

VitalMeals Week 24

Day 1

Turkey Taco Salad

Day 2

Feta Chicken

Low Carb Zucchini Fries

Day 3

Spaghetti Squash Chow Mein

Day 4

Onion Bacon Pork Chops

Roasted Cabbage

Day 5

Grilled Scallops

Kickin' Kale Chips

Day 6

Cheddar Waffles with Fried Eggs

Day 7

Chilled Cucumber Soup

Servings: 4

Turkey Taco Salad

10 net carbs per serving (yields 4 servings)

1 1/2 lbs	lean ground turkey	4	heads	romaine lettuce
2 tsp	olive oil	2		red bell peppers
1 1/2 cups	salsa	1/2		poblano pepper, chopped
1/4 cup	lime juice	1/2	bunch	cilantro
1 Tbsp	cumin	2		avocados
1 can (4 oz)	diced green chiles			salt and pepper to taste



- 1 Heat olive oil over medium-high heat and add turkey. Cook until browned (should take about 5 minutes). Then add salsa, lime juice, cumin, diced green chiles, and salt and pepper. Reduce and simmer.
- 2 While meat mixture simmers, prepare salad: chop romaine lettuce and portion onto 4 plates. Top each salad with strips of bell pepper.
- 3 Cut poblano chile in half, remove stem and seeds & chop. Chop cilantro and avocado.
- 4 After liquid has cooked off meat, top each salad with meat mixture, poblano chile, cilantro and avocado.
- 5 Recommended: serve with southwestern ranch dressing!

Cooking Times

Preparation Time: 20 minutes

Feta Chicken

3 net carbs per serving (yields 4 servings)

- 4 boneless and skinless chicken breasts 2 slices healthy life bread for bread crumbs
- 4 ounces Feta cheese crumbled



- 1 Preheat oven to 350. Grease a 9x13 inch baking dish with coconut oil.
- 2 Pound chicken until about 1/4 inch thick then place 1 ounce of feta cheese in center of each breast and fold each breast in half.
- 3 Food process the 2 pieces of bread into bread crumbs and spread about 2 Tbsp of bread crumbs along the bottom of each baking dish and then top with chicken. Top chicken with remaining bread crumbs.
- 4 Bake 25-30 minutes or until chicken is cooked through.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Low Carb Zucchini Fries

4 net carbs per serving (yields 6 servings)

2	zucchini	1/2 cup	almonds
1	Tbsp	1/2 cup	grated Parmesan cheese
2	eggs	1/2 tsp	dried Italian seasoning



- 1 Preheat oven to 400. Line baking sheet with parchment paper.
- 2 Cut zucchini into 3-inch lengths and then cut each into fries. Place fries in a colander and sprinkle with salt. Let zucchini dry/drain for 30 mins- 1 hour to remove excess liquid.
- 3 Beat eggs in bowl. In a separate bowl, mix almonds, parmesan cheese and italian seasoning.
- 4 Rinse salt off zucchini and pat dry with paper towel.
- 5 Dip each zucchini fry into egg and then roll in almond mixture. Place on baking sheet.
- 6 Bake about 30 minutes (turn them halfway through).
- 7 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Inactive Time: 1 hour

Spaghetti Squash Chow Mein

11 net carbs per serving (yields 6 servings)

1	spaghetti squash	2 Tbsp	olive oil
1/4 cup	soy sauce	1	onion chopped
3 cloves	garlic, minced	3 stalks	celery chopped
2 tsp	grated ginger	2 cups	coleslaw mix
1/4 tsp	pepper		



- 1 Preheat oven to 400.
- 2 Half spaghetti squash and scoop out seeds. Place skin side up in lined baking dish and drizzle with olive oil. Pour 1/2 inch water in bottom of pan.
- 3 Bake for about 30-45 mins until insides scoop out like spaghetti. Scoop insides out & place in a bowl.
- 4 In a separate bowl whisk together soy sauce, garlic, ginger, and pepper.
- 5 Heat 2 Tbsp olive oil over medium high heat and add onion and celery. Cook until soft- about 4 minutes. Add cabbage and cook an additional 1-2 minutes.
- 6 Finally, add spaghetti squash and soy mixture until blended well. This should take another 3-5 minutes.
- 7 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 1 hour

Onion Bacon Pork Chops

6 net carbs per serving (yields 4 servings)

