

VitalMeals Week 3

Steak Quesadillas with Avocado sauce and Tomato Salad
Spicy Kale Stuffed Chicken Breasts
Cauliflower "Mashed Potatoes"
Parmesan Chicken
Dry Rubbed Flank Steak
Spinach Salad
Miso Ginger Grilled Salmon
Broccoli Salad
Southern BBQ
Cauliflower Macaroni and Cheese
Collard Greens
Tomato Peanut Soup
Cauliflower "Bread" Sticks

Servings: 4



Steak Quesadillas with Avocado Sauce and Tomato Salad

9 net carbs per quesadilla

1.5 lbs	beef eye round roast	2 Tbsp	lime juice
2 Tbsp	olive oil	1	ripe avocado
1 Tbsp	chili powder	1/3 cup	fresh cilantro chopped
	Kosher salt	1 large	garlic clove
	pepper	8 ounces	mexican cheese
1 cup	cherry tomatoes	4	Low carb tortillas
8 pieces	hearts of palm (1 can)		



- 1 Slice the roast crosswise into 3 even steaks. Heat skillet over medium-high heat and brush the steaks with 1 Tbsp olive oil, season with chili powder, and salt. Cook 4-5 mins per side.
- 2 Let meat rest for 5 mins.
- 3 Meanwhile, toss tomatoes and hearts of palm in a bowl with remaining 1 Tbsp olive oil, 1 Tbsp lime juice, salt and pepper.
- 4 Halve and pit the avocado. Scoop out the flesh into a blender or food processor. Add cilantro, garlic, and remaining 1 Tbsp lime juice and add 1/2 cup water. Puree and season with salt
- 5 Thinly slice the steak and place inside low carb tortilla. Top with cheese & fold over.
- 6 Grill until cheese melts & top with avocado sauce and tomato salad.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Spicy Kale Stuffed Chicken Breasts

3 net carbs per serving

4	tsp	olive oil	4		boneless and skinless chicken breasts
5 1/2	oz	frozen chopped kale (about 2 cups)	1/2	cup	low sodium chicken broth
2	cloves	garlic	1	tsp	almond flour
2	oz	pepper jack cheese (about 1/2 cup)	1 1/2	tsp	fresh lemon juice
		kosher salt			



- 1 Heat 2 tsp olive oil in large skillet over medium heat. Add kale, garlic, and 1/4 tsp salt and cook. Stir until kale is softened and garlic is fragrant (about 5 mins). Transfer to bowl and cool slightly, then stir in cheese.
- 2 Insert a thin paring knife into the thickest part of the chicken breast and cut down the side to make a 3 inch pocket. Repeat with remaining chicken breasts and evenly stuff with the above kale mixture.
- 3 Heat a large skillet over medium heat until very hot (3-4 mins).
- 4 Rub the chicken breasts with remaining 2 tsp olive oil and sprinkle with salt and pepper.
- 5 Add all 4 breasts to skillet and cook until golden brown (about 2 mins). Then lower heat to medium and continue cooking- turning once halfway through until just cooked through (about 14 more minutes).
- 6 Insert a small knife into top of chicken to test for doneness. If any pink remains, cover skillet and continue to cook until opaque.
- 7 Transfer the chicken and any bits of filling onto 4 plates.
- 8 Stir the broth and flour together in small bowl and then add to skillet.
- 9 Cook, stirring until thickened (about 2 mins).
- 10 Remove from heat, stir in lemon juice and season with salt and pepper. Spoon the pan sauce over the chicken and serve.

Servings: 4

Cooking Times

Cooking Time: 30 minutes

Cauliflower "Mashed Potatoes"

4 net carbs per serving

1 medium head of cauliflower 1/2 tsp minced garlic
1 Tbsp cream cheese 1/2 tsp garlic
1/4 cup grated parmesan cheese 3 Tbsp unsalted butter



- 1 Boil a pot of water over high heat
- 2 Clean & cut cauliflower into small pieces and cook in boiling water for about 6 mins (or until well done). Drain well- do not let cool. Pat dry between several layers of paper towels).
- 3 In a bowl with an immersion blender or in a food processor, puree the hot cauliflower with the cream cheese, parmesan, garlic & a little salt & pepper
- 4 Feel free to add other things to taste: cheese, chives, even rosemary.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Parmesan Chicken

1 net carb per serving

6	chicken breasts	1 1/2	tsp salt
1	cup mayonnaise	1/2	tsp pepper
1/2	cup parmesan cheese	1	tsp garlic powder



- 1 Preheat oven to 375.
- 2 Spray the inside of a 9x13 glass pan and lay chicken inside
- 3 Mix together the remaining ingredients and spread evenly over each piece of chicken- being sure to cover all the exposed raw meat so it doesn't dry out. Sprinkle on a little more parmesan over the top of the entire dish.
- 4 Bake for 45 mins.
- 5 Easy to re-heat...possibly even better on the second day!

