

VitalMeals Week 32

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Low Carb Jalapeno Cheddar Muffins

Day 2

Ginger Almond Chicken
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Day 3

"Alfredo" with Chicken and Broccoli

Day 4

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Day 5

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Spicy Sweet Potato Chips

Day 6

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Day 7

Coconut Chicken Soup

Servings: 4

Chipotle Lime Shrimp Rolls

2 net carbs per serving (Yields 4 servings of 3 shrimp rolls)

| | | | |
|----|------------------------------------|----------|------------------------------|
| 12 | shrimp, large, peeled and deveined | 1/4 tsp | chipotle powder |
| 2 | Tbsp olive oil | 6 strips | bacon, cut in 1/2 toothpicks |
| 1 | lime | | |



- 1 Preheat oven to 425.
- 2 In a bowl, combine the zest from the lime & then 2 Tbsp of lime juice (fresh squeezed) with olive oil and chipotle powder.
- 3 Add shrimp to bowl and coat well with above mixture.
- 4 Microwave bacon strips for about 1 1/2 minutes.
- 5 Wrap each 1/2 strip of bacon around shrimp and place toothpick through the middle to secure.
- 6 Line a baking sheet with foil and place shrimp on baking sheet.
- 7 Bake for about 12-15 minutes or until bacon is crispy.
- 8 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 7 minutes

Cooking Time: 15 minutes

Low Carb Jalapeno Cheddar Muffins

4 net carbs per muffin (8 servings in entire recipe)

| | | | |
|---------|---------------|---------|-------------------------------|
| 2 cups | almond flour | 4 Tbsp | coconut oil melted, divided |
| 1 tsp | baking powder | 1/2 cup | unsweetened almond milk |
| 1/2 tsp | salt | 1/2 cup | shredded sharp cheddar cheese |
| 1 Tbsp | raw honey | | |
| 3 | large eggs | 1-2 | jalapenos chopped |



- 1 Preheat oven to 325
- 2 Mix the almond flour, baking powder, and salt in large bowl. Set aside
- 3 Add honey, eggs, 3 Tbsp. coconut oil, and almond milk to a separate bowl and whisk
- 4 Add wet ingredients into large bowl with cheese and chopped jalapenos. Mix just until incorporated.
- 5 Pour batter into 8 greased (use 1 tbsp of coconut oil) muffin cups and bake for 25-30 mins.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Recipe Type: Bread

Ginger Almond Chicken

2.5 net carbs per serving (yields 4 servings)

| | | | | | |
|-----|---|------------------------|---------------|----------------------------------|-------------------------|
| 4 | boneless skinless chicken breast halves | 1/4 tsp | ground pepper | | |
| | | 4 | scallions | | |
| 2 | Tbsp | ground coriander | 1/4 cup | mango, chopped into large pieces | |
| 1 | tsp | grated fresh ginger | | | |
| 1/4 | cup | julienned fresh ginger | 1/4 cup | chicken broth | |
| 4 | Tbsp | olive oil | 1 | tsp | minced garlic |
| 2 | tsp | white wine vinegar | 1/4 | cup | sliced almonds, toasted |
| 1/2 | tsp | kosher salt | | | |



- 1 Cut chicken into 1/2 inch thick pieces.
- 2 In a bowl, combine ground coriander, grated ginger, 2 tsp olive oil, vinegar, salt and pepper and then add the chicken. Set aside.
- 3 Mean while, mix mango, chicken broth and garlic in a separate bowl.
- 4 Over medium high heat, heat 2 tsp olive oil in a skillet. Add sliced scallion whites and julienned ginger. Cook for about 30-60 seconds. Then add chicken. It will need to cook for about 5 minutes. Finally add the mango, broth and garlic mixture.
- 5 Top with toasted almonds right before serving.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 15 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

"Alfredo" with Chicken and Broccoli

9 net carbs per serving (yields 4 servings)

| | | | |
|-----|-----------------------------------|--------|---|
| 4 | boneless skinless chicken breasts | 4 cups | steamed broccoli, chopped into smaller pieces |
| 1/2 | onion, chopped | 2 | egg yolks |
| 2 | cups heavy cream | | salt and black pepper to taste |
| 1 | cup grated romano cheese | | |
| 4 | Tbsp butter | | |



- 1 In a large skillet over medium high heat, melt butter.
- 2 Slice chicken into strips & then add to the skillet.
- 3 Top chicken with onions and broccoli. Then add heavy cream and bring to a boil.
- 4 Finally add cheese and egg yolk and combine well.
- 5 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Italian Sausage and Peppers

12 net carbs per serving (yields 4 servings)

| | | | |
|---------|-------------------------------|--------|------------------|
| 4 links | italian sausage | 3 Tbsp | balsamic vinegar |
| 1 | red onion, cut into strips | | olive oil |
| 2 | bell peppers, cut into strips | | salt |
| 1 tbsp | honey | 4 cups | arugula |



- 1 In a small bowl, mix balsamic vinegar and honey.
- 2 Heat skillet over medium high heat and add 1-2 Tbsp olive oil. Add sausage links and cook for 5-10 minutes, until almost cooked through. Then add onions and peppers and sauté until soft.
- 3 Remove from heat and top with honey and balsamic mixture. (If needing recipe to be lower carb, you can always skip the honey).
- 4 In each bowl, put 1 cup of arugula & then top with 1/4 of the sausage/pepper/onion mixture.
- 5 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Crab and Avocado Salad

3 net carbs per serving (yields 4 servings)

| | | | |
|----------|---|--------|--------------------------|
| 2 medium | avocados, seeded, peeled and cut into chunks | 2 Tbsp | cilantro, chopped |
| | | 2 Tbsp | olive oil |
| 8 ounces | crab meat | | salt and pepper to taste |
| 4 Tbsp | chopped red onion | | |
| 2 | limes | | |



- 1 In a bowl, combine onion, lime juice, olive oil, cilantro, salt, and pepper. Mix well. Then add crab meat and avocado.
- 2 Serve on top of a salad or in a low carb wrap and enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Spicy Sweet Potato Chips

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

2 sweet potatoes, washed and dried 1/2 tsp salt
2 Tbsp olive oil 1/2 tsp pepper
1 tsp cayenne pepper



- 1 Preheat oven to 450.
- 2 Line 2 baking sheets with parchment paper.
- 3 Cut potatoes into 1/4 inch thick slices
- 4 In large bowl, add oil & seasoning and toss potato slices to coat
- 5 Place single layer on baking sheets and bake until lightly browned & crisp on both sides. (roughly 15 mins per side)

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Low Carb Pizza

12 net carbs per slice (yields 16 servings)

| | | | |
|-----------|--|---------|---|
| 1 1/2 cup | almond flour | 1/2 cup | diced ham |
| 3 | eggs | 1/3 cup | diced red bell peppers, green bell peppers, and/or red onions |
| 3/4 cup | heavy cream | 2 | portobello mushrooms, sliced |
| 1/3 cup | club soda | 2 Tbsp | olive oil |
| 1 tsp | salt | 1 pinch | dried oregano |
| 1-2 cans | low sugar tomato sauce | | |
| 24 oz | shredded mozzarella cheese (6 ounces) | | |
| 8 oz | pepperoni slices | | |
| 1/2 cup | crumbled italian sausage (cooked) | | |



- 1 Preheat oven to 375
- 2 Make the crust: Spray 12 inch pizza pan with non stick spray. Stir (almond flour, eggs, heavy cream, club soda & salt) together in medium bowl and then roll out batter as thin and evenly as possible over 2 pans
- 3 Place pizza crusts on center racks of oven & bake for 12-15 minutes
- 4 Remove from oven & increase oven temp to 400.
- 5 Then assemble your pizzas: Sauce, cheese, and toppings of your choice. Lightly sprinkle with live oil and oregano at the end
- 6 Bake for another 10-12 mins (or until cheese melts and bubbles)
- 7 Each pizza should yield 8 slices
- 8 Tip: For a faster option, just make pizzas on top of low carb tortillas.

Yield: slices

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Recipe Type: Main Dish

Tips

Note: nutrition information calculated using 2- 8oz cans of low sugar tomato sauce

Coconut Chicken Soup

4 net carbs per serving (yields 8 servings)

| | | | |
|--------------|------------------------------|---------|------------------------------|
| 1 Tbsp | olive oil | 1/2 tsp | red pepper flakes |
| 1 inch piece | ginger, peeled & sliced thin | 1 lb | rotisserie chicken, shredded |
| 1 Tbsp | dried lemongrass | 2 cups | unsweetened coconut milk |
| 8 ounces | mushrooms sliced | 2 Tbsp | asian fish sauce |
| 6 cups | chicken stock | 3 Tbsp | fresh cilantro leaves |
| 3 Tbsp | lime juice | | |



- 1 Heat olive oil in skillet over medium heat. Add ginger and lemon grass. Let toast for about 2 mins and then add mushrooms. Cook for another 2-3 minutes.
- 2 Then add chicken stock, lime juice and red pepper flakes. Bring soup to a simmer and simmer for 10 minutes. Then add chicken and cook for another 5 minutes.
- 3 Finally, whisk in coconut milk, fish sauce and cilantro. At this point, you want to lower heat and let soup cook for another 10 minutes. Salt and pepper to taste.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 30 minutes