

VitalMeals Week 31

Day 1

Mexican Pizza Cups

Day 2

Creamy Chicken

Garlic Broccoli Rabe

Day 3

Cumin Rubbed Pork Tenderloin

Tumeric and Ginger Roasted Cauliflower

Day 4

Spicy Mustard and Balsamic Rubbed Steaks

Balsamic Roasted Brussel Sprouts

Day 5

Low Carb Crab Cakes

Coleslaw

Day 6

Sausage Stuffed Mushrooms

Spinach Salad (with goat cheese and walnuts)

Day 7

Summer Carrot Soup

Servings: 4

Mexican Pizza Cups

10 net carbs per serving (3 pizza cups) (entire recipes has 4 servings)

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|--------|--|--------------------------------|
| 6 | low carb tortillas | |
| 1 lb | lean ground beef, browned
and drained | sour cream
chopped tomatoes |
| 1 cup | salsa | black olives |
| 1 pkg | dry taco seasoning | |
| 2 cups | shredded mexican-style
cheese blend | |



- 1 Preheat oven to 425 and spray 12 count muffin tin with non-stick olive oil spray
- 2 In a skillet, over medium high heat, cook the ground beef until cooked through and browned. Drain.
- 3 While meat is cooking, lay each tortilla out and use an empty glass cup to cup 2 medium circles out of each wrap
- 4 Place each "tortilla circle" into muffin tin--pressing it against sides.
- 5 Mix together ground beef, salsa, and taco seasoning. Stir well.
- 6 Scoop meat mixture into each wrap to fill and top with shredded cheese.
- 7 Bake for 12-15 minutes or until cheese is melted and bubbly
- 8 Let rest for 5-10 mins before removing. Top with any toppings of your choice!
- 9 1 serving = 3 pizza cups
- 10 Serve with a side salad to get some extra greens!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Creamy Chicken

2 net carbs per serving (yields 4 servings)

2 Tbsp butter
4 boneless and skinless chicken breast
1 green onion chopped

8 ounces sour cream
salt and pepper to taste



- 1 Over medium high heat, melt butter in skillet and then add chicken breasts.
- 2 Cover & simmer for 10 minutes- flipping after 10 minutes.
- 3 Once chicken is cooked to desired doneness, add green onion for another 1 minute.
- 4 Remove from heat. Season with salt and pepper and add sour cream.
- 5 Mix well & enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Garlic Broccoli Rabe

1 net carb per serving (yields 4 servings)

1 large bunch	broccoli rabe	crushed red pepper
4	garlic cloves, crushed	flakes (optional)
2 tbsp	olive oil	
	salt and black pepper	
	to taste	



- 1 Preheat oven to 400.
- 2 Boil a pot of water. Once boiling, add broccoli for one minute and sprinkle with salt.
- 3 Remove and drain well.
- 4 Place broccoli on cookie sheet and cover with garlic, olive oil, salt, pepper, and crushed red pepper flakes if desired.
- 5 Bake for 20 minutes (or until crispy).

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Cumin Rubbed Pork Tenderloin

1 net carb per serving (yields 4 servings)

1	18 oz	pork tenderloin	1/2	tsp	paprika
1/2	Tbsp	cumin			salt and black pepper to
1	tsp	garlic powder			taste
1	tsp	chili powder			



- 1 Mix cumin, garlic powder, chili powder, paprika and salt and pepper together and then rub generously all over tenderloin.
- 2 Grill covered tenderloin on high for about 10 minutes (5-6 minutes per side).
- 3 After this, move to indirect heat and cook an additional 10 minutes (flipping halfway through)- or until desired doneness.
- 4 Ready to serve!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Cooking Time: 25 minutes

Tumeric and Ginger Roasted Cauliflower

2 net carbs per serving (yields 4 servings)

3 Tbsp olive oil	1 tsp turmeric
1 jalapeno, finely chopped	1 head cauliflower
1 Tbsp grated ginger	salt to taste



- 1 Preheat oven to 400.
- 2 Mix olive oil, jalapeno, ginger, turmeric, and salt in a small bowl.
- 3 Chop cauliflower into florets & toss in oil mix above.
- 4 Place on baking sheet & roast in oven for about 25-30 minutes.
- 5 Enjoy!

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Spicy Mustard and Balsamic Rubbed Steaks

4 net carbs per serving (yields 4 servings)

1 1/2 lbs	steak	1/4 cup	spicy brown mustard
2 Tbsp	olive oil	1	shallot, chopped
1/3 cup	balsamic vinegar	2 Tbsp	butter
1/4 cup	beef broth		salt and pepper to taste



- 1 Heat olive oil in skillet on medium high heat.
- 2 Sprinkle steaks with salt and pepper and cook in skillet for 4 minutes per side.
- 3 Remove steaks from skillet.
- 4 Leave skillet over heat and add shallots and butter and cook until soft. Then add balsamic vinegar. Bring to a boil then reduce heat and simmer.
- 5 After about 2-3 minutes, add beef broth and brown mustard. Simmer another 10-15 minutes for sauce to thicken.
- 6 Top steaks with above sauce prior to serving and enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Balsamic Roasted Brussel Sprouts

