

VitalMeals Week 28

Day 1

Crockpot Beef Tacos

Day 2

Low Carb Ravioli

Day 3

Ham Cups

Cauliflower Potato Salad

Day 4

Avocado Chicken Salad

Day 5

Lemon Salmon Packets

Cucumber salad

Day 6

Cauliflower Pizza Casserole

Day 7

Thai Chicken Noodle Soup

Servings: 4



Crockpot Beef Tacos

4 net carbs per serving (yields 4 servings)

2	Tbsp	olive oil, divided	2	Tbsp	tomato paste
2	lbs	beef (recommended: boneless chuck roast)	1		chipotle pepper, minced
2	tsp	chili powder	1	small	white onion
1	tsp	cumin	5		cloves garlic
1/2	tsp	smoked paprika	4		low carb tortilla wraps
1	cup	beef stock			



- 1 Mix together chili powder, cumin, paprika and rub mixture on beef thoroughly.
- 2 Heat 1 Tbsp olive oil in skillet over high heat and place beef on skillet to sear each side (about 2 minutes per side). Remove beef and place in crockpot.
- 3 Add remaining 1 Tbsp olive oil and onion to skillet. Sauté for 4 minutes then add garlic for another minute. Add beef stock, stirring well. Then add tomato paste and minced chipotle pepper--whisking pan until well combined.
- 4 Bring to a boil, then reduce heat and simmer for 5 minutes.
- 5 Pour sauce in crockpot on top of beef. Cover and cook on high for 4 hours (or low for 8 hours). When it is ready, beef should shred easily.
- 6 When you are ready to eat, assemble taco! Top low carb tortilla with shredded beef and topping of your choice: guacamole, sour cream, cheese, lettuce, tomato, onion, cilantro, lime zest, etc. Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Inactive Time: 4 hours

Low Carb Ravioli

6 net carbs per serving (yields 4 servings of about 6 ravioli and sauce)

4	large	yellow squash	1	handful	basil leaves
1	Tbsp	olive oil			ALFREDO SAUCE:
1.5	lbs	ground chicken	1	stick	butter
1	8-ounce	bag frozen spinach, thawed	1	cup	heavy cream
8	ounces	marscapone cheese	2	cups	Parmesan cheese freshly grated
1/2		yellow onion, diced			salt and pepper to taste
1	clove	garlic, minced			water as needed



- 1 Cut ends off squash and cut in half. Using a mandolin slicer, slice into long flat trips.
- 2 Heat oil over medium heat in a large pan and then add onion and salt. Sauté for about 5 minutes. Then add garlic for another minute.
- 3 Add ground chicken to onion and garlic and cook until chicken is thoroughly cooked.
- 4 Squeeze any excess water out of spinach, then add chicken, spinach, salt, pepper, and marscapone to food processor/blender and puree until smooth.
- 5 Assemble ravioli by overlapping two strips of squash making a "t" shape and spooning filling into the center of the "t". Bring ends together overlapping and secure with a toothpick.
- 6 Steam raviolis about 4 minutes to soften squash.
- 7 While steaming, prepare sauce by warming butter and cream in a skillet over medium heat. Season with salt, pepper, and mix in parmesan until melted.
- 8 Top raviolis with alfredo sauce and enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Ham Cups

4 net carbs per serving (yields 4 servings of 2 ham cups)

16 slices ham	2 cups hard-boiled eggs, chopped
2 cups shredded lettuce	2 cups cheddar cheese shredded
2 cups chopped tomatoes	



- 1 Preheat oven to 350.
- 2 Flip a muffin pan upside down and place to ham slices over each muffin tin. Top ham with custard cup to protect from overcooking.
- 3 Bake for 20 minutes.
- 4 Remove and let cool, then fill with shredded lettuce, chopped egg, tomato, shredded cheese. Top with dressing of your choice. Serve warm or cold.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Cauliflower Potato Salad

9 net carbs per serving (yields 4 servings)

1 head cauliflower	1 cup mayonnaise
6 hard-boiled eggs, chopped	1 Tbsp mustard
3 stalks celery chopped	salt and black pepper to taste
1 small onion chopped	
6 slices bacon, cooked and chopped	



- 1 Boil cauliflower until tender (about 15-20 minutes).
- 2 Remove from heat and mix all ingredients together.
- 3 Let sit in the fridge for at least 3 hours prior to serving.

