

## VitalMeals Week 23

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**Day 1**

Mexican Breakfast Skillet

**Day 2**

Bruschetta Chicken  
Spinach Salad

**Day 3**

Kung Pao Chicken

**Day 4**

Pork Chop and Peaches  
Harvest Brussels

**Day 5**

Almond- Parmesan Tilapia  
Fennel Cabbage Slaw

**Day 6**

Portobello Pizza

**Day 7**

Strawberry and Tomato Gazpacho

Servings: 4

## Mexican Breakfast Skillet

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11 net carbs per serving (yields 6 servings)

1 lb	breakfast sausage	1 handful	cilantro
2 medium	sweet potatoes, diced		hot sauce
5	eggs		salt and black pepper to taste
1	avocado, diced		



- 1 Preheat oven to 400.
- 2 In an oven-safe skillet (or cast iron skillet) crumble and brown sausage over medium heat. Then remove sausage using slotted spoon and set sausage aside.
- 3 Add sweet potatoes into the pan with the left over sausage grease & cook. They should get nice and crispy!
- 4 Add sausage back to pan once sweet potatoes are cooked through.
- 5 Make 5 wells in the pan & crack an egg into each.
- 6 Place pan into oven & baking for about 5 minutes (until the eggs set).
- 7 Increase heat to broil and broil for 1-2 minutes, watching carefully not to burn.
- 8 Remove and top entire pan with avocado, cilantro and hot sauce if desired. Season with salt and pepper.

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 20 minutes

## Bruschetta Chicken

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6 net carbs per serving

4	boneless and skinless chicken breasts	1	tsp	olive oil
		1	tsp	balsamic vinegar
4	small tomatoes, chopped	1/8	tsp	sea salt
1	clove garlic, minced	1	handful	basil, chopped
1/2	small red onion, chopped			



- 1 Preheat oven to 375.
- 2 Season chicken with salt and pepper and bake for roughly 40 minutes.
- 3 While chicken cooks, combine tomatoes, garlic, onion, olive oil, balsamic vinegar, sea salt and basil in a bowl.
- 4 Refrigerate until chicken is ready to serve and the spoon over top of chicken.

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 40 minutes

## Spinach Salad

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

3	eggs	2	tsp	Stevia or Truvia		
7	slices	thick cut	bacon	1/2	tsp	dijon mustard
1	small	red	onion	1	dash	salt
1	pkg	mushrooms		8	oz	baby spinach- washed
3	Tbsp	red wine	vinegar			dried and stems removed



- 1 Place eggs in saucepan, cover water, bring to boil. Then turn off heat and allow them to sit in water for 20 mins. Drain off water and add ice on top of eggs.
- 2 Fry bacon in skillet until crispy. Remove to a paper towel. Drain fat into bowl and reserve.
- 3 Slice red onion thinly and add to skillet. Cook slowly until onions are caramelized and reduced. Remove to plate and set aside.
- 4 Slice mushrooms and add to same skillet with a little bit of bacon fat if needed. Cook slowly until caramelized and brown. Remove to plate and set aside.
- 5 Chop bacon. Peel and slice the egg
- 6 Make hot bacon dressing: Add 3 Tbsp of bacon fat, vinegar, stevia/truvia, dijon, and salt to a small saucepan or skillet over medium-low heat. Whisk together and heat thoroughly until bubbly.
- 7 Add spinach to a large bowl. Arrange onions, mushrooms and bacon on top. Top with hot dressing and combine. Add eggs and serve.

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 30 minutes

## Kung Pao Chicken

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17 net carbs per serving (yields 4 servings)

4 medium zucchini	4 Tbsp thinly sliced scallions
1 tsp olive oil	salt and black pepper to taste
2 6 oz chicken breasts, cut into 1/2 inch pieces	
1 red bell pepper, cut into chunks	3 Tbsp soy sauce
2 tsp sesame oil	2 Tbsp balsamic vinegar
4 cloves garlic, minced	2 tsp hoisin sauce
2 tsp ground ginger	5 Tbsp water
4 Tbsp crushed dry roasted peanuts	2 tsp splenda
	2 tsp almond flour



- 1 Use a spiralizer to cut zucchini into spaghetti like strips. Use scissors to then cut these strips into about 6-8inch long pieces.
- 2 In a bowl, whisk together all the ingredients for the sauce & set aside (soy sauce, balsamic, hoisin, water, splenda & almond flour).
- 3 Season chicken with salt and pepper. Heat skillet over medium heat and add oil. Cook chicken in oil about 5 mins per side, or until cooked through and then set aside.
- 4 Reduce heat on skillet to medium and add sesame oil, garlic and ginger. Cook about 1 minutes. It should become fragrant. Then add bell pepper and stir in soy sauce mixture. Bring all to a boil then reduce heat and simmer about 2 mins.
- 5 Add zucchini noodles and cook for another 2 minutes, just until noodles get tender.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 20 minutes

## Pork Chop and Peaches

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12 net carbs per serving (yields 4 servings of 1 chop & 4 peach wedges)