4 net carbs per serving (yields 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

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 2 minutes

Cooking Time: 30 minutes

Low Carb Crab Cakes

3 net carbs per serving (yields 4 servings)

1 lb	blue crab meat	1	Tbsp	baking powder
1 Tbsp	diced red bell pepper	1	Tbsp	worcestershire sauce
1 Tbsp	diced green bell pepper	1 1/2	tsp	Old Bay seasoning
1 Tbsp	parsley, chopped	2	Tbsp	olive oil
1 Tbsp	mayonnaise			
2	eggs			



- 1 Mix all ingredients together except for olive oil.
- 2 Heat olive oil in skillet over medium heat.
- 3 Form patties out of crab meat mixture and place in pan. Cook about 2 minutes per side or until desired doneness.
- 4 Serve over a salad or between 2 pieces of low carb bread.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Coleslaw

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

1/3 cup	mayonnaise	1	tsp	onion powder	
2/3 cup	sour cream	1/8	tsp	paprika	
2	Tbsp	lemon juice	1/4	tsp	salt
2	Tbsp	stevia or Truvia	1	lb	shredded cabbage
1	tsp	garlic powder			



Mix all dressing ingredients together and then mix in cabbage. Balance the lemon juice and sweetener to your own taste.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Sausage Stuffed Mushrooms

10 net carbs per serving (yields 6 servings of about 6 stuffed mushrooms)

4	Tbsp	olive oil, divided	4	slices	healthy life (or other low carb) bread
1 1/2	lbs	baby bella mushrooms			
1	lb	ground italian sausage	1/2	cup	Parmesan cheese
2		shallots, minced	1/4	cup	heavy cream
2	cloves	garlic, minced	1/4	cup	parsley, minced
1/4	cup	white wine			salt and black pepper to taste
1		egg			



- 1 Preheat oven to 350.
- 2 Remove stems from mushrooms- this should leave a space in the mushroom cap for stuffing.
- 3 Set the stems aside. Toss mushroom caps in 1-2 Tbsp olive oil.
- 4 Over medium heat, heat 2 Tbsp of olive oil in skillet and then add sausage. Cook for about 10 minutes or until thoroughly cooked through. Crumble sausage into pieces and then remove and place in mixing bowl.
- 5 Reduce skillet heat to medium-low and add shallots. Cook for about 3 minutes and then add garlic and white wine. Simmer.
- 6 Meanwhile, chop up the mushroom stems and add to above skillet mixture. Cook another 5 minutes and then remove. Add to bowl with sausage.
- 7 Mix sausage and above mixture well, then add egg.
- 8 Place slices of bread in food processor to make breadcrumbs. Then add these to above mixture along with heavy cream, parmesan cheese and 3 Tbsp parsley. Mix well. Season with salt and pepper
- 9 Fill each mushroom cap with sausage mixture and place on baking sheet. Bake for about 25 minutes.
- 10 Enjoy alongside a fresh salad!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 45 minutes

Spinach Salad (with goat cheese and walnuts)

4 net carbs per serving (yields 4 servings)

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|-----|------|--|-----|-----|--|
| 1 | Tbsp | red wine vinegar | 1/2 | cup | whole or chopped toasted walnuts |
| 1 | Tbsp | red onion | | | |
| 2 | tsp | dijon-style mustard | 1/3 | cup | crumbled goat cheese (sub bleu cheese or feta depending on what you like!) |
| 1/4 | tsp | kosher salt | | | |
| | | pepper | | | |
| 8 | cups | baby spinach- washed dried and stems removed | | | |



- 1 In a small bowl, combine vinegar, onion, mustard, salt and pepper. Gradually whisk in oil to make a creamy dressing.
- 2 Put all but a large handful of spinach in a large bowl and toss with more dressing.
- 3 Add remaining spinach and toss until well coated.
- 4 Serve immediately topped with walnuts and cheese

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Summer Carrot Soup

10 net carbs per serving, (yields 6 servings)

3	Tbsp	olive oil	1/4	tsp	paprika
1	large	red onion, diced	2	tsp	cumin
3	cloves	garlic, minced	1/4	tsp	allspice
1	lb	carrots, diced	1	tsp	turmeric
4	cups	vegetable broth			salt and pepper to taste
1/4	cup	garlic powder			



- 1 Heat a large soup pot (or dutch oven) over medium heat. Add olive oil and onions and cook about 3-5 minutes. Then add garlic and carrots. Mix well to make sure all ingredients are well coated with olive oil.
- 2 Add all remaining ingredients (except salt and pepper).
- 3 Bring to a boil then reduce heat to simmer for about 10 minutes (or until carrots are tender).
- 4 Remove from heat.
- 5 Using an immersion blender or food processor, blend soup until creamy and smooth.
- 6 Season with salt and pepper.

Degree of Difficulty

Degree of Difficulty: Easy