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Inactive Time: 3 hours

Avocado Chicken Salad

3 net carbs per serving (yields 4 servings)

2 cups	shredded chicken	2 tsp	lime juice
1	avocado	1 tsp	fresh cilantro
1/2 tsp	garlic powder	1/4 cup	mayonnaise
1/2 tsp	salt	1/4 cup	plain greek yogurt
1/2 tsp	pepper		



- 1 Mix all ingredients together in a large bowl. Cover and refrigerate for 20-30 minutes.
- 2 Serve over a salad or in a low carb wrap with a side salad.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 2 minutes

Cooking Time: 20 minutes

Lemon Salmon Packets

1 net carb per serving (yields 4 servings)

4	salmon filets	1/4 cup	lemon juice
1/4 cup	olive oil	1 Tbsp	rosemary leaves
1/2 tsp	salt	1/2 cup	marsala
1/2 tsp	pepper	4 tsp	capers
8	lemon slices	4 pieces	aluminum foil



- 1 Brush top of salmon fillets with olive oil and season with salt, pepper, and rosemary.
- 2 Place each filet on a piece of foil and top with 2 lemon slices and 1 tbsp lemon juice, 2 Tbsp wine, and 1 tsp capers. Wrap salmon in foil packets.
- 3 Place on grill over medium-high heat and cook for about 10 minutes or until desired doneness.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Cucumber Salad

3 net carbs per serving (yields 4 servings)

2 large cucumbers	1/4 cup fresh lemon juice
2 tsp salt	1/4 cup olive oil
4 large green onions	1 tsp lemon zest
2 Tbsp fresh cilantro chopped	1/8 tsp black pepper



- 1 Slice cucumber finely with mandolin and sprinkle with salt pepper.
- 2 Best to let it sit for 30 minutes to an hour. Then rinse cucumber thoroughly to remove all salt. Let cucumber drain/dry out on paper towels until they are completely dry.
- 3 Slice green onions, chop cilantro, and zest lemon. Combine these along with lemon juice, olive oil and pepper.
- 4 Pour dressing over cucumbers and enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Inactive Time: 1 hour

Cauliflower Pizza Casserole

7 net carbs per serving (yields 6 servings)

1	large	head cauliflower- trimmed into small florets	3/4	cup	Mozzarella cheese shredded
1/2	cup	Parmesan cheese, grated	1/2	cup	pizza sauce
2	Tbsp	parmesan cheese, grated	2	oz	canadian bacon
1	Tbsp	italian seasoning	2	oz	pepperoni slices
1	tsp	italian seasoning	1/4	cup	green bell pepper, diced
3	cloves	garlic, minced	1/4	cup	red bell pepper, diced
3	Tbsp	olive oil	1/4	cup	onion, diced
		salt and pepper to taste	10		black olives



- 1 Preheat oven to 400.
- 2 In a mixing bowl, combine cauliflower, 1/2 cup parmesan cheese, 1 Tbsp italian seasoning, garlic, olive oil, salt, and pepper. Toss until all are well combined.
- 3 Line a single layer on a oiled baking sheet and bake for about 30 minutes.
- 4 Transfer cauliflower back to mixing bowl and add pizza sauce and 1/4 cup mozzarella cheese. toss well.
- 5 Transfer mixture to casserole dish. Layer on remaining pizza sauce and mozzarella cheese.
- 6 Top with toppings and remaining 2 Tbsp parmesan cheese and 1 tsp italian seasoning.
- 7 Reduce oven temp to 350 and bake another 30.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 1 hour

Thai Chicken Noodle Soup

14 net carbs per serving (yields 4 servings of 2 cups)

1	Tbsp	coconut oil	1	red pepper, thinly sliced
1/2		onion chopped	1 lb	boneless, skinless
1		jalapeno, chopped		chicken breast halves,
1 1/2	Tbsp	green curry paste		cut into strips
2	cloves	garlic, minced	2	Tbsp fish sauce
6	cups	chicken broth	1/2	cup zucchini, spiralized
1	15 oz	can coconut milk	1	lime, cut into 8 wedges



- 1 Heat coconut oil in a large sauce pan over medium heat until melted. Add onions and cook about 5 minutes. Then add jalapeno, curry paste and garlic and cook for another 1 minute.
- 2 Add chicken broth and coconut milk. Bring to a boil.
- 3 Reduce heat and add red pepper, chicken, and fish sauce.
- 4 Simmer for another 5 minutes until chicken is well cooked.
- 5 Add in cilantro.
- 6 Spiralize zucchini and separate into 4 bowls then top each set of "noodles" with soup mixture.
- 7 Enjoy with lime wedge or 2!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes