

VitalMeals Week 37

Day 1

Mexican Chicken Stir Fry

Day 2

Chicken and Avocado Burgers
Squash and Onions

Day 3

Stuffed Zucchini

Day 4

Tomato Basil Pork Chops
Italian Vegetables

Day 5

Asian Salmon Crockpot
Asian Cole Slaw

Day 6

Low Carb Meatloaf
Cauliflower "Mashed Potatoes"

Day 7

Tomato Basil Parmesan Soup

Servings: 4



Mexican Chicken Stir Fry

5 net carbs per serving (Yields 4 servings)

2 tsp olive oil	3 cups broccoli florets
4 boneless skinless chicken breasts, cut into 1-inch pieces	2 tsp cumin
4 bell peppers, chopped into 1 inch pieces	1 tsp cayenne pepper
	1 tsp smoked paprika



- 1 On medium high heat, heat olive oil in a large skillet.
- 2 Add diced chicken and brown thoroughly (about 5 minutes)
- 3 Then add peppers and broccoli. Stir fry for about 10 minutes.
- 4 Finally, add spices and 2 Tbsp of water. Mix well until veggies & chicken are well coated.
- 5 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Chicken and Avocado Burgers

2 net carbs per serving (yields 4 burgers)

1 lb	ground chicken	1	jalapeno pepper	minced
1 large	avocado, cut into chunks	1/2 tsp	salt	
1 clove	garlic, chopped	1/2 tsp	pepper	
1/3 cup	almond flour			



- 1 Mix all ingredients together in a large bowl until well combined.
- 2 Shape into 4 equal patties.
- 3 Grill inside or outside to desired doneness.
- 4 Serve without a bun or between two pieces of lettuce to keep it low carb!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Squash and Onions

5 net carbs per serving (yields 4 servings)

2	Tbsp	olive oil	salt and black pepper to
4	medium	yellow squash, sliced	taste
1/2	medium	sweet onion, diced	



- 1 Melt olive oil in skillet over medium high heat.
- 2 Add onions and squash and cook until tender- should take about 10 minutes.
- 3 Top with salt and pepper & enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Stuffed Zucchini

9 net carbs per serving (yields 4 servings)

4	medium zucchini	3	eggs
1	lb ground sausage		oregano
1	can roasted red peppers		basil
1/4	green pepper chopped		garlic
1/4	onion chopped		chili powder



- 1 Boil zucchinis in a large pot of water for about 10 minutes. Do not peel prior to boiling.
- 2 While that is boiling, heat 2 Tbsp of olive oil in skillet and cook add peppers and onions. Cook for 5 minutes then add sausage.
- 3 Cook until sausage is browned.
- 4 Remove zucchinis and cut in half lengthwise. Scoop out the seeds.
- 5 Preheat oven to 350.
- 6 Place zucchini on baking sheet lined with aluminum foil for easy clean up.
- 7 Toss meat mixture with roasted red peppers and eggs. Stir well.
- 8 Stuff zucchini with meat and veggie mixture and top with cheese.
- 9 Bake for 30 mins until cheese bubbles.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 45 minutes

Tomato Basil Pork Chops

5 net carbs per serving (yields 4 servings)

4	pork chops	1 large	onion chopped
1	Tbsp olive oil	2 tsp	oregano
5	garlic cloves, finely chopped	1 tsp	sage
		1 tsp	basil
1 1/2	cups		diced fresh tomatoes



- 1 Heat large skillet over medium-high heat.
- 2 Add olive oil.
- 3 Once oil is heated, place pork chops in skillet for about 1 minute per side (browning on each side).
- 4 Reduce heat to medium-low and add onions. Cook pork chops with onion for another 2 minutes per side.
- 5 Then add tomatoes, garlic, and spices and simmer until sauce has thickened- about 5-10 minutes.

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Italian Vegetables

10 net carbs per serving (yields 6 servings)

1/4 cup	lemon juice, freshly squeezed	1/2 cup	zucchini slices
1/2 Tbsp	kosher salt	1/2 cup	yellow squash slices
1/2 lb	broccoli rabe	1/2 cup	roasted red peppers
1/2 cup	cauliflower florets	1/2 cup	artichoke hearts
4 ounces	button mushrooms	1/2 cup	black olives, pitted



- 1 Fill a large pot with water and bring to a boil. Add lemon juice and salt.
- 2 Use a large pasta basket to place inside the pot for vegetables. Add broccoli, cauliflower, mushrooms, zucchini, and squash.
- 3 Cook in boiling water covered for about 2-3 minutes. Remove and shock under cold water.
- 4 Transfer to a bowl and mix with red peppers, artichokes and olives.
- 5 Toss with italian dressing and enjoy! (of note, net carb count does not include dressing so adjust accordingly depending on your dressing value)

