

## VitalMeals Week 36

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**Day 1**

Steak Quesadillas with Avocado Sauce and Tomato Salad

**Day 2**

Spicy Kale Stuffed Chicken Breasts  
Parmesan Creamed Spinach

**Day 3**

Crockpot Italian Zucchini Meatloaf

**Day 4**

Beef and Sweet Potato Curry  
Cauliflower Rice

**Day 5**

Grilled Salmon & Avocado Salsa  
Simple Summer Salad

**Day 6**

Southern BBQ  
Collard Greens

**Day 7**

Broccoli Cheddar Soup  
Cauliflower "Bread" Sticks

Servings: 4



## Steak Quesadillas with Avocado Sauce and Tomato Salad

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9 net carbs per quesadilla (yields 4 servings)

1.5 lbs	beef eye round roast	2 Tbsp	lime juice
2 Tbsp	olive oil	1	ripe avocado
1 Tbsp	chili powder	1/3 cup	fresh cilantro chopped
	Kosher salt	1 large	garlic clove
	pepper	8 ounces	mexican cheese
1 cup	cherry tomatoes	4	Low carb tortillas
8 pieces	hearts of palm (1 can)		



- 1 Slice the roast crosswise into 3 even steaks. Heat skillet over medium-high heat and brush the steaks with 1 Tbsp olive oil, season with chili powder, and salt. Cook 4-5 mins per side.
- 2 Let meat rest for 5 mins.
- 3 Meanwhile, toss tomatoes and hearts of palm in a bowl with remaining 1 Tbsp olive oil, 1 Tbsp lime juice, salt and pepper.
- 4 Halve and pit the avocado. Scoop out the flesh into a blender or food processor. Add cilantro, garlic, and remaining 1 Tbsp lime juice and add 1/2 cup water. Puree and season with salt
- 5 Thinly slice the steak and place inside low carb tortilla. Top with cheese & fold over.
- 6 Grill until cheese melts & top with avocado sauce and tomato salad.

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 10 minutes

## Spicy Kale Stuffed Chicken Breasts

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3 net carbs per serving (yields 4 servings)

4	tsp	olive oil	4	boneless and skinless chicken breasts
5 1/2	oz	frozen chopped kale (about 2 cups)	1/2	cup low sodium chicken broth
2	cloves	garlic	1	tsp almond flour
2	oz	kosher salt pepper jack cheese (about 1/2 cup)	1 1/2	tsp fresh lemon juice



- 1 Heat 2 tsp olive oil in large skillet over medium heat. Add kale, garlic, and 1/4 tsp salt and cook. Stir until kale is softened and garlic is fragrant (about 5 mins). Transfer to bowl and cool slightly, then stir in cheese.
- 2 Insert a thin paring knife into the thickest part of the chicken breast and cut down the side to make a 3 inch pocket. Repeat with remaining chicken breasts and evenly stuff with the above kale mixture.
- 3 Heat a large skillet over medium heat until very hot (3-4 mins).
- 4 Rub the chicken breasts with remaining 2 tsp olive oil and sprinkle with salt and pepper.
- 5 Add all 4 breasts to skillet and cook until golden brown (about 2 mins). Then lower heat to medium and continue cooking- turning once halfway through until just cooked through (about 14 more minutes).
- 6 Insert a small knife into top of chicken to test for doneness. If any pink remains, cover skillet and continue to cook until opaque.
- 7 Transfer the chicken and any bits of filling onto 4 plates.
- 8 Stir the broth and flour together in small bowl and then add to skillet.
- 9 Cook, stirring until thickened (about 2 mins).
- 10 Remove from heat, stir in lemon juice and season with salt and pepper. Spoon the pan sauce over the chicken and serve.

