

VitalMeals Week 29

Day 1

Mediterranean Lettuce Tacos

Day 2

Whole Chicken Crockpot
String Beans with Shallots

Day 3

Turkey and Feta Meatloaf
Broccoli Salad

Day 4

Creamy Pork Chops
Parmesan Creamed Spinach

Day 5

Salmon Stack

Day 6

"Fried Chicken Strips" with Coconut Flour
Baked Eggplant Fries

Day 7

Cheeseburger Soup

Servings: 4

Mediterranean Lettuce Tacos

6 net carbs per serving (yields 4 servings)

4	boneless , skinless chicken breasts	1	Tbsp	sliced red onion
		1/4	cup	red wine vinaigrette
1	Tbsp	1/4	cup	tzatziki
1	Tbsp	12		lettuce leaves
1	Tbsp	4		roma tomatoes, chopped
1 1/2	tsp	1 1/2	oz	crumbled feta cheese
1/4	cup	12		kalamata olives pitted and sliced
4	romaine lettuce leaves, shredded			



- 1 Season each chicken breast with mediterranean spice (dried basil, dried oregano, coarse salt, and ground black pepper).
- 2 Place on grill over medium high heat.
- 3 Coat with balsamic vinaigrette while grilling. You will cook about 2-3 minutes per side or until chicken is thoroughly cooked through.
- 4 Let chicken rest & then cut into 1 inch thick strips.
- 5 In a bowl, add shredded romaine lettuce and red onions & top with red wine vinaigrette.
- 6 Divide mixture evenly among 12 lettuce leaves and drizzle with 1 tsp tzatziki per "taco"
- 7 Then top with chicken and garnish (feta, tomatoes, and olives).
- 8 Enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 6 minutes

Whole Chicken Crockpot

5 net carbs per serving (yields 6 servings)

4	tsp	salt	1	cup	chopped onions (approximately 1 onion)
2	tsp	paprika	4		carrots, chopped into thirds
1	tsp	cayenne pepper	4		celery stalks, cut in thirds
1	tsp	onion powder	2	cloves	garlic, peeled and smashed
1	tsp	thyme	1		lemon, quartered
1	tsp	white pepper	4	lbs	roasting chicken
1/2	tsp	garlic powder			
1/2	tsp	black pepper			



- 1 Combine all "rub" ingredients in a small bowl.
- 2 Cut all veggies and place into crock pot.
- 3 Remove neck and pouch with organs from the chicken. Discard. Rinse chicken with water & pat dry.
- 4 Rub garlic all over outside of chicken and then stuff inside the chicken. Then rub thoroughly with "rub mixture" both the inside and outside of chicken. Place lemon quarters inside chicken.
- 5 Place chicken on top of veggies and cook on low for about 6 hours. Cook until internal temperature reaches 160 degrees.
- 6 Remove chicken and place in baking dish and stick under the broiler for 4-6 minutes. This will crisp of the skin.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 6 hours and 10 minutes

String Beans with Shallots

4.5 net carbs per serving (yields 6 servings)

- | | | | |
|--------|---|-----|------------------------------|
| 1 lb | french string beans
(haricots verts), remove
ends | 3 | large shallots (diced large) |
| | | 1/2 | tsp pepper |
| 2 Tbsp | unsalted butter | 1 | pinch kosher salt |
| 1 Tbsp | olive oil | | |



- 1 Blanch string beans in a large pot of boiling salted water for 1.5 mins only
- 2 Drain immediately and immerse in a bowl of ice water.
- 3 Heat the butter and oil in a very large sauté pan or large pot and sauté the shallots on medium heat for 5-10 mins, tossing occasionally, until lightly browned.
- 4 Drain the string beans and add to the shallots with 1/2 tsp salt and pepper. Toss well.
- 5 Heat only until beans are hot.
- 6 Blanch beans for about 3 mins until they are crisp and tender.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Turkey and Feta Meatloaf

4 net carbs per serving (yields 6 servings)

2 lbs	ground turkey	1/4 cup	coconut flour
1	onion chopped	1/2 cup	chicken stock
1 Tbsp	olive oil	1 large	egg, lightly beaten
1 tsp	salt	2 Tbsp	worcestershire sauce
1/2 tsp	ground pepper	1 cup	crumbled feta cheese
1 package	frozen spinach, thawed and drained		tzatziki sauce for drizzling



- 1 Preheat oven to 325 and line baking dish with parchment paper.
- 2 Heat olive oil in skillet over medium heat. Add onions, salt and pepper and sauté for about 15 minutes. Add spinach and stir until heated.
- 3 In a bowl, combine above onion mixture, turkey, coconut flour, chicken stock, egg and worcestershire sauce. Mix well.
- 4 Place half of mixture into the bottom of baking dish then cover with feta cheese. Then place remaining turkey mixture over the feta and shape into a "loaf"
- 5 Bake for 1 hour to 1 hour and 15 minutes until cooked thoroughly (internal temp should reach 160).
- 6 Drizzle with tzatziki sauce before serving. Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 1 hour and 15 minutes

Broccoli Salad

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

1	Tbsp	white wine vinegar	6	oz	cherry or grape tomatoes (halved)
1		lemon (zested)			
1	Tbsp	lemon juice	3	oz	coarsely chopped pecans or hazelnuts
2	tsp	dijon mustard			
1	tsp	kosher salt	2	Tbsp	basil
		pepper			
1/4	cup	olive oil			
1	lb	broccoli (rinsed, trimmed, and sliced thinly on mandolin)			



- 1 Whisk together the vinegar, zest, lemon juice, mustard, salt and pepper in a medium bowl. While whisking constantly, gradually add olive oil. Then add broccoli & toss to coat.
- 2 Cover and set in refrigerator for 1 hour.
- 3 Stir in the tomatoes, nuts and basil.
- 4 Cover and allow to sit at room temp (or in refrigerator) for another 15 mins before serving.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Inactive Time: 1 hour