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 2 minutes

Asian Salmon Crockpot

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

4	salmon filets, recommend wild caught	1	orange
		1 cup	slivered almonds
1/2 cup	chopped green onions	1 cup	cucumber, thinly sliced
2 Tbsp	low sodium soy sauce	8 Tbsp	annie's asian sesame ginger dressing
2 heads	romaine lettuce		



- 1 Coat the bottom of crock pot with olive oil and place salmon filets on top.
- 2 In a saucepan, boil 1 cup water, 1/2 cup green onions, soy sauce, garlic, salt, and pepper.
- 3 Pour mixture over salmon. Cook on low for 4 hours. Salmon should be flaky
- 4 Arrange romaine lettuce on plate & top with several orange slices, slivered almonds, cucumber, and 1/4 cup green onions. Top with salmon.
- 5 Drizzle each salmon with 1-2 Tbsp of dressing

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 4 hours

Asian Cole Slaw

8 net carbs per serving (12 servings in entire recipe)

1	bunch	scallions or Green Onions	1/4	cup	olive oil
2	16 oz bags	coleslaw mix	2	Tbsp	grated fresh ginger
1	small	red onion	2	Tbsp	white vinegar
1/4	cup	soy sauce	2	Tbsp	Splenda Brown Sugar
1/4	cup	lemon juice	2	Tbsp	Asian sesame oil



- 1 Separate the scallion whites
- 2 Toss the coleslaw mix, red onions, and scallions together in a large bowl til thoroughly mixed
- 3 Stir remaining ingredients together in a small bowl until blended.
- 4 Serve within 1 hour of dressing
- 5 Tip: You can make the slaw (minus the dressing) up to a day in advance as long as it is refrigerated. Before serving, simply bring slaw back to room temperature and make dressing and toss.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Recipe Type: Side Dish

Low Carb Meatloaf

2 net carbs per serving (yields 8 servings)

1 1/2 lbs	ground beef	2	eggs
1 Tbsp	worcestershire sauce	2 1/2 Tbsp	chili powder
1 4 oz	can tomato paste	1 Tbsp	garlic salt
1/3 cup	crushed fried pork skins	1 Tbsp	garlic pepper



- 1 Preheat oven to 375.
- 2 Grease a loaf pan with olive oil.
- 3 Mix together ground beef, worcestershire sauce, tomato sauce, pork skins, and eggs in a large bowl then season with chili powder, garlic salt, and garlic pepper.
- 4 Bake uncovered for about 40 minutes. Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Cauliflower "Mashed Potatoes"

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

1 medium head of cauliflower 1/2 tsp minced garlic
1 Tbsp cream cheese 3 Tbsp unsalted butter
1/4 cup grated parmesan cheese



- 1 Boil a pot of water over high heat
- 2 Clean & cut cauliflower into small pieces and cook in boiling water for about 6 mins (or until well done). Drain well- do not let cool. Pat dry between several layers of paper towels).
- 3 In a bowl with an immersion blender or in a food processor, puree the hot cauliflower with the cream cheese, parmesan, garlic & a little salt & pepper
- 4 Feel free to add other things to taste: cheese, chives, even rosemary.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Tomato Basil Parmesan Soup

15 net carbs per serving (8 servings in entire recipe)

3	cups	canned diced tomatoes with juices	1/4	tsp	pepper
			1/4	cup	olive oil
1	cup	celery finely chopped	1	Tbsp	dried basil
1	cup	carrot, finely chopped	1/2		bay leaf
1	cup	onion finely chopped	1/2	cup	butter
1	tsp	dried oregano	2	cups	half and half
4	cups	chicken broth	1	tsp	salt
1/2	cup	almond flour			
1	cup	Parmesan cheese grated			



- 1 Heat olive oil in large soup pot. Add celery, onion, and carrots. Cook for about 5 minutes then add basil, oregano, bay leaf, tomatoes and chicken broth.
- 2 Bring all to a boil then reduce heat and simmer for another 12-15 mins.
- 3 While soup is simmering, melt butter over low heat and add almond flour-- whisking constantly for about 7 minutes. Slowly add 1 cup of hot soup to flour mixture. Then continue adding 3 more cups.
- 4 Return all to soup pot and simmer another 5 minutes or until soup begins to thicken.
- 5 Add parmesan cheese and stir briskly until it mixes in well. Then add warmed half and half, salt and pepper.
- 6 Simmer an additional 15 minutes over low heat and enjoy!
- 7 Plenty left over for lunch tomorrow!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 35 minutes