

## VitalMeals Week 25

---

### Day 1

Mexican Crockpot Chicken  
Cauliflower Rice

### Day 2

Greek Chicken Kabobs  
Greek Salad

### Day 3

Low Carb Sausage Quiche  
Spinach Salad (with goat cheese and walnuts)

### Day 4

Spice Rubbed Pork Tenderloin  
Balsamic Grilled Veggies

### Day 5

Avocado Tuna Salad

### Day 6

Garlic Chicken Wings  
Buffalo Chicken Crockpot

### Day 7

Chilled Spanish Tomato Soup  
Low Carb Jalapeno Cheddar Muffins

Servings: 4



## Mexican Crockpot Chicken

---

7 net carbs per serving (yields 4 servings)

4	boneless skinless chicken breasts	1	package	taco seasoning
		1/2	cup	chicken stock
1	cup			sour cream
1	14 oz			can diced tomatoes



- 1 Pour sour cream, tomatoes, taco seasoning, and chicken stock into slow cooker & then add chicken breasts.
- 2 Cover and cook on low for 6 hours.

### Degree of Difficulty

---

Degree of Difficulty: Very easy

### Cooking Times

---

Preparation Time: 5 minutes

Cooking Time: 6 hours

## Cauliflower Rice

---

*4 net carbs per serving (yields 4 servings)*

- |   |                          |
|---|--------------------------|
| 1 small head cauliflower, chopped<br>coarsely | 2 Tbsp coconut oil       |
| 1 small onion finely chopped                  | salt and pepper to taste |
| 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

## Greek Chicken Kabobs

---

6 net carbs per serving (yields 4 servings)

1 1/2 lbs	boneless skinless chicken breasts, cut into 1-inch pieces	1/2	red onion, quartered
		1	green bell pepper, cut into 1 inch pieces
4	Tbsp olive oil	1	red bell pepper, cut into 1 inch pieces
4	garlic clove, crushed		wooden skewers (pre-soak in water for 15 minutes to prevent burning)
2	tsp dried oregano		
1	tsp salt		
1	tsp pepper		
2	Tbsp lemon juice, freshly squeezed		



- 1 In a bowl, combine 2 of the Tbsp of olive oil, garlic, oregano, salt and pepper. Add chicken & stir to coat. Let marinate for 30 minutes.
- 2 In another bowl, mix together the additional 2 Tbsp olive oil and lemon juice.
- 3 Prepare kabobs by alternating marinated chicken with vegetables.
- 4 Place on grill and cook until chicken thoroughly cooked through and no pink remains.

### Degree of Difficulty

---

Degree of Difficulty: Easy

### Cooking Times

---

Preparation Time: 35 minutes

Cooking Time: 15 minutes

## Greek Salad

---

8 net carbs per serving (yields 6 servings)

1 head	romaine lettuce	1/3 cup	kalamata olives
1/2 cup	grape tomatoes	1/2	large cucumber, sliced
1	avocado	1/2 cup	feta cheese, crumbled
1/3 cup	red onions	1/2 cup	salted cashews



Chop all veggies and toss ingredients together. Enjoy!

### Degree of Difficulty

---

Degree of Difficulty: Very easy

### Cooking Times

---

Preparation Time: 15 minutes

## Low Carb Sausage Quiche

---

3 net carbs per serving (makes 6 servings of 1 slice of quiche)

12 oz	pork sausage	2 Tbsp	heavy (whipping) cream
5 slices	eggplant, peeled, and cut about 1/2" thick	6	eggs
8	cherry tomatoes, halved	2 Tbsp	parmesan cheese
2 Tbsp	parsley		salt and black pepper to taste



- 1 Preheat oven to 375.
- 2 Use an 8 inch casserole dish and press and spread sausage to cover the bottom and sides of dish.
- 3 Top sausage with eggplant slices, cherry tomatoes, and parsley.
- 4 In a bowl, combine eggs, whipping cream, parmesan and pinch of salt and pepper.
- 5 Pour over the ingredients in the casserole dish.
- 6 Bake for 45 minutes or until egg mixture is firm and sausage is fully cooked.