6	slices	bacon, chopped	4	pork chops, bone in
2		onions thinly sliced	1/2	cup chicken broth
1/4	tsp	salt	1/4	cup heavy cream
1/4	tsp	pepper		



- 1 In a skillet, cook bacon over medium-high heat until crisp. Remove to a plate but reserve grease.
- 2 Add onions to bacon grease & season with salt and pepper. Cook for about 15 minutes until onions are tender.
- 3 Add onions to bacon plate.
- 4 Then add pork chops (seasoned with salt and pepper) to same skillet and cook for about 3-5 minutes per side, or until desired doneness. Remove.
- 5 Add broth to skillet and remove any browned bits. Add cream and simmer until thickened-- this should take another 3 minutes.
- 6 Finally, add onions and bacon to cream mixture and mix well.
- 7 Top each pork chop with mixture. Enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Cooking Time: 45 minutes

Roasted Cabbage

7 net carbs per serving (yields 6 servings)

1	head	green cabbage	1	tsp	onion powder
1/4	cup	olive oil	1	tsp	fennel seeds
1 1/2	tsp	garlic salt	1/4	tsp	black pepper



- 1 Preheat oven to 400 and line baking sheet with aluminum foil.
- 2 Cut cabbage in 1 inch slices from top to bottom.
- 3 Place slices in a single layer on baking sheet and brush with olive oil.
- 4 Combine remaining ingredients in small bowl and mix well. Top with cabbage with the seasoning mixture.
- 5 Bake for 20 minutes, flip, and then an additional 20 minutes.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 40 minutes

Grilled Scallops

8 net carbs per serving (yields 4 servings)

20 large scallops	1	tsp	black pepper
5 tbsp olive oil	1 1/2	Tbsp	lemon pepper
1 tsp salt			



- 1 Pat all scallops dry and set on plate. Drizzle with olive oil to generously coat all sides.
- 2 Season with salt, pepper and lemon pepper.
- 3 Heat grill or skillet to medium-high heat and then add scallops and cook 2-3 minutes per side.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 7 minutes

Kickin' Kale Chips

5 net carbs per serving (yields 4 servings)

1 bunch kale
2 Tbsp olive oil

2 tsp chili powder
salt



- 1 Preheat oven to 375.
- 2 Remove ribs from kale and tear into pieces.
- 3 In a bowl, combine kale & olive oil- coating generously. Season with chili powder and salt.
- 4 Place kale on baking sheets and bake until they become "chip-like." This should take about 10-15 minutes.
- 5 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Cheddar Waffles with Fried Eggs

7 net carbs per serving (yields 4 servings of 2 waffles and 2 eggs)

1	cup	almond flour	3/4	cup	unsweetened almond milk
1	cup	flax seed meal	1/4	cup	butter, melted
1/4	cup	unflavored whey protein			
2	tsp	baking powder	8		eggs
1/2	tsp	salt			butter
1/4	tsp	pepper			salt and pepper to taste
1 1/2	cups	shredded cheddar cheese			
4		eggs			



- 1 Preheat waffle iron and spray with non-stick olive oil spray.
- 2 In a bowl, whisk together almond flour, flax seed meal, whey protein, baking powder, salt, and pepper. Then add cheddar cheese.
- 3 Finally add eggs, almond milk and melted butter to the above mixture until well blended.
- 4 Scoop mixture into waffle iron and cook until gold brown- about 5 minutes.
- 5 While cooking waffles, you can be working on eggs.
- 6 Heat a skillet over medium heat and add butter (about 1 Tbsp per egg)
- 7 Once pan is hot, add eggs to skillet. Cook about 2-4 minutes, flipping halfway through.
- 8 Top waffles with eggs and enjoy!

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 45 minutes

Chilled Cucumber Soup

10 net carbs per serving (yields 4 servings)

4	large	cucumbers	1/2	cup	olive oil
3	cups	plain greek yogurt	2	tsp	crushed red pepper flakes
7	Tbsp	fresh lemon juice			salt and pepper to taste
6	cloves	garlic, minced			
1/2	cup	dill, remove stems & mince	1	handful	ice cubes
1/2	cup	parsley, remove stems and dice			



- 1 In a blender, combine cucumber, yogurt, lemon juice, garlic, dill, parsley, ice cubes and olive oil.
- 2 Blend until smooth.
- 3 Serve chilled and topped with salt, pepper and red pepper flakes.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 25 minutes