

## VitalMeals Week 30

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**Day 1**

Chicken Enchilada Zucchini Boats

**Day 2**

Lemon Chicken and Brussel Sprouts  
Green Bean Bundles

**Day 3**

Bacon & Kale Frittata  
Spinach Salad

**Day 4**

Beef and Cabbage Crockpot with Avocado Salsa

**Day 5**

Ginger Lime Shrimp  
Thai Slaw

**Day 6**

Ham and Onion Low Carb Macaroni and Cheese

**Day 7**

Chicken and Roasted Vegetable Soup

Servings: 4

## Chicken Enchilada Zucchini Boats

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8 net carbs per serving (yields 4 servings of 1 boat)

			1/2 cup	green bell pepper, diced
	Olive oil spray			
2	cloves	garlic, minced	1/4 cup	chopped cilantro
1	Tbsp	chipotle chile in adobo	8 ounces	cooked and shredded chicken breast
1 1/2	cups	tomato sauce		
1/2	tsp	chipotle chili powder	1 tsp	cumin
1/2	tsp	ground cumin	1/2 tsp	dried oregano
2/3	cup	low sodium chicken broth	1/2 tsp	chipotle chili powder
		salt and black pepper to taste	3 Tbsp	water
			1 Tbsp	tomato paste
				salt and pepper to taste
4	medium	zucchini		
1	tsp	olive oil	3/4 cup	shredded cheddar cheese
1/2	cup	green onions, chopped		
3	cloves	garlic, crushed	1 handful	chopped cilantro



- 1 Prepare enchilada sauce: In a skillet over medium high heat, spray with olive oil and sauté garlic. Then add chipotle chilies, chili powder, cumin, chicken broth, tomato sauce, salt and pepper. Bring to boil. Reduce and simmer for 10 minutes. Set aside.
- 2 Prepare Zucchini Boats: Boil a large pot of water and preheat oven to 400. Cut zucchini in half lengthwise and scoop out insides. Place removed "flesh" in bowl, chop into small pieces, and set aside.
- 3 Place zucchini halves in boiling water for 1 minute then remove.
- 4 In a skillet, heat olive oil, onion, garlic, and bell pepper. Cook for about 3 minutes. Then add chopped zucchini flesh you previously set aside along with cilantro. Cook about 4 minutes. Season with salt and pepper. Then add cumin, oregano, chili powder, water, and tomato paste. Cook another 1-2 minutes. Then add chicken. Cook final 3 minutes. Remove from heat.
- 5 In a large baking dish, place 1/4 cup of enchilada sauce on the bottom and top with zucchini halves (cut side up)
- 6 Fill each zucchini boat with 1/3 cup of chicken mixture above. Press down firmly.
- 7 Top with 2 Tbsp enchilada sauce and shredded cheese.
- 8 Cover with foil and bake for about 30-35 minutes, make sure cheese is thoroughly melted.
- 9 Top with cilantro for garnish. Enjoy!

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 50 minutes

## Lemon Chicken and Brussel Sprouts

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5 net carbs per serving (yields 4 serving)

4	boneless and skinless chicken breasts	1	lemon
2	cups brussel sprouts, cut in 1/2	1/4	cup chicken stock
1	Tbsp coconut oil		salt, pepper, garlic to taste
1	Tbsp olive oil	1	cup Parmesan cheese



- 1 Preheat oven to 425.
- 2 Toss brussel sprouts in bowl with olive oil and salt, pepper, and garlic.
- 3 Season chicken breasts with salt, pepper, and garlic as well.
- 4 Over medium high heat, heat coconut oil in cast iron skillet. Once hot, add chicken breasts to pan. Allow them to crisp up (about 5-7 minutes).
- 5 Flip & repeat on other side.
- 6 After both sides are crispy, add brussel sprouts, chicken broth, and the juice of one lemon.
- 7 Move skillet to oven & bake for 30 minutes (or until chicken is cooked through).
- 8 Top with parmesan cheese and enjoy!