Creamy Pork Chops

4 net carbs per serving (yields 4 servings)

8	pork chops	2	chicken bouillon cubes
	salt and pepper	2 cups	hot water
1/4 cup	olive oil	8 ounces	sour cream
1	large onion, sliced		



- 1 Season pork chops with salt and pepper.
- 2 In a skillet over medium high heat, brown pork chops in olive oil and then place in crockpot. Place onions into crockpot on top of the chops.
- 3 Dissolve bouillon cube in hot water and pour over crockpot mixture.
- 4 Cook on low for 7 hours.
- 5 After 7 hours, add sour cream to the pot. Turn crockpot to high and cook for another 30 minutes, or until liquid is thickened.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 7 hours and 30 minutes

Parmesan Creamed Spinach

2 net carbs per serving (yields 6 servings)

2 cups	unsweetened almond milk	2 10 oz	packages of frozen,
2 Tbsp	unsalted butter		chopped spinach (thawed
2 Tbsp	almond flour		and drained)
1/2 tsp	pumpkin pie spice		Kosher salt
1/4 cup	grated Parmesan		Ground black pepper



- 1 Warm milk in small sauce pan over medium heat
- 2 Melt the butter in a separate small sauce pan over medium heat
- 3 Whisk the almond flour into the butter and cook for about 2 mins (making a roux)
- 4 Whisk in the warm milk a little at a time to avoid lumps. Cook until sauce begins to thicken (2-3 mins). Then add pumpkin pie spice, pinch of salt & pepper
- 5 Turn the heat to slow, stir in cheese & let it melt. Then stir in spinach and cook another 2-3 mins until heated through.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 2 minutes

Cooking Time: 10 minutes

Salmon Stack

3 net carbs per serving (yields 4 servings)

4 filets	wild caught salmon	1/2 cup	olive oil
8 slices	bacon	3 Tbsp	lemon juice
3	tomatoes, sliced	2 tsp	lemon zest
5 ounces	arugula	2 tsp	capers
2 Tbsp	olive oil	1	shallot, minced
	salt and pepper to taste	1/4 tsp	salt



- 1 Mix together all ingredients of the vinaigrette and set aside.
- 2 Preheat oven to 400.
- 3 Season salmon with salt and pepper.
- 4 Heat a skillet (that is ovenproof) over high heat for about 2 minutes and then add olive oil and salmon (skin side up). Cook for about 5 minutes in skillet.
- 5 Flip salmon and place skillet in oven for another 5 minutes.
- 6 On a plate, prepare a layer of arugula, tomato slice, 2 slices of bacon and then repeat a second layer.
- 7 Top stacks with cooked salmon and drizzle with lemon vinaigrette. Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 10 minutes

"Fried Chicken Strips" with Coconut Flour

3 net carbs per serving (yields 4 servings of 2 tenders)

8	chicken tenderloins	1/4 tsp	paprika
1/4 cup	coconut flour	1/2 tsp	garlic powder
2 Tbsp	grated Parmesan cheese	1/2 tsp	onion powder
1/2 tsp	kosher salt	1/2 tsp	black pepper
1/2 tsp	cumin	1/4 cup	olive oil



- 1 Preheat oven to 400. Line baking sheet with aluminum foil and spray with olive oil.
- 2 In a small bowl, mix coconut flour, parmesan cheese and spices together.
- 3 Place olive oil in another small bowl,
- 4 Dredge each tenderloin first in olive oil and then into coconut flour mixture. Coat generously and place on baking sheet.
- 5 Bake at 400 for about 10 minutes and then flip each tenderloin. Bake for another 10 minutes (or until thoroughly cooked.)
- 6 If you wish the "brown" the outside, turn on broiler for about 1 minute and broil- flipping halfway through.
- 7 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Baked Eggplant Fries

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

1	medium	eggplant (cut into 1/4 inch thick "fries")	1/4 cup	Parmesan cheese grated
1/2	cup	almond flour	1	tsp italian seasoning
2		eggs, lightly beaten		salt and pepper to taste
2	slices	healthy life bread (for breadcrumbs)		



- 1 Preheat oven to 425.
- 2 First, make breadcrumbs by food processing up 2 pieces of healthy life bread.
- 3 Then, in a small bowl, mix bread crumbs, parmesan cheese, italian seasoning, and salt.
- 4 Dip eggplant slices in flour, then in egg, and then in the above breadcrumb mixture.
- 5 Place slices on a baking sheet and bake for about 10 minutes or until crispy and golden brown.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Cheeseburger Soup

6 net carbs per serving (yields 6 servings)

1 lb	lean ground beef	1 cup	cauliflower florets, cut into small pieces
1/2 lb	bacon	1/2 lb	grated cheddar cheese
1 cup	celery	1 1/2 cups	heavy cream
1 cup	onions, chopped	1/2 tsp	pepper
1/4 cup	carrots, sliced	1/4 tsp	salt
1 tsp	basil	1/4 cup	sour cream
3 cups	chicken broth		
1 cup	broccoli florets, cut into small pieces		



- 1 Brown the ground beef in a large pot over medium-high heat. Remove and set aside.
- 2 Fry the bacon in the same pot. Once cooked, drain the skillet and then add ground beef back to pot with bacon.
- 3 Add celery, onions, carrots. Sauté until tender. Then add basil, broth, broccoli, and cauliflower. Cook 3-4 minutes.
- 4 Then add cheese, heavy cream, salt and pepper and stir until cheese is thoroughly melted.
- 5 Remove from heat and add sour cream. Mix well and enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 15 minutes