

VitalMeals Week 38

Day 1

Southwest Chicken Bake

Day 2

Curry Chicken Enchiladas

Day 3

Spaghetti Squash Chow Mein

Day 4

Jerk Pork Roast

Cauliflower Rice

Day 5

Blackened Tilapia

Kickin' Kale Chips

Day 6

Cheddar Waffles with Fried Eggs

Day 7

Low Carb Chili

Low Carb Jalapeno Cheddar Muffins

Servings: 4



Southwest Chicken Bake

8 net carbs per serving (yields 4 servings)

8	boneless and skinless chicken thighs	1	Tbsp	almond flour
		1	Tbsp	ground cumin
1/2	cup	2	Tbsp	ground chili powder
1/2	cup	1/2	cup	grated cheddar cheese
				salt and pepper to taste
1	cup			salsa



- 1 Preheat oven to 375.
- 2 Spray a baking dish with olive oil spray and add all ingredients except the chicken to the baking dish and mix well.
- 3 Then nestle chicken on top and place in oven. Bake for roughly 45 minutes or until chicken is thoroughly cooked.
- 4 Top with cheese.
- 5 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 45 minutes

Curry Chicken Enchiladas

5 net carbs per serving (yields 4 servings)

2 Tbsp	olive oil	2 Tbsp	lime juice
1/2 cup	diced onion	1 cup	cilantro, chopped
1/2 cup	shredded carrots	1 tsp	lime zest
1/2 cup	shredded cabbage	2	boneless and
4	garlic cloves, minced		skinless chicken
1 small piece	ginger, freshly grated		breasts, cooked and
1 tsp	red curry paste		shredded
1/2 tsp	ground cumin	2 cups	unsweetened
3 Tbsp	fish sauce		coconut milk
1 tsp	Splenda Brown Sugar	1 package	low carb tortillas



- 1 Preheat oven to 350.
- 2 In a large skillet, heat olive oil over medium high heat & add onion, cabbage, carrots, garlic and ginger & let simmer for 3-5 minutes.
- 3 Then add curry paste, cumin, fish sauce, brown sugar, lime juice, salt, pepper, and 1 cup coconut milk. Allow it to come to a boil and then reduce heat. Let simmer for 5 minutes.
- 4 Then add shredded chicken, lime zest, and cilantro.
- 5 Spray baking dish with olive oil spray. Fill each tortilla with above mixture. Roll up and place in pan (seam side down). Repeat until you have used all your chicken mixture.
- 6 Bake for 30 minutes. Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 45 minutes

Spaghetti Squash Chow Mein

11 net carbs per serving (yields 6 servings)

1	spaghetti squash	2 Tbsp	olive oil
1/4 cup	soy sauce	1	onion chopped
3 cloves	garlic, minced	3 stalks	celery chopped
2 tsp	grated ginger	2 cups	coleslaw mix
1/4 tsp	pepper		



- 1 Preheat oven to 400.
- 2 Half spaghetti squash and scoop out seeds. Place skin side up in lined baking dish and drizzle with olive oil. Pour 1/2 inch water in bottom of pan.
- 3 Bake for about 30-45 mins until insides scoop out like spaghetti. Scoop insides out & place in a bowl.
- 4 In a separate bowl whisk together soy sauce, garlic, ginger, and pepper.
- 5 Heat 2 Tbsp olive oil over medium high heat and add onion and celery. Cook until soft- about 4 minutes. Add cabbage and cook an additional 1-2 minutes.
- 6 Finally, add spaghetti squash and soy mixture until blended well. This should take another 3-5 minutes.
- 7 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 1 hour

Jerk Pork Roast

2 net carbs per serving (entire recipe is 6 servings)

3 lbs	pork tenderloin	1/2 tsp	ground nutmeg
1 Tbsp	onion flakes	1/2 tsp	ground cinnamon
1 Tbsp	onion powder	2 tsp	splenda
2 tsp	thyme	1 tsp	black pepper
2 tsp	salt	1 tsp	cayenne pepper
1 tsp	ground allspice		



- 1 Preheat oven to 350.
- 2 Pat off excess liquid from roast with paper towel. Mix all seasonings together and then coat the pork generously.
- 3 Place in pan and roast for 50-60 minutes, or until desired doneness.
- 4 Let rest 10 mins before serving.
- 5 Should be plenty left over for tomorrow!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 1 hour

Cauliflower Rice

4 net carbs per serving (yields 4 servings)

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

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Blackened Tilapia

1 net carb per serving (entire recipe is 4 servings)

4 filets tilapia	1 tsp dried oregano
3 Tbsp paprika	1 tsp dried thyme
1 Tbsp onion powder	1/2 tsp celery seed
1 pinch garlic powder	1 Tbsp kosher salt
1 tsp black pepper	1 lemon
1 tsp cayenne pepper	1 Tbsp olive oil



- 1 Coat fish with spice mixture.
- 2 Heat skillet on high heat and add olive oil. Heat until hot.
- 3 Cook fillets for about 2-3 mins per side.
- 4 Remove and top with pan juices and a squeeze of lemon.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 6 minutes

Kickin' Kale Chips

5 net carbs per serving (yields 4 servings)

1 bunch kale
2 Tbsp olive oil

2 tsp chili powder
salt



- 1 Preheat oven to 375.
- 2 Remove ribs from kale and tear into pieces.
- 3 In a bowl, combine kale & olive oil- coating generously. Season with chili powder and salt.
- 4 Place kale on baking sheets and bake until they become "chip-like." This should take about 10-15 minutes.
- 5 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Cheddar Waffles with Fried Eggs

7 net carbs per serving (yields 4 servings of 2 waffles and 2 eggs)

1	cup	almond flour	3/4	cup	unsweetened almond milk
1	cup	flax seed meal	1/4	cup	butter, melted
1/4	cup	unflavored whey protein			
2	tsp	baking powder	8		eggs
1/2	tsp	salt			butter
1/4	tsp	pepper			salt and pepper to taste
1 1/2	cups	shredded cheddar cheese			
4		eggs			



- 1 Preheat waffle iron and spray with non-stick olive oil spray.
- 2 In a bowl, whisk together almond flour, flax seed meal, whey protein, baking powder, salt, and pepper. Then add cheddar cheese.
- 3 Finally add eggs, almond milk and melted butter to the above mixture until well blended.
- 4 Scoop mixture into waffle iron and cook until gold brown- about 5 minutes.
- 5 While cooking waffles, you can be working on eggs.
- 6 Heat a skillet over medium heat and add butter (about 1 Tbsp per egg)
- 7 Once pan is hot, add eggs to skillet. Cook about 2-4 minutes, flipping halfway through.
- 8 Top waffles with eggs and enjoy!

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 45 minutes

Low Carb Chili

9 net carbs per serving (yields 4 servings)

2 lbs	ground beef	3 cups	water
1	small onion chopped	1 8-ounce	can tomato sauce
1	green pepper chopped	1 14.5 oz	can diced tomatoes, undrained
1	clove garlic, minced		
1/2 tsp	pepper	2 tsp	salt
2 Tbsp	chili powder		



- 1 Brown the meat, onion, green pepper, and garlic in large pot.
- 2 Add all other ingredients and simmer for 1-3 hours.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 1 hour

Recipe Type: Soups

Low Carb Jalapeno Cheddar Muffins

4 net carbs per muffin (8 servings in entire recipe)

2 cups	almond flour	4 Tbsp	coconut oil melted, divided
1 tsp	baking powder	1/2 cup	unsweetened almond milk
1/2 tsp	salt	1/2 cup	shredded sharp cheddar cheese
1 Tbsp	raw honey		
3	large eggs	1-2	jalapenos chopped



- 1 Preheat oven to 325
- 2 Mix the almond flour, baking powder, and salt in large bowl. Set aside
- 3 Add honey, eggs, 3 Tbsp. coconut oil, and almond milk to a separate bowl and whisk
- 4 Add wet ingredients into large bowl with cheese and chopped jalapenos. Mix just until incorporated.
- 5 Pour batter into 8 greased (use 1 tbsp of coconut oil) muffin cups and bake for 25-30 mins.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Recipe Type: Bread