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 45 minutes

## Green Bean Bundles

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

1 lb green beans, trim the ends      salt and black pepper to  
4 slices bacon, halved                      taste  
1/8 tsp garlic powder



- 1 Blanch the green beans for 3-4 minutes and let dry on paper towel.
- 2 Preheat oven to 400 and spray baking sheet with olive oil.
- 3 Form 8 bundles of green beans and wrap each bundle with one half slice of bacon. Secure with toothpick.
- 4 Place on baking sheet, spray tops with extra olive oil and season with salt pepper and garlic powder.
- 5 Bake for about 15 minutes

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 20 minutes

## Bacon & Kale Frittata

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3 net carbs per serving (yields 4 servings)

8	eggs	1/4 cup	half and half
1 cup	grape tomatoes	1/4 tsp	salt
1/2	onion chopped		pepper
3 slices	bacon, chopped into 1/2 inch pieces	1/4 cup	shredded mozzarella cheese (6 ounces)
1/4 cup	kale		



- 1 Preheat oven to 400.
- 2 Mix eggs, half and half, salt, and pepper in a bowl.
- 3 Heat an oven proof skillet over medium heat and cook bacon. Then add onions, tomato, and kale. Once onions are caramelized, add egg mixture on top and sprinkle with parmesan cheese.
- 4 After about 30 seconds- 1 minute, move the pan to the oven and bake for about 10 minutes. The egg should brown. Season with salt and pepper!

### 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

## Spinach Salad

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

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.

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 30 minutes

## Beef and Cabbage Crockpot with Avocado Salsa

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6 net carbs per serving (yields 6 servings)

2	lbs	beef chuck roast (cut into thick strips)	6	Tbsp	Mayonnaise
			4	tsp	fresh squeezed lime juice
1	Tbsp	taco seasoning	2	tsp	green tabasco sauce
2	tsp	olive oil			
2	4 ounce	cans of diced green chiles	2	large	avocados, diced
			1	medium	poblano pepper, diced
			1	Tbsp	fresh squeezed lime juice
1	small	head green cabbage			
1/2	small	head red cabbage	1	Tbsp	olive oil
1/2	cup	thinly sliced green onion	1/2	cup	finely chopped cilantro



- 1 Cut chuck roast into strips and rub with taco seasoning.
- 2 Heat olive oil in skillet over medium-high heat. Add beef & brown on all sides.
- 3 Put beef in crock pot and top with diced green chiles and juice from the cans. Cook on high for 4 hours- the beef should shred apart easily.
- 4 Remove beef from crock pot and place on a cutting board (use a slotted spoon leaving liquid in the crockpot).
- 5 Shred the beef apart and place back in crockpot.
- 6 Prepare cabbage: Cut cabbage into thin strips & slice green onions thin. Mix mayo, lime juice and green tabasco together in a bowl for dressing. Mix cabbage, green onions, and dressing thoroughly.
- 7 Prepare the salsa: Peel & cut avocado and toss with lime juice. Chop cilantro and poblano & add to avocado lime mixture. Drizzle with olive oil and toss well.
- 8 Assemble beef bowl: Put a layer of slaw on the bottom, then top with beef and avocado salsa.
- 9 Enjoy!

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 20 minutes

Cooking Time: 4 hours

## Ginger Lime Shrimp

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7 net carbs per serving (yields 8 servings)

2	large	shallots, peeled and chopped	1/2 cup	fresh lime juice
1	2 inch piece	fresh ginger, peeled and chopped	1/4 cup	chopped green onions
4	cloves	garlic, smashed	1/4 cup	olive oil
3/4	cup	soy sauce	1/4 tsp	ground black pepper
2	Tbsp	splenda	2 lbs	shrimp



- 1 In a blender, blend shallots, ginger, garlic, soy sauce, lime juice, and splenda. Blend until smooth. Then add green onions and oil & blend until thoroughly combined. Season with black pepper.
- 2 In a large bowl, add shrimp and top with the above marinade. Let marinade for about 15- 20 minutes.
- 3 Preheat grill & grill roughly 1-2 minutes per side until desired doneness.

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 5 minutes

Inactive Time: 20 minutes



## Thai Slaw

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12 net carbs per serving (yields 4 servings)

1/2 small	head of cabbage, thinly sliced	1.5 Tbsp	sesame oil
		2	garlic cloves, minced
1/4 head	purple cabbage, thinly sliced	1/2 cup	cilantro
		1/8 cup	parsley
1 large	carrot, shredded	1 Tbsp	sesame seeds
3	scallions, shredded	1/4 cup	peanuts, crushed
1/2 cup	rice wine vinegar		
1.5 Tbsp	soy sauce		



- 1 Wash and dry cabbage and carrots. Peel and discard the first few layers of cabbage.
- 2 Thinly slice both the cabbage and red cabbage. Place into large bowl and then shred carrot on top.
- 3 Add diced scallions to the mixture above and then mix well.
- 4 In a separate bowl, combine rice wine vinegar, soy sauce, sesame oil, cilantro, and parsley. Whisk together.
- 5 Top cabbage with dressing. Then add sesame seeds and peanuts on top to finish.

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 25 minutes

## Ham and Onion Low Carb Macaroni and Cheese

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7 net carbs per serving (yields 6 servings)

1	head	cauliflower	1	cup	sharp cheddar cheese, grated
1		onion, diced			
2	Tbsp	olive oil	1/4	cup	goat cheese
4	Tbsp	butter, divided	1/4	tsp	black pepper
3	cloves	garlic, minced	6	oz	ham (diced and cooked crispy)
1	cup	heavy cream			
1/2	cup	Parmesan cheese grated			



- 1 Preheat oven to 350.
- 2 In a pot, steam cauliflower in about 1 inch of water until tender (about 10-15 minutes)
- 3 Remove & drain water but keep cauliflower in pot to remove excess water.
- 4 Remove cauliflower & place inside an 8x8 casserole dish. Mash with a fork.
- 5 In a large skillet, heat olive oil and 2 Tbsp butter.
- 6 Add onions to the skillet and cook until they are caramelized. Then remove them and set aside.
- 7 To same skillet, add remaining butter & garlic. Then add heavy cream and parmesan cheese. Stir until parmesan is melted and sauce begins to boil. Then add cheddar cheese, goat cheese, and black pepper. Stir until all cheeses are well blended.
- 8 Reduce heat to low and simmer about 5 minutes. Sauce will thicken.
- 9 Pour cheese on top of cauliflower. Top with onions and crispy ham.
- 10 Bake for 15 minutes.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 45 minutes

## Chicken and Roasted Vegetable Soup

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6 net carbs per serving (yields 6 servings)

2	cloves	garlic, minced	3/4	tsp	dried parsley
2		carrots, peeled and chopped	1	tsp	sea salt
1	cup	butternut squash peeled and cut into 1-inch cubes	1/2	tsp	dried thyme
			1/4	tsp	dried rosemary
1/2		yellow onion, quartered	1/4	tsp	dried oregano
2	Tbsp	olive oil	1	cup	cracked pepper
4	cups	chicken stock	1	cup	water
3	cups	shredded chicken (rotisserie chicken is easiest)	2	cups	spinach



- 1 Preheat oven to 425.
- 2 Toss vegetables in olive oil and season with salt and pepper. Roast on baking sheet in oven for about 20 minutes.
- 3 While veggies are roasting, place chicken stock in a pot and heat over medium-high heat. Once it starts to simmer, reduce heat and add chicken, spices, salt and pepper. Cover and cook for about 15 minutes.
- 4 Once all vegetables are cooked, remove from oven & place in blender. Puree veggies with 1 cup of water.
- 5 Add vegetable puree and baby spinach to soup. Simmer for an additional 5-10 minutes. Enjoy!

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 30 minutes