

VitalMeals Week 34

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Butternut Squash Soup with Chipotle Cream

Servings: 4



Mini Pepper Tacos

4 net carbs per serving (yields 6 servings of about 5 mini peppers)

1 lb	ground beef	1 package	mini bell peppers
1 package	taco seasoning	1 cup	shredded cheddar cheese
3/4 cup	water		



- 1 Preheat oven to 350.
- 2 Slice off 1/3 of the pepper and set aside. Remove seeds. Do this to all of the mini peppers and place on a baking sheet.
- 3 In a skillet, over medium heat, cook the beef. While beef is cooking, chop all of the peppers that you set aside and then add to the beef mixture. Cook for about 10 minutes. Then add taco seasoning and 3/4 cup water. Cook for another 10 minutes.
- 4 Fill each pepper with beef mixture and cook for about 15 minutes in the oven.
- 5 For the last 2-3 minutes, add cheese on top and allow it to melt.
- 6 Serve with toppings of your choice: sour cream, guacamole, lime zest, cilantro or salsa. Enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Cilantro Lime Chicken

1 net carb per serving (yields 4 servings)

4	boneless skinless chicken breasts	3	Tbsp	cilantro, chopped
		1/2	tsp	salt
2	Tbsp	olive oil		
2		limes	1/4	tsp
				pepper



- 1 Zest both limes & reserve lime zest. Then in a large bowl, combine olive oil, lime zest, the juice of both limes, salt, and pepper.
- 2 Add the chicken to mixture & marinade. It is ideal if you can refrigerate & let sit for about 30 minutes to absorb flavors.
- 3 Preheat grill to medium-high heat and grill until desired doneness (about 10 minutes).
- 4 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Thai Slaw

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

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 25 minutes

Crockpot Sausage & Egg Bake

4 net carbs per serving (yields 6 servings)

1	head	broccoli, chopped	3/4	cup	whipping cream
1	lb	ground sausage, cooked	2	cloves	garlic clove, minced
1	cup	shredded cheddar cheese, divided	1/2	tsp	salt
			1/4	tsp	pepper
10		eggs			



- 1 Grease a crockpot with olive oil spray.
- 2 Layer half the broccoli, half the sausage, and half the cheese into crock pot. Repeat with remaining broccoli, sausage & cheese.
- 3 In a bowl, combine eggs, whipping cream, garlic, salt and pepper & whisk well. Pour over layers in crock pot.
- 4 Cover and cook on low for 4 hours or on high for 2 hours (or until set in the center).
- 5 Enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 2 hours

Italian Peppers and Beef

11 net carbs per serving (yields 6 servings of about 1 1/2 cups)

4	bell peppers chopped	1	packet	italian salad dressing dry mix
1	lb			lean ground beef
2	Tbsp			garlic, minced
1/2	cup	1/4	cup	Parmesan cheese grated
1/2	cup	1/2	cup	crushed red peppers
1/4	cup	1	Tbsp	lemon juice
				olive oil
4	stalks			celery, diced
1	15 oz			can chickpeas, rinsed and drained



- 1 Preheat oven to 350.
- 2 In a skillet, cook beef over medium high heat until cooked through. Then remove and set aside.
- 3 In same skillet, add olive oil, celery, garlic, peppers, and green onions. Cook for about 5 minutes.
- 4 Then add beef back to skillet and top with lemon juice, italian seasoning mix, red peppers, chick peas and 1 Tbsp water. Combine well. Cook for 3 minutes.
- 5 Spoon mixture into greased casserole dish and top with parmesan cheese.
- 6 Bake for about 20 minutes.
- 7 ** To further reduce carbs, remove chick peas from the recipe.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Salmon Citrus Salad

5 net carbs per serving (yields 4 servings)

1 Tbsp	coconut oil	5	roma tomatoes, diced
1 lb	fresh salmon filet	1	cucumber, diced
1 Tbsp	lemon juice	3 Tbsp	capers
8 cups	salad greens	1/4 cup	feta cheese



- 1 Drizzle salmon with lemon juice and season with salt and pepper to taste.
- 2 In a large skillet, melt coconut oil over medium high heat. Add salmon (skin side down) and reduce heat.
- 3 Sear salmon for 5-7 minutes and then flip. Sear an addition 1 minute or until thoroughly cooked (you want the temperature to be 145 degrees).
- 4 Remove from heat and set aside.
- 5 In a bowl, toss salad greens, diced tomatoes, cucumbers, and capers.
- 6 Place about 2 cups of salad on each plate and top with feta & salmon & dressing of your choice.
- 7 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Eggplant Pizzas

8 net carbs per pizza (yields 4 servings)

1 large eggplant	10	basil leaves
1 Tbsp salt	1/3 cup	grated parmesan
2 Tbsp olive oil	1/3 cup	grated mozzarella cheese
2 tsp italian seasoning	1-2 cups	pizza sauce



- 1 Cut off both ends of the eggplant & cut into 4 3/4 inch thick slices. Place on paper towels and sprinkle generously with salt. Let it sit for about 20-30 mins. to draw the liquid out.
- 2 Preheat oven to 375.
- 3 Dry off eggplant after 20-30 mins with dry paper towels.
- 4 Spray baking sheet with olive oil and lay eggplant slices on top. Brush with the olive oil and top with italian seasoning.
- 5 Roast for about 20- 30 minutes. Remove eggplant and set oven to broil.
- 6 Top each eggplant with sauce, basil leaves, and cheese.
- 7 Return to oven and broil until cheese is melted and bubbly.
- 8 Serve along side a salad (like a caesar salad!) and enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Inactive Time: 30 minutes

Butternut Squash Soup with Chipotle Cream

8 net carbs per serving (yields 4 servings)

3 Tbsp	Olive oil	6 cups	chicken broth
1 medium	butternut squash (halved lengthwise, seeds discarded, washed, and reserved)	3 tsp	minced canned chipotle chiles in adobo, divided
		1/2 cup	sour cream
			salt
1 medium	onion chopped		pepper
2 stalks	celery chopped		
2 cloves	garlic, chopped		



- 1 Preheat oven to 400
- 2 Using 1 Tbsp oil, grease the squash and season with salt and pepper. Place on baking sheet and roast until tender- about 45 mins. Remove from oven.
- 3 In the meantime, in a large pot over medium-high heat, add remaining olive oil, onion, celery, and carrot. Add pinch of salt. Saute until just tender (10 mins) and then add garlic. Saute 2 more minutes.
- 4 Scoop the butternut squash flesh into pot and stir. Add 4 cups chicken broth and bring to boil.
- 5 Reduce heat to low, cover and simmer until veggies are very tender (about 30 mins).
- 6 Turn heat off, using immersion blender, puree the soup until smooth. (If necessary, add more of remaining stock to created desired thickness).
- 7 Mix in 2 tsp of chipotle into soup and season with salt and pepper to taste.
- 8 Then, in a small bowl, mix the chipotle cream: 1 tsp chipotle chiles, sour cream & salt and pepper to taste. Add dollop to each bowl of soup.

Degree of Difficulty

Degree of Difficulty: Moderately difficult

Cooking Times

Cooking Time: 45 minutes