

## VitalMeals Week 26

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**Day 1**

Chicken Fajita Soup

**Day 2**

Chicken Cordon Bleu  
Steamed Bok Choy

**Day 3**

Low Carb Carbonara

**Day 4**

Mustard Crusted Pork  
Balsamic Roasted Brussel Sprouts

**Day 5**

Grilled Snapper  
Italian Vegetables

**Day 6**

Low Carb French Toast Casserole

**Day 7**

Chicken Avocado Soup  
Cauliflower "Bread" Sticks

Servings: 4



## Chicken Fajita Soup

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8 net carbs per serving (Yields 6 servings of 2 cups each)

|            |                             |         |                         |
|------------|-----------------------------|---------|-------------------------|
| 1 1/2 lb   | chicken breast              | 4 large | garlic cloves, minced   |
| 32 ounces  | chicken stock               | 4 Tbsp  | taco seasoning          |
| 14.5 ounce | can diced tomatoes          | 2 Tbsp  | fresh cilantro, chopped |
| 1 medium   | yellow bell pepper<br>diced | 1 Tbsp  | garlic salt             |
| 1 medium   | orange bell pepper<br>diced |         |                         |



- 1 Chop/dice all ingredients and place into crockpot.
- 2 Cook on low for 6 hours.
- 3 Shred chicken breasts before serving & let stew an additional 30 minutes to 1 hour.

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 7 hours

## Chicken Cordon Bleu

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5 net carbs per serving (yields 4 servings)

|          |                                   |                                |
|----------|-----------------------------------|--------------------------------|
| 4        | boneless skinless chicken breasts | olive oil                      |
|          |                                   | salt and freshly ground pepper |
| 1/2 lb   | brie cheese                       |                                |
| 8 slices | prosciutto                        |                                |



- 1 Heat grill to high and coat chicken with olive oil and season with salt and pepper.
- 2 Grill about 2-3 minutes per side or until chicken is cut through and then put a few slices of cheese on each breast, allowing it to melt slightly.
- 3 Remove chicken and top with 2 slices of prosciutto per chicken. Drizzle with olive oil. Enjoy!

Servings: 4

### 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

## Steamed Bok Choy

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3 net carbs per serving (yields 4 servings)

|   |                                    |     |      |                              |
|---|------------------------------------|-----|------|------------------------------|
| 4 | baby bok choy (split horizontally) | 1   | tsp  | lime zest                    |
|   |                                    | 1/4 | tsp  | splenda                      |
| 2 | Tbsp finely chopped chives         | 1   | tsp  | sesame oil                   |
| 4 | tsp soy sauce                      | 1   | dash | red pepper flakes (optional) |
| 2 | tsp lime juice                     |     |      |                              |



- 1 Steam bok choy in steamer basket until tender- should take about 5-6 minutes.
- 2 While bok choy is steaming, whisk the chives, soy sauce, lime juice, lime zest, and splenda in a small bowl.
- 3 Remove bok choy to serving dish and drizzle with above mixture and then top that with sesame oil and red pepper flakes if desired.
- 4 Enjoy!

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes  
Cooking Time: 5 minutes

## Low Carb Carbonara

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11 net carbs per serving (yields 6 servings)

|     |                                     |       |                                    |
|-----|-------------------------------------|-------|------------------------------------|
| 1   | medium spaghetti squash             | 1     | whole egg                          |
| 4   | slices bacon, cut into small strips | 1     | cup Parmesan cheese freshly grated |
| 2   | tsp minced garlic                   | 2     | tsp salt                           |
| 1/4 | cup chicken broth                   | 1 1/4 | tsp black pepper                   |
| 2   | egg yolks                           |       | olive oil                          |



- 1 Preheat oven to 425.
- 2 Coat spaghetti squash in olive oil and cover with aluminum foil and bake on baking sheet for 45 minutes-1 hour (until squash becomes tender).
- 3 Remove from oven & remove foil. Half the squash, remove seeds and using a fork pull out the inside flesh- it should resemble pasta.
- 4 Scoop all "pasta" into large bowl.
- 5 Heat a skillet over medium heat & fry bacon to crispy. Then add garlic. After about a minute, add chicken broth - cooking until liquid completely evaporates.
- 6 In a bowl, whisk egg, egg yolks, and cheese together. Season with salt and pepper.
- 7 Pour egg mixture into bacon skillet then add spaghetti squash to skillet.
- 8 Enjoy!

