

VitalMeals Week 35

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Day 3

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Day 6

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Cauliflower Macaroni and Cheese

Day 7

Pizza Soup

Servings: 4



Mexican Burgers

2 net carbs per serving (yields 4 servings)

1 lb lean ground beef 1/2 Tbsp chili powder
1/2 packet ranch salad dressing dry mix 4 slices pepper jack cheese
1 tsp cumin



- 1 In a large bowl, combine beef, ranch dressing mix, cumin and chili powder.
- 2 Shape into 4 even patties.
- 3 Grill patties for 10-15 minutes until desired doneness.
- 4 Top patties with pepper jack cheese.
- 5 Serve "bunless" with mexican toppings of your choice: avocado, lime zest, cilantro, salsa

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 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

Sesame Crusted Chicken

6 net carbs per serving (yields 4 servings)

4	boneless skinless chicken breasts	2	tsp	garlic, minced	
		1/2	cup	sesame seeds	
2	Tbsp	soy sauce	1	Tbsp	olive oil
1	Tbsp	splenda brown sugar	1	Tbsp	butter
1	tsp	sesame oil			



- 1 In a bowl, combine soy sauce, brown sugar, garlic & sesame oil. Add the chicken and allow it to soak (the longer you can marinate the better--even overnight! But if you are in a hurry, set it in the refrigerator for at least 10-30 minutes to absorb flavor)
- 2 When ready to grill: place sesame seeds in a bowl and remove chicken breasts from marinade. Coat each breast in seeds.
- 3 In a large skillet, combine olive oil and butter and then add chicken. Cook for about 5 minutes per side or until chicken is cooked through.
- 4 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Citrus Cabbage Salad

4 net carbs per serving (yields 4 servings)

6	cups	thinly sliced cabbage	3	Tbsp	lime juice
3		thinly sliced green onions	1	Tbsp	olive oil
5		radishes, thinly sliced	1/2	tsp	cumin
1		orange, cut into sections	1/4	tsp	ground coriander
1/4	cup	chopped cilantro	1/2	tsp	salt



Combine all ingredients in a large bowl and mix well.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 20 minutes

Pork and Cheddar Mushroom Melt

5 net carbs per serving (yields 4 servings)

8	portobello mushroom caps	4 ounces	sharp Cheddar cheese, sliced
1 lb	roasted pork loin (cooked and sliced very thin)	8 slices	tomato
2 Tbsp	dijon mustard	4	romaine lettuce leaves



Place one portobello cap on the plate and then top with pork, dijon mustard, cheese, tomatoes, and lettuce. Top with the second portobello cap- making an easy to eat "sandwich"

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Green Bean Bundles

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

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Sun-dried Tomato and Garlic Ribeye

1.5 net carbs per serving (yields 4 steaks)

4	8 ounce grass fed boneless ribeye steaks	2 Tbsp	rosemary, chopped
4	Tbsp butter	2 Tbsp	sun-dried tomatoes, chopped
4	Tbsp olive oil		salt and black pepper to taste
2	Tbsp garlic, chopped		



- 1 Season ribeyes with salt and pepper.
- 2 Heat cast iron skillet/pan on medium-high heat for about 3-4 minutes.
- 3 Add steaks and cook for 3 minutes on each side.
- 4 Remove steaks from skillet and allow them to rest for about 5 minutes.
- 5 While steaks are resting, combine butter, olive oil, garlic, rosemary, and sun-dried tomatoes. Then throw in skillet for about 5 minutes.
- 6 Top steaks with butter mixture and enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Garlic Greens

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

1	onion	1 bunch	mustard greens
8	whole garlic cloves	1 bunch	kale
1/2	tsp paprika	1 pinch	salt
3	Tbsp olive oil		



- 1 Cook 1 sliced onion, 8 whole garlic cloves and 1/2 tsp of paprika in a large pot with 3 Tbsp olive oil (for about 2 mins)
- 2 Add the entire bunch of mustard greens and kale, 2 cups water, and pinch of salt and stevia
- 3 Simmer, covered, until tender- about 15 mins

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Recipe Type: Side Dish

Tilapia with Green Beans

1.5 net carbs per serving (yields 4 servings)