### Degree of Difficulty

---

Degree of Difficulty: Very easy

### Cooking Times

---

Preparation Time: 10 minutes

Cooking Time: 45 minutes

## Spinach Salad (with goat cheese and walnuts)

---

4 net carbs per serving (yields 4 servings)

- |     |      |  |     |     |  |
|-----|------|--|-----|-----|--|
| 1   | Tbsp | red wine vinegar                             | 1/2 | cup | whole or chopped toasted walnuts   |
| 1   | Tbsp | red onion                                    |     |     |  |
| 2   | tsp  | dijon-style mustard                          | 1/3 | cup | crumbled goat cheese (sub bleu cheese or feta depending on what you like!) |
| 1/4 | tsp  | kosher salt                                  |     |     |  |
|     |      | pepper                                       |     |     |  |
| 8   | cups | baby spinach- washed dried and stems removed |     |     |  |



- 1 In a small bowl, combine vinegar, onion, mustard, salt and pepper. Gradually whisk in oil to make a creamy dressing.
- 2 Put all but a large handful of spinach in a large bowl and toss with more dressing.
- 3 Add remaining spinach and toss until well coated.
- 4 Serve immediately topped with walnuts and cheese

### Degree of Difficulty

---

Degree of Difficulty: Very easy

### Cooking Times

---

Preparation Time: 10 minutes

## Spice Rubbed Pork Tenderloin

---

1 net carb per serving (yields 4 servings)

1 lb	pork tenderloin	1 tsp	ground cumin
1 Tbsp	olive oil	1 tsp	ground coriander
1 tsp	minced garlic	1 tsp	dried thyme
1 tsp	garlic powder	1 tsp	salt
1 tsp	dried oregano		



- 1 Preheat oven to 425.
- 2 Combine all dry ingredients (garlic powder, oregano, cumin, coriander, thyme, and salt) in a small bowl.
- 3 Rub the above mixture all over the tenderloin- making sure it adheres well.
- 4 In a skillet over medium heat, add olive oil and minced garlic and saute for about 1 minute. Then place pork in the pan and cook for 10 minutes- searing each side evenly.
- 5 Transfer pork to roasting pan and bake for 20 minutes.

### Degree of Difficulty

---

Degree of Difficulty: Easy

### Cooking Times

---

Preparation Time: 5 minutes

Cooking Time: 30 minutes



## Balsamic Grilled Veggies

---

9 net carbs per serving (yields 4 servings)

1/2	yellow squash, sliced	1	yellow bell pepper seeded and cut into long, thin strips
1/2	zucchini, sliced		
1/2	eggplant, sliced	1	portobello mushroom, sliced
1/2	red onion, sliced	1/4	cup olive oil
1	roma tomato, sliced	1/4	cup balsamic vinegar
1	red bell pepper, seeded and cut into thin strips		salt and pepper to taste



- 1 Cut/slice all vegetables and place in a roasting pan. Season well with salt and pepper and toss in olive oil and balsamic vinegar.
- 2 Place vegetables on grill and cook about 2 minutes per side or until they have nice charred grill marks.
- 3 Remove and season additionally with balsamic or salt/pepper as needed.

Servings: 4

### Degree of Difficulty

---

Degree of Difficulty: Easy

### Cooking Times

---

Preparation Time: 20 minutes

Cooking Time: 10 minutes

## Avocado Tuna Salad

---

5 net carbs per serving (yields 4 servings of tuna salad)

2	cans	tuna	1	Tbsp	pickle juice
1		avocado	1	tsp	dried dill
1/2	cup	chopped celery	1/2	tsp	dijon-style mustard
1/2	cup	chopped red onion	1/4	tsp	cumin
1/2		red apple, chopped			salt and pepper to taste
1/2	cup	chopped walnuts			



- 1 In a bowl, first mash avocado well. Then add tuna, celery, red onion, apple, and walnuts. Mix to combine.
- 2 Then add pickle juice, dill, dijon mustard, cumin, salt and pepper.
- 3 Serve on top of a bed of lettuce or on a low carb wrap. (not included in carb count above)