Servings: 4

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 45 minutes

Dry Rubbed Flank Steak

1 net carb per serving

1 Tbsp ground mustard	1/2 tsp cayenne
1 Tbsp onion powder	1/4 tsp allspice
1 Tbsp garlic powder	3 lbs flank steak
1 Tbsp salt	



- 1 Preheat grill or grill pan over high heat for 3-4 mins.
- 2 Combine all spices in a small bowl and rub all over steak. Let sit for 10 mins
- 3 Put the steak on the grill and cook 5 mins per side
- 4 Remove and let rest for 10 mins before slicing

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Spinach Salad

5 net carbs per serving

3	eggs	2	tsp	Stevia or Truvia		
7	slices	thick cut	bacon	1/2	tsp	dijon mustard
1	small	red	onion	1	dash	salt
1	pkg	mushrooms		8	oz	baby spinach- washed
3	Tbsp	red wine	vinegar			dried and stems removed



- 1 Place eggs in saucepan, cover water, bring to boil. Then turn off heat and allow them to sit in water for 20 mins. Drain off water and add ice on top of eggs.
- 2 Fry bacon in skillet until crispy. Remove to a paper towel. Drain fat into bowl and reserve.
- 3 Slice red onion thinly and add to skillet. Cook slowly until onions are caramelized and reduced. Remove to plate and set aside.
- 4 Slice mushrooms and add to same skillet with a little bit of bacon fat if needed. Cook slowly until caramelized and brown. Remove to plate and set aside.
- 5 Chop bacon. Peel and slice the egg
- 6 Make hot bacon dressing: Add 3 Tbsp of bacon fat, vinegar, stevia/truvia, dijon, and salt to a small saucepan or skillet over medium-low heat. Whisk together and heat thoroughly until bubbly.
- 7 Add spinach to a large bowl. Arrange onions, mushrooms and bacon on top. Top with hot dressing and combine. Add eggs and serve.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Miso Ginger Grilled Salmon

4.5 net carbs per serving

1/4 cup	white miso	1 1/2 Tbsp	minced green onions
2 Tbsp	unseasoned rice vinegar	2 tsp	toasted sesame oil
2 Tbsp	soy sauce	4	salmon fillets



- 1 Whisk together the miso, vinegar, soy sauce, green onions, ginger, and sesame oil in a small bowl.
- 2 Place salmon in baking dish and pour marinade over. Turn to coat.
- 3 Cover and let marinade for 30 mins in refrigerator.
- 4 Heat grill to high. Remove fish from marinade and season with salt and pepper.
- 5 Grill salmon, skin side down with cover closed until golden brown and crust has formed (about 3-4 mins).
- 6 Turn salmon over and continue grilling for 3-4 mins for medium doneness.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 35 minutes

Cooking Time: 10 minutes

Broccoli Salad

6 net carbs per serving

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.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Inactive Time: 1 hour

Southern BBQ

< 1 net carb per serving

5 lbs	pork butt roast	1	14 oz	can beef broth
	salt	to taste		
	black pepper	to taste	1/4 cup	brewed coffee



- 1 Cut roast in half. Rub each half with salt and pepper and place in slow cooker. Pour broth and coffee over the meat.
- 2 Turn the slow cooker to low and cover.
- 3 Cook for 6-8 hours or until roast is "fork tender."
- 4 Enjoy! Plenty of left overs for lunch tomorrow!

Servings: 8

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 6 hours

Cauliflower Macaroni and Cheese

4 net carbs per serving

1	large head	cauliflower	1/2 cup	shredded sharp cheddar cheese (for topping)
1	cup	olive oil spray		
1	cup	heavy cream		
2	oz	cream cheese (cut into small pieces)	1/4 tsp	pepper
1 1/2	tsp	dijon mustard	1/8 tsp	garlic powder
1 1/2	cups	shredded sharp cheddar cheese (for casserole)		Kosher salt



- 1 Preheat oven to 375. Bring a large pot of water to a boil and season water with salt.
- 2 Spray baking dish with olive oil spray.
- 3 Cook the cauliflower in the boiling water until crisp/tender (about 5 mins)
- 4 Drain well and pat between several layers of paper towels to dry. Transfer the cauliflower to baking dish and set aside.
- 5 Bring cream to a simmer in a small sauce pan, add cream cheese and mustard until smooth. Then stir in 1 cup cheese, salt & pepper, and garlic.
- 6 Whisk just until cheese melts (about 1-2 mins).
- 7 Remove from heat, pour over cauliflower, stir to combine.
- 8 Top with remaining 1/2 cup cheese. Bake until golden brown, bubbly, and hot (about 15 mins)

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Collard Greens

8 net carbs per serving

1	Tbsp	olive oil	3	cups	vegetable stock
1	Tbsp	butter	2		tomatoes, seeded and diced
1/2	large	onion (chopped)			salt
1	tsp	red pepper flakes			pepper
1	clove	garlic			
1	lb	collard greens, chopped and rinsed			



- 1 In a large pot over medium heat, heat oil and butter. Saute the onions until softened slightly (about 2 mins) and then add the red pepper flakes and garlic.
- 2 Cook 1 more minute then add collard greens and cook another minute.
- 3 Add vegetable stock, cover, bring to a simmer.
- 4 Cook until greens are tender (about 40 mins) then add tomatoes and season with salt and pepper.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 40 minutes

Tomato Peanut Soup

11 net carbs per serving

1	Tbsp	Olive oil	1/8	tsp	cayenne pepper
1	small	onion (chopped)			kosher salt
1		green bell pepper -- chopped	1	15 oz	can crushed tomatoes
1	stalk	celery (chopped)	4	cups	low sodium chicken broth
1	clove	garlic (chopped)	1/3	cup	smooth natural peanut butter
1/2	tsp	curry powder	1	tsp	stevia/truvia brown sugar
1/2	tsp	paprika			



- 1 Heat olive oil in pot over medium-high heat. Add onion, bell pepper, and celery. Cook, stirring about 5 mins.
- 2 Add garlic, curry powder, paprika, cayenne, and 1 tsp salt. Cook, stirring another 2 mins.
- 3 Add tomatoes, chicken broth, brown sugar, and 1 cup of water to the pot and then whisk in peanut butter until incorporated.
- 4 Bring to a boil then reduce heat and simmer gently, stirring occasionally until soup thickens (about 30 mins).
- 5 Puree with immersion blender or in regular blender in batches. Season with salt and pepper and drizzle with olive oil.

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Cauliflower "Bread" Sticks

< 3 net carbs per serving

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 crispiness.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 30 minutes