepper to
4	cloves	garlic, thinly sliced		taste
1		red onion, thinly sliced		



- 1 Preheat oven to 400. Spray a 9x13 inch pan with olive oil cooking spray.
- 2 Place salmon skin side down and coat with dijon mustard. Place garlic and onion slices on top of each filet and season with tarragon, salt and pepper.
- 3 Bake for 20 minutes- salmon should easily flake away with a fork. Enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Spicy Green Beans and Kale

11 net carbs per serving (yields 6 servings)

3	Tbsp	olive oil	1/4	cup	white wine
1		onion, sliced	1/2	tsp	red pepper flakes
1/4	lb	mushrooms, quartered	1	bunch	kale- rinsed, steamed, and chopped
1 1/2	lbs	green beans, trimmed and sliced into 1 inch pieces	2	Tbsp	lemon juice
2	tsp	salt	3	Tbsp	finely grated parmesan cheese
1/2	tsp	ground black pepper			



- 1 Heat skillet over medium-high heat and add olive oil. Then add onions and cook for about 5 minutes. Add mushrooms, green beans, salt and pepper and cook another 2 minutes.
- 2 Add wine and continue cooking another 5 minutes, until green beans are tender.
- 3 Add red pepper flakes and kale and cook another 5 minutes. Kale should be wilted.
- 4 Finally, top with lemon juice and parmesan cheese. Mix well.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Low Carb Meatloaf

2 net carbs per serving (yields 8 servings)

1 1/2 lbs	ground beef	2	eggs
1 Tbsp	worcestershire sauce	2 1/2 Tbsp	chili powder
1 4 oz	can tomato paste	1 Tbsp	garlic salt
1/3 cup	crushed fried pork skins	1 Tbsp	garlic pepper



- 1 Preheat oven to 375.
- 2 Grease a loaf pan with olive oil.
- 3 Mix together ground beef, worcestershire sauce, tomato sauce, pork skins, and eggs in a large bowl then season with chili powder, garlic salt, and garlic pepper.
- 4 Bake uncovered for about 40 minutes. Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 40 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

Avocado Gazpacho Soup

8 net carbs per serving (yields 4 servings)

5 cups	green heirloom tomatoes, cubed	5	tarragon leaves
2	avocados	2 cloves	garlic
1	lime	1	serrano pepper
1/4 cup	basil		salt and black pepper to taste
1/4 cup	cilantro		



- 1 Place all tomatoes in food processor and blend until smooth.
- 2 Transfer to mixing bowl, removing 1/2 cup and set aside.
- 3 Chop basil, cilantro, tarragon leaves, garlic and serrano pepper in food processor and then add to tomato puree.
- 4 Half and pit the avocados and then add them to the food processor along with juice of one lime and the 1/2 cup of tomato puree you set aside previously.
- 5 Add avocado puree to tomato and herb mixture. Blend well. Chill for 1 hour and then enjoy!
- 6 ** Soup is meant to be served cold **

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Inactive Time: 1 hour