### Degree of Difficulty

---

Degree of Difficulty: Easy

### Cooking Times

---

Preparation Time: 10 minutes

## Garlic Chicken Wings

---

1 net carb per serving (yields 12 servings)

4	lbs	jumbo fresh chicken wings	1	tsp	salt
			1/2	tsp	pepper
2	Tbsp	olive oil	1/4	cup	Parmesan cheese grated
2 1/2	Tbsp	minced garlic			
1	tsp	garlic powder			



- 1 Preheat oven to 375.
- 2 In a bowl, mix chicken wings with olive oil, minced garlic, garlic powder, salt and pepper. Coat well.
- 3 Place wings on baking sheet and bake for about an hour.
- 4 After they come out of the oven, top with parmesan cheese. Enjoy!
- 5 Makes 12 servings so perfect for a party, for left overs, or just cut the recipe in 1/2 if you don't need quite that much!
- 6 Goes great with celery & carrot sticks and bleu cheese dressing.
- 7 Serve with buffalo chicken soup!

### Degree of Difficulty

---

Degree of Difficulty: Easy

### Cooking Times

---

Preparation Time: 10 minutes

Cooking Time: 1 hour

## Buffalo Chicken Crockpot

---

3 net carbs per serving (yields 4 servings)

1/2 lb	boneless and skinless chicken breasts, cut into 1 inch cubes	1	garlic clove, minced
		1/2 cup	sharp cheddar cheese, shredded
16 ounces	chicken stock	1/2 cup	Parmesan cheese , shredded
1/4 cup	buffalo wing sauce	1/4 cup	bleu cheese crumbles
2	green onions, chopped		
1	carrot, chopped		
1 stalk	celery, chopped		



- 1 Place chicken, chicken stock, wing sauce, green onion, carrots, celery and garlic in crockpot and cook on low for 6 hours.
- 2 Add cheeses and stir well until mixed thoroughly and cook and additional hour.
- 3 Enjoy!

### Degree of Difficulty

---

Degree of Difficulty: Easy

### Cooking Times

---

Preparation Time: 10 minutes

Cooking Time: 6 minutes

## Chilled Spanish Tomato Soup

---

8 net carbs per serving (yields 4 servings)

2	Tbsp	kosher salt	1/2	cup	olive oil
4		cherry tomatoes, halved	1	Tbsp	sherry vinegar
1/2		garlic clove, crushed	2		hard-boiled eggs, chopped
4	slices	healthy life bread (cut into large cubes)	1	cup	chopped prosciutto
1/2	small	yellow onion, peeled and chopped			



- 1 In a bowl, combine salt, tomatoes, garlic, bread, and onion and then cover with boiling water. Allow this mixture to sit for 1 hour.
- 2 Then drain veggies (reserving 1 cup of liquid for later). Place veggies in blender. Squeeze water from bread and add to blender as well. Pour soaking liquid reserved above, olive oil and vinegar into blender.
- 3 Puree until smooth texture and season with salt and pepper.
- 4 Allow time to cool. Serve topped with eggs, ham, and drizzle of olive oil.

### Degree of Difficulty

---

Degree of Difficulty: Easy

### Cooking Times

---

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Inactive Time: 1 hour

## Low Carb Jalapeno Cheddar Muffins

---

4 net carbs per muffin (8 servings in entire recipe)

2 cups	almond flour	4 Tbsp	coconut oil melted, divided
1 tsp	baking powder	1/2 cup	unsweetened almond milk
1/2 tsp	salt	1/2 cup	shredded sharp cheddar cheese
1 Tbsp	raw honey		
3	large eggs	1-2	jalapenos chopped



- 1 Preheat oven to 325
- 2 Mix the almond flour, baking powder, and salt in large bowl. Set aside
- 3 Add honey, eggs, 3 Tbsp. coconut oil, and almond milk to a separate bowl and whisk
- 4 Add wet ingredients into large bowl with cheese and chopped jalapenos. Mix just until incorporated.
- 5 Pour batter into 8 greased (use 1 tbsp of coconut oil) muffin cups and bake for 25-30 mins.

### Degree of Difficulty

---

Degree of Difficulty: Easy

### Cooking Times

---

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Recipe Type: Bread