2 Tbsp	almond flour	4 Tbsp	unsalted butter
2 tsp	chopped oregano	1/2 lb	thin green beans (haricots verts)
2 Tbsp	parsley pepper	1 clove	garlic (chopped)
	kosher salt	1 cup	cherry tomatoes
4	tilapia filets		juice of 1 lemon



- 1 Combine the flour, oregano, and parsley in a shallow dish. Season with salt and pepper.
- 2 Place large skillet over medium high heat.
- 3 Dredge the fish in the flour mixture and shake off excess.
- 4 Melt 3 Tbsp of butter in skillet, add 2 filets and cook until golden brown on the bottom (about 4 mins). Flip and cook through 1-2 more mins. Transfer to plate to keep warm. Repeat with remaining 2 filets.
- 5 Add green beans and garlic to skillet and cook about 2 mins. Season with salt and pepper, then add tomatoes and cook until just softened (about 1 more min). Stir in lemon juice and 1/4 cup water, then cover and cook until beans are tender (about 3 more mins). Remove from heat and stir in remaining 1 Tbsp butter until just melted.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Low Carb Fried Chicken

< 1 net carb per serving (yields 4 servings)

6	cups	olive oil	2	tsp	salt
3	lbs	boneless and skinless chicken breasts	1	tsp	pepper
			1	tsp	garlic
3		eggs	1	tsp	poultry seasoning
1/4	cup	heavy cream			
2 1/3	cups	almond flour			



- 1 Preheat oven to 350.
- 2 Place heavy pot over medium-high heat with at least 1 inch of olive oil
- 3 Heat oil to 350. It is important to monitor and maintain temperature or the breading and oil will burn.
- 4 In medium bowl, mix eggs and cream to make egg wash. In a separate larger bowl, mix all the breading ingredients together.
- 5 Season the chicken with salt and pepper. Dip first in the breading, then in egg wash, then back in breading again. Make sure to coat well on all sides. Pat off any excess breading.
- 6 Place chicken in hot oil & fry until golden brown and crisp (only takes a few mins). Remove and drain on paper towels.
- 7 Boneless chicken breasts may cook all the way by frying alone, however, it is best to place them on a sheet pan and finish by baking at 350 for an additional 10 mins.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Cauliflower Macaroni and Cheese

4 net carbs per serving (yields 6 servings)

1	large head	cauliflower	1/2 cup	shredded sharp cheddar cheese (for topping)
1	cup	olive oil spray		
1	cup	heavy cream		
2	oz	cream cheese (cut into small pieces)	1/4 tsp	pepper
1 1/2	tsp	dijon mustard	1/8 tsp	garlic powder
1 1/2	cups	shredded sharp cheddar cheese (for casserole)		Kosher salt



- 1 Preheat oven to 375. Bring a large pot of water to a boil and season water with salt.
- 2 Spray baking dish with olive oil spray.
- 3 Cook the cauliflower in the boiling water until crisp/tender (about 5 mins)
- 4 Drain well and pat between several layers of paper towels to dry. Transfer the cauliflower to baking dish and set aside.
- 5 Bring cream to a simmer in a small sauce pan, add cream cheese and mustard until smooth. Then stir in 1 cup cheese, salt & pepper, and garlic.
- 6 Whisk just until cheese melts (about 1-2 mins).
- 7 Remove from heat, pour over cauliflower, stir to combine.
- 8 Top with remaining 1/2 cup cheese. Bake until golden brown, bubbly, and hot (about 15 mins)

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Pizza Soup

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

1 Tbsp	olive oil	1 cup	water
1 cup	sliced mushrooms	3 oz	sliced pepperoni
1 cup	chopped green bell pepper	1 tsp	dried oregano leaves
1/2 cup	chopped onion	1 cup	shredded mozzarella cheese (4 ounces)
1	15-oz can pizza sauce		
1	14 oz can chicken broth		



- 1 Heat olive oil in large skillet over medium heat. Add mushrooms, peppers, and onion.
- 2 Cook, stirring frequently for about 5-10 mins or until vegetables are tender.
- 3 Add pizza sauce, chicken broth, water, oregano and pepperoni slices until soup comes to a boil.
- 4 Reduce heat and simmer for about 5 minutes.
- 5 Serve topped with cheese

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes