

VitalMeals Week 33

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Skillet Taco Bake

Day 2

Coconut Crusted Chicken
Garlic Broccoli Rabe

Day 3

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Day 4

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Day 5

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Day 6

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Day 7

Low Carb Chicken Tortilla Soup

Servings: 4



Skillet Taco Bake

7 net carbs per serving (yields 6 servings)

1 lb	lean ground beef	1 can	diced tomatoes with green chiles
1 package	taco seasoning		
3 cups	baby spinach	2 cups	shredded pepper jack cheese
1	onion, chopped		
2	bell peppers, chopped		



- 1 In a skillet over medium-high heat, brown the beef.
- 2 Drain excess fat & then add onions and peppers. Sauté for about 5 minutes and then add tomatoes and taco seasoning.
- 3 Add spinach and stir until wilted.
- 4 Finally, cover with cheese and allow cheese to melt.
- 5 Serve over a salad or a low carb wrap!
- 6 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Coconut Crusted Chicken

13 net carbs per serving (Yields 4 servings of 2 chicken tenders)

8	chicken tenders	1	tsp	black pepper	
1/2	cup	coconut flakes, unsweetened	1	tsp	garlic powder
1	cup	bread crumbs	3		egg whites
1	tsp	salt			



- 1 Preheat oven to 375.
- 2 In a large bowl, mix coconut flakes, breadcrumbs, salt, pepper, and garlic.
- 3 In a separate bowl, prepare egg whites.
- 4 Dip each chicken tender into the egg & then the coconut mixture. Make sure to coat well.
- 5 Place on baking sheet and bake for roughly 25 minutes (or until chicken is cooked through).
- 6 Enjoy!
- 7 ****To decrease carb count even further, use a low carb bread like healthy life for bread crumbs- simply food process up several slices--enough to equal 1 cup of bread crumbs---allow bread to "dry out" or use older bread for best results****

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 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

Bacon Wrapped Pork

2 net carbs per serving (yields 4 servings)

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|---|-----------------------------------|--------|-------------------------------|
| 1 | pork loin roast (roughly 1.5 lbs) | 1/4 lb | bacon, thinly sliced |
| | | | salt and pepper to taste |
| 1 | Tbsp | | olive oil |
| 2 | Tbsp | | fresh rosemary finely chopped |
| | | | kitchen string |



- 1 Preheat oven to 375.
- 2 Sprinkle roast with salt and pepper.
- 3 In a skillet over medium high heat, add olive oil and allow it to get hot. Then add pork roast and brown on all sides- this should take about 2-3 minutes per side. Remove & set aside.
- 4 Rub pork roast with rosemary and then wrap with strips of bacon. Tie with kitchen string to hold bacon in place.
- 5 Place roast in pan and bake for about 35 minutes or until desired doneness.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 45 minutes

String Beans with Shallots

4.5 net carbs per serving (yields 6 servings)

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|--------|---|-----|------------------------------|
| 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

Low Carb Lasagna Meatballs

4 net carbs per serving (yields 8 servings)

1 lb	hot Italian sausage	1/2 tsp	onion powder
1 lb	lean ground chuck	1/4 tsp	dried oregano
1/3 cup	almond flour	1/4 cup	grated parmesan cheese
2	eggs	2 cups	low sugar tomato/marinara sauce
1 Tbsp	dried parsley	1.5 cups	mozzarella cheese, shredded
1 tsp	salt	1 cup	ricotta cheese
1/4 tsp	red pepper flakes		
1/2 tsp	garlic powder		



- 1 Preheat oven to 375.
- 2 Place meats, almond flour, eggs, seasonings and 1/4 cup of parmesan cheese in a large bowl and combine. Form into meatballs and place on baking sheet lined with parchment paper.
- 3 Bake meatballs for 15 minutes.
- 4 Once meatballs are finished, place in a single layer along the bottom of a 13x9 casserole dish and top with tomato sauce/marinara. Then drop ricotta over casserole. Finally, top the entire thing with the mozzarella cheese.
- 5 Bake for 30 minutes.
- 6 Enjoy!
- 7 Should be plenty left over for lunch tomorrow!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 45 minutes

Shrimp and Avocado Salad

2 net carbs per serving (yields 4 servings)

4 Tbsp Olive oil	2 lbs	cooked shrimp, deveined & tail removed
6 Tbsp fresh lime juice	4	avocados
1 cup fresh cilantro chopped	8 cups	lettuce
salt and black pepper to taste		



- 1 Combine all ingredients for marinade. Mix well.
- 2 In a bowl, pour marinade over shrimp & coat well. (It is ideal to cover and refrigerate and allow it to marinate for an hour. If you don't have that much time, throw it in the fridge for at least 10-15 mins)
- 3 Wash and dry lettuce. Cut up avocado into chunks.
- 4 Divide lettuce among plates and top with avocado.
- 5 Finally, top with marinated shrimp and enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Inactive Time: 1 hour

Pizza--- Philly Cheesesteak Style

6 net carbs per serving (yields 4 servings of 1 "mini" pizza)

4	low carb wraps	4	ounces	mushrooms, chopped	
1/4	cup	cream cheese, softened	1/2	sweet onion, chopped	
1	Tbsp	olive oil divided	1	Tbsp	minced garlic
6	ounces	flank steak- thinly sliced	8	slices	provolone cheese
1	tsp	worcestershire sauce			salt and black pepper to taste
1		green bell pepper, chopped			



- 1 Preheat oven to 450. Place low carb wraps into oven on baking sheet for about 5 minutes or until they get slightly crispy, then remove.
- 2 Allow the wraps to cool for a minute, then top with cream cheese.
- 3 In a skillet over medium heat, heat up 1/2 Tbsp olive oil and then add steak, worcestershire, salt and pepper. Cook until meat is cooked to desired doneness.
- 4 Remove steak from skillet.
- 5 Using the same skillet, add the other 1/2 Tbsp olive oil, green peppers, mushrooms, onions, minced garlic and salt and pepper. Sauté for about 5 minutes.
- 6 Add above mixture to steak and mix well. Then top each "mini pizza" with toppings. Finally, top the entire thing with 2 slices of provolone cheese (or more if desired)
- 7 Bake for about 5-10 minutes.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Low Carb Chicken Tortilla Soup

12 net carbs per serving

- | | | | |
|---|--|----------|--------------------------|
| 2 | chicken breasts, Remove skin & cut into strips | 1 bunch | cilantro, chopped |
| 1 | 28 oz can diced tomatoes | 2 Tbsp | Tomato paste |
| 1 | 32 oz organic chicken broth | 4 cloves | minced garlic |
| 1 | sweet onion, diced | 1 tsp | chili powder |
| 2 | jalapenos, remove seeds, dice | 1 tsp | cumin |
| | | | salt and pepper to taste |
| | | | olive oil |
| 2 | cups | | celery chopped |
| 2 | cups | | carrots, shredded |



- 1 Add olive oil to crock pot & place on medium high heat. Add about 1/4 cup of chicken broth. Add onions, garlic, jalepeno, salt, and pepper.
- 2 Once ingredients have softened, add remaining ingredients and 1-2 cups of water. Cover and cook on low for about 2 hours.
- 3 Once chicken has finished cooking, it should shred easily with a fork.
- 4 Top with fresh cilantro and enjoy!

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 2 hours