### Cooking Times

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Cooking Time: 30 minutes

## Parmesan Creamed Spinach

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2 net carbs per serving (yields 6 servings)

2 cups	unsweetened almond milk	2	10 oz	packages of frozen,
2 Tbsp	unsalted butter			chopped spinach (thawed
2 Tbsp	almond flour			and drained)
1/2 tsp	pumpkin pie spice			Kosher salt
1/4 cup	grated Parmesan			Ground black pepper



- 1 Warm milk in small sauce pan over medium heat
- 2 Melt the butter in a separate small sauce pan over medium heat
- 3 Whisk the almond flour into the butter and cook for about 2 mins (making a roux)
- 4 Whisk in the warm milk a little at a time to avoid lumps. Cook until sauce begins to thicken (2-3 mins). Then add pumpkin pie spice, pinch of salt & pepper
- 5 Turn the heat to slow, stir in cheese & let it melt. Then stir in spinach and cook another 2-3 mins until heated through.

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 2 minutes

Cooking Time: 10 minutes

## Crockpot Italian Zucchini Meatloaf

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3 net carbs per serving (yields 10 servings)

2	lbs	lean ground beef	3	Tbsp	balsamic vinegar
2		eggs	1	Tbsp	oregano
1	cup	shredded zucchini (squeeze out excess liquid)	2	Tbsp	onion powder salt and pepper to taste
1/2	cup	parmesan cheese, grated	1/4	cup	ketchup
1/2	cup	parsley chopped	1/4	cups	Mozzarella cheese shredded
4	cloves	garlic, crushed			



- 1 In a large bowl, combine meat, eggs, zucchini, parmesan cheese, and spices. Mix well.
- 2 Place mixture in greased crockpot & shape into a meatloaf.
- 3 Cook on low for 6 hours or on high for 3 hours.
- 4 When meatloaf is finished, remove and top with ketchup and cheese. Place back in crockpot & cook another 5 minutes or until cheese is melted.
- 5 Enjoy!
- 6 Should be plenty left over to enjoy tomorrow!

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 3 hours

## Beef and Sweet Potato Curry

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18 net carbs per serving (4 servings in entire recipe)

1/4 cup	coconut oil	2 Tbsp	curry powder
1	onion chopped	2 Tbsp	sea salt
3 cloves	garlic	1 15-oz	can diced tomatoes
1 lb	ground beef, preferably grass fed	2 medium	sweet potatoes peeled and cut into 1-inch cubes



- 1 Melt coconut oil in large soup pot
- 2 Chop onion and mince garlic. Add to pot. Sauté until softened.
- 3 Add the ground beef and cook until brown.
- 4 Add curry powder and stir well.
- 5 Peel & dice sweet potatoes and add to pan.
- 6 Then add canned tomatoes (including liquid) and bring to a full boil.
- 7 Reduce and simmer for 20 mins until potatoes are soft.
- 8 \*\*Feel free to add other spices to taste as well including: ginger, tumeric, cinnamon, and pepper.
- 9 \*\*If you are looking to lessen carbs, you can always cut back on sweet potato amount. This is the majority of the carbs in the recipe.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 20 minutes

## Cauliflower Rice

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*4 net carbs per serving (yields 4 servings)*

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|--|--------------------------|
| 1 small head cauliflower, chopped coarsely | 2 Tbsp coconut oil       |
| 1 small onion finely chopped               | salt and pepper to taste |
| 2 Tbsp butter                              |                          |



- 1 After chopping cauliflower, place in food processor and pulse until almost the size of rice.
- 2 Then, melt butter and coconut oil in a skillet over medium heat and sauté onions until softened.
- 3 Add chopped cauliflower to the skillet and mix well with onions and butter and oil.
- 4 Finish with salt and pepper to taste

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 10 minutes

## Grilled Salmon & Avocado Salsa

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3 net carbs per serving (yields 4 servings)

4	salmon filets	1/2 tsp	black pepper
1	Tbsp olive oil		
1/2	tsp salt	1	avocado
1 1/2	tsp ground cumin	1/4	red onion, chopped fine
1	tsp paprika	1	lime (juiced)
1/2	tsp garlic powder	3	Tbsp cilantro, chopped
1	tsp onion powder	1/4	tsp salt
1/2	tsp chili powder		



- 1 Preheat oven to 400.
- 2 Coat each salmon filet in olive oil
- 3 Combine all the dry seasonings to make a rub & then rub generously over the salmon filets.
- 4 Cook salmon skin side down & cook for about 15 minutes.
- 5 While salmon is cooking, mash the avocado until slightly chunky & then add onion, lime juice, cilantro and salt.
- 6 Serve salmon topped with a dollop of the avocado salsa above.