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 20 minutes

Cooking Time: 1 hour

## Mustard Crusted Pork

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1 net carb per serving (yields 6 servings)

|        |                           |        |                    |
|--------|---------------------------|--------|--------------------|
| 2.5 lb | pork roast                | 1 Tbsp | herbes de provence |
| 3      | garlic cloves, crushed    | 1 tsp  | sea salt           |
| 2      | Tbsp dijon mustard        | 1 tsp  | black pepper       |
| 2      | Tbsp stone ground mustard |        |                    |



- 1 Combine garlic, mustards, and herbs de provence. Rub this mixture thoroughly onto pork roast to coat well. Season with salt and pepper.
- 2 Roast for roughly 90 minutes or until desired doneness of pork roast.
- 3 Allow it to rest 5-10 minutes before serving.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 1 hour and 30 minutes

## Balsamic Roasted Brussel Sprouts

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

|           |                 |         |                  |
|-----------|-----------------|---------|------------------|
| 1 1/2 lbs | brussel sprouts | 1 pinch | kosher salt      |
| 4 oz      | pancetta, diced | 1 pinch | black pepper     |
| 1/4 cup   | olive oil       | 1 Tbs   | balsamic vinegar |



- 1 Preheat oven to 400.
- 2 Place brussels on pan and add pancetta, olive oil, salt and pepper. Toss with your hands and spread out evenly across pan.
- 3 Roast for 20-30 mins until they are tender and nicely browned and pancetta is cooked. Toss once during roasting.
- 4 Remove from oven and immediately drizzle with balsamic vinegar and toss again.
- 5 Serve hot.

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 2 minutes

Cooking Time: 30 minutes

## Grilled Snapper

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6 net carbs per serving (yields 4 servings)

|         |                               |         |                                  |
|---------|-------------------------------|---------|----------------------------------|
| 4       | snapper filets                | 1/4 cup | green olives, pitted and chopped |
| 2       | Tbsp olive oil                |         |                                  |
| 1       | large onion, sliced thin      | 2 Tbsp  | capers drained                   |
| 2       | garlic cloves, finely chopped | 1       | serrano pepper, finely chopped   |
| 1/4 cup | dry white wine                | 1/2 tsp | splenda                          |
| 2       | large tomatoes, chopped       |         |                                  |



- 1 Coat fish with olive oil and season with salt and pepper.
- 2 Grill over high heat for 2 minutes per side.
- 3 In a skillet, heat olive oil over medium-high heat and add onions and garlic. Cook for about 2-3 minutes. Then add wine to reduce.
- 4 Add tomatoes, green olives, capers, pepper, and splenda. Bring to a boil and thicken.
- 5 Reduce heat, add fish and cook an additional 2 minutes.

### 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



## Italian Vegetables

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10 net carbs per serving (yields 6 servings)

|          |                               |         |                      |
|----------|-------------------------------|---------|----------------------|
| 1/4 cup  | lemon juice, freshly squeezed | 1/2 cup | zucchini slices      |
| 1/2 Tbsp | kosher salt                   | 1/2 cup | yellow squash slices |
| 1/2 lb   | broccoli rabe                 | 1/2 cup | roasted red peppers  |
| 1/2 cup  | cauliflower florets           | 1/2 cup | artichoke hearts     |
| 4 ounces | button mushrooms              | 1/2 cup | black olives, pitted |