2	tsp	olive oil	2	tsp	chopped fresh thyme
4	4 oz	center cut boneless pork loin chops	2		peaches, cut into 8 wedges
1/2	tsp	salt	1/2	cup	dry white wine
1/2	tsp	pepper	1/2	cup	low sodium chicken broth
2	Tbsp	shallots, thinly sliced	2	tsp	butter



- 1 Heat large skillet over medium high heat. Add oil to pan. Season chops with salt and pepper and then add to pan.
- 2 Cook about 3 minutes per side, or until desired doneness. Remove and set aside.
- 3 Add shallots, thyme, and peaches to pan and cook another 2 minutes. Stir in wine and bring to a boil.
- 4 Reduce for about 2 more minutes. Then add chicken broth and bring back to a boil.
- 5 Reduce another 2 minutes. Remove from heat. Add butter. Spoon sauce over chops and enjoy!

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 15 minutes

## Harvest Brussels

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4 net carbs per serving (yields 6 servings)

5 cups shaved brussel sprouts	1/2 cup	crispy bacon, cooked and crumbled
1/2 cup pecans, chopped		
1/2 cup crumbled goat cheese	2	hard-boiled eggs, chopped



Mix all ingredients together and top with low carb dressing of your choice. Enjoy!

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

## Almond- Parmesan Tilapia

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6 net carbs per serving (yields 4 servings)

1	tsp	olive oil	2	Tbsp	fresh lemon juice
3	cloves	garlic, minced	1	tsp	Old Bay seasoning (or other seafood seasoning)
1/2	cup	grated Parmesan cheese	1/4	tsp	dried basil
1/4	cup	butter	1/4	tsp	black pepper
1/4	cup	slivered almonds	1/8	tsp	onion powder
3	Tbsp	mayonnaise	1/8	tsp	celery salt
2	Tbsp	bread crumbs (recommend they be made from food processed low carb bread like healthy life)	4		tilapia fillets



- 1 Preheat oven to broil and line a baking pan with aluminum foil and spray with olive oil spray.
- 2 Heat a skillet over medium heat. Add olive oil and garlic. Cook for about 5 minutes.
- 3 In a large bowl, mix together parmesan cheese, garlic, butter, almonds, mayo, bread crumbs, lemon juice, seafood seasoning, basil, pepper, onion powder, and celery salt.
- 4 Place tilapia fillets on baking pan and place in oven. Broil about 3 minutes. Flip and broil another 2-3 minutes.
- 5 Remove fish and sprinkle with parmesan cheese mixture.
- 6 Return to oven and broil until topping is browned, about 2 more minutes. Enjoy!

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 10 minutes



## Fennel Cabbage Slaw

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3 net carbs per serving (yields 4 servings)

1	fennel bulb, cored, cut into quarters and sliced thin, set fronds aside	1/4 cup	mayonnaise
		3 Tbsp	red wine vinegar
1 cup	thinly sliced purple cabbage	3 Tbsp	chopped fennel fronds (from above)
2	scallions	1 tsp	splenda
2	strips of bacon, cooked and chopped		salt and black pepper to taste



- 1 Toss fennel, cabbage, scallions and bacon together in a bowl.
- 2 In another bowl, mix all dressing ingredients together.
- 3 Add dressing to slaw and combine thoroughly.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 20 minutes

## Portobello Pizza

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11 net carbs per serving (yields 4 servings of 2 portobello pizzas)

8 large portobello mushrooms	2 Tbsp olive oil
4 tomatoes	2 tsp lemon juice
1 cup Mozzarella cheese shredded	1/2 tsp minced garlic
1 cup chopped onion	salt and pepper to taste



- 1 Preheat oven to 400.
- 2 Heat skillet over medium-high heat and add olive oil, onions, and garlic. Sauté for about 3 minutes.
- 3 Dice the tomatoes and then add these to the sauce pan with salt, pepper, and lemon juice. Bring to a simmer and cook another 5 minutes.
- 4 Remove insides from portobello mushrooms and place on baking sheet coated with olive oil spray.
- 5 Pour sauce into each portobello and top with cheese.
- 6 Bake for 10-15 minutes. Broil for last minute to make cheese extra brown and bubbly. Enjoy!

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 15 minutes

## Strawberry and Tomato Gazpacho

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8 net carbs per serving (yields 6 servings of 1 cup)

1	package	strawberries, washed and stemmed	4		limes, juiced
10	small	vine ripe tomatoes, chopped			salt and black pepper to taste
1		hot house cucumber, chopped	2 ounces		goat cheese, softened
4		jalapenos, seeded and chopped	2		limes, zested
1	bunch	mint, chopped	1 tsp		cracked black pepper



- 1 Place all ingredients in blender and puree until smooth.
- 2 Pour soup into a large bowl and set into an ice bath.
- 3 Chill for 1 hour.
- 4 In a separate bowl, mix together lime zest, goat cheese and pepper. Combine well.
- 5 To serve: spoon soup into bowl and top with dollop of goat cheese mixture and mint leaves. Enjoy!

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Inactive Time: 1 hour