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 15 minutes



## Simple Summer Salad

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3 net carbs per serving (yields 4 servings)

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|---------|------------------------------|---------|--------------------------------|
| 1       | cucumber, seeded and chopped | 1/3 cup | crumbled feta cheese           |
|         |                              | 1 Tbsp  | fresh dill, chopped            |
| 3 large | avocados, pitted and chopped |         | salt and black pepper to taste |
| 1       | lemon (juiced)               |         |                                |



- 1 Combine cucumber, avocado, juice of 1 lemon, feta, and dill. Mix well and season with salt and pepper.
- 2 Enjoy!

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

## Southern BBQ

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< 1 net carb per serving (yields 8 servings)

5 lbs	pork butt roast	1	14 oz	can beef broth
	salt	to taste	1/4	cup brewed coffee
	black pepper	to taste		



- 1 Cut roast in half. Rub each half with salt and pepper and place in slow cooker. Pour broth and coffee over the meat.
- 2 Turn the slow cooker to low and cover.
- 3 Cook for 6-8 hours or until roast is "fork tender."
- 4 Enjoy! Plenty of left overs for lunch tomorrow!

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 6 hours

## Collard Greens

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8 net carbs per serving (yields 4 servings)

1	Tbsp	olive oil	3	cups	vegetable stock
1	Tbsp	butter	2		tomatoes, seeded and diced
1/2	large	onion (chopped)			salt
1	tsp	red pepper flakes			pepper
1	clove	garlic			
1	lb	collard greens, chopped and rinsed			



- 1 In a large pot over medium heat, heat oil and butter. Saute the onions until softened slightly (about 2 mins) and then add the red pepper flakes and garlic.
- 2 Cook 1 more minute then add collard greens and cook another minute.
- 3 Add vegetable stock, cover, bring to a simmer.
- 4 Cook until greens are tender (about 40 mins) then add tomatoes and season with salt and pepper.

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 40 minutes

## Broccoli Cheddar Soup

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8 net carbs per serving (yields 4 servings)

2 Tbsp butter	1 cup	heavy cream
3 cups chicken broth	2 cups	shredded cheddar cheese
8 oz cream cheese	2 bunches	fresh broccoli (chopped)



- 1 Heat broth and broccoli until broccoli is tender.
- 2 Mix cream cheese, heavy cream, shredded cheese, and butter in another pan and stir often.
- 3 When broccoli is tender, put half in blender and puree (this makes it a little thicker).
- 4 When other pan is melted, add to broth and broccoli.
- 5 Garnish with cheese and add salt and pepper to taste.

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 15 minutes

## Cauliflower "Bread" Sticks

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< 3 net carbs per serving (entire recipe is 4 servings)

1 head cauliflower	1/2 tsp red pepper flakes
1 Tbsp oregano	2 eggs
1/2 tsp basil	pepper, to taste
1 Tbsp onion powder	Salt to taste



- 1 Preheat oven to 425.
- 2 Put cauliflower in food processor until you get rice consistency, then place in microwave safe dish and microwave for 10 mins.
- 3 Let cauliflower cool slightly, then place in refrigerator until completely cooled.
- 4 Once cooled, mix the rest of the ingredients with the cauliflower.
- 5 Grease a cookie sheet and place cauliflower on it. Pat down cauliflower until it is about 1/2 inch thick.
- 6 Bake at 425 for about 25 mins or until golden brown.
- 7 Remove, turn oven to broil at 500. Cut cauliflower in desired "sticks" and flip
- 8 Place back in oven until both sides are brown and desired crispness.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 30 minutes

Cooking Time: 30 minutes