- 1 Fill a large pot with water and bring to a boil. Add lemon juice and salt.
- 2 Use a large pasta basket to place inside the pot for vegetables. Add broccoli, cauliflower, mushrooms, zucchini, and squash.
- 3 Cook in boiling water covered for about 2-3 minutes. Remove and shock under cold water.
- 4 Transfer to a bowl and mix with red peppers, artichokes and olives.
- 5 Toss with italian dressing and enjoy! (of note, net carb count does not include dressing so adjust accordingly depending on your dressing value)

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 2 minutes

## Low Carb French Toast Casserole

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8 net carbs per serving (yields 8 servings)

|     |                             |     |      |                    |
|-----|-----------------------------|-----|------|--------------------|
| 5   | eggs, beaten                | 1/4 | tsp  | allspice           |
| 1/3 | cup unsweetened almond milk | 2   | Tbsp | butter, melted     |
| 2   | Tbsp low carb maple syrup   | 2   | tsp  | erythritol         |
| 1   | tsp vanilla extract         | 1   | loaf | healthy life bread |
| 1/2 | tsp cinnamon                |     |      |                    |



- 1 Preheat oven to 400.
- 2 Grease an 9 inch casserole dish.
- 3 Cut healthy life bread into 1 inch cubes.
- 4 In a bowl, combine eggs, almond milk, low carb maple syrup, vanilla extract, cinnamon, and allspice and whisk together thoroughly
- 5 Put bread cubes into casserole dish and top with vanilla cinnamon french toast batter. Top this with 2 tsp melted butter and sprinkle with erythritol.
- 6 Bake about 30 minutes, until egg batter is firm.
- 7 Enjoy! Serve with low carb syrup and berries (optional).

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 30 minutes

## Chicken Avocado Soup

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7 net carbs per serving (yields 6 servings)

|           |   |          |                                   |
|-----------|---|----------|-----------------------------------|
| 1 1/2 lbs | boneless skinless chicken breasts       | 1/2 tsp  | ground cumin                      |
| 1 Tbsp    | olive oil                               | 1/3 cup  | chopped cilantro                  |
| 1 cup     | chopped green onions                    | 3 Tbsp   | fresh lime juice                  |
| 2         | jalapenos, seeded and minced (optional) | 3 medium | avocados, peeled, cored and diced |
| 2         | garlic clove, minced                    |          | salt and black pepper to taste    |
| 4         | 14.5 oz cans chicken broth              |          |                                   |
| 2         | roma tomatoes, seeded and diced         |          |                                   |



- 1 In a large pot, heat 1 Tbsp olive oil over medium heat. Add green onions and jalapenos and sauté for about 2 minutes. Then add garlic for another 1 minute.
- 2 Add chicken broth, tomatoes, cumin, and salt and pepper to above mixture. Then add chicken breasts and bring mixture to a boil on medium-high heat.
- 3 Reduce heat to medium, cover and let cook for about 15 minutes. Reduce heat to low and remove chicken.
- 4 Shred chicken and then return to soup. Add cilantro and lime juice.
- 5 Add avocados to soup just before serving.
- 6 Top with sour cream or cheese if desired.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 20 minutes

## Cauliflower "Bread" Sticks

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< 3 net carbs per serving (entire recipe is 4 servings)

|                     |                           |
|---------------------|---------------------------|
| 1 head cauliflower  | 1/2 tsp red pepper flakes |
| 1 Tbsp oregano      | 2 eggs                    |
| 1/2 tsp basil       | pepper, to taste          |
| 1 Tbsp onion powder | Salt to taste             |



- 1 Preheat oven to 425.
- 2 Put cauliflower in food processor until you get rice consistency, then place in microwave safe dish and microwave for 10 mins.
- 3 Let cauliflower cool slightly, then place in refrigerator until completely cooled.
- 4 Once cooled, mix the rest of the ingredients with the cauliflower.
- 5 Grease a cookie sheet and place cauliflower on it. Pat down cauliflower until it is about 1/2 inch thick.
- 6 Bake at 425 for about 25 mins or until golden brown.
- 7 Remove, turn oven to broil at 500. Cut cauliflower in desired "sticks" and flip
- 8 Place back in oven until both sides are brown and desired crispness.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 30 minutes

Cooking Time: 30 minutes