

## VitalMeals Week 39

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**Day 1**

Zucchini Nachos

**Day 2**

Macadamia Nut Chicken Bake  
Balsamic Roasted Brussel Sprouts

**Day 3**

Indian Curry  
Cauliflower Rice

**Day 4**

Low Carb Shepherd's Pie

**Day 5**

Low Carb Salmon Burgers  
Low Carb Zucchini Fries

**Day 6**

Loaded Sweet Potato Skins  
Garlic Chicken Wings

**Day 7**

Southwestern Taco Soup

Servings: 4

## Zucchini Nachos

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6 net carbs per serving (yields 4 servings)

4 large zucchinis  
1 lb ground beef, cooked and drained

1 cup shredded cheddar cheese  
salt and pepper to taste



- 1 First make zucchini "chips": Preheat oven to 425, slice zucchini thin using a mandolin.
- 2 Preheat oven to 425.
- 3 Slice zucchini thin using a mandolin and then set on top of a paper towel and cover with another paper towel pressing down firmly to remove excess liquid.
- 4 Line a baking sheet with parchment paper & spread zucchini slices evenly on top.
- 5 Bake for 10-15 minutes (turning once) or until crispy.
- 6 Remove and sprinkle with salt and pepper.
- 7 Top with ground beef & shredded cheese and place back into the oven for 3-5 minutes or until cheese melts.
- 8 Enjoy! Feel free to top with salsa, sour cream, or other favorite nacho topping.

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 20 minutes

## Macadamia Nut Chicken Bake

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4 net carbs per serving (yields 4 servings)

- 4 boneless and skinless chicken breasts      2 Tbsp mayonnaise  
1 4 oz can macadamia nuts



- 1 Preheat oven to 400.
- 2 Coat chicken with mayonnaise.
- 3 Chop macadamia nuts and roll chicken in them to coat.
- 4 Bake for 30 minutes or until chicken thoroughly cooked through.
- 5 Enjoy!

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 30 minutes

## Balsamic Roasted Brussel Sprouts

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4 net carbs per serving (yields 4 servings)

1 1/2 lbs	brussel sprouts	1 pinch	kosher salt
4 oz	pancetta, diced	1 pinch	black pepper
1/4 cup	olive oil	1 Tbs	balsamic vinegar



- 1 Preheat oven to 400.
- 2 Place brussels on pan and add pancetta, olive oil, salt and pepper. Toss with your hands and spread out evenly across pan.
- 3 Roast for 20-30 mins until they are tender and nicely browned and pancetta is cooked. Toss once during roasting.
- 4 Remove from oven and immediately drizzle with balsamic vinegar and toss again.
- 5 Serve hot.

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 2 minutes

Cooking Time: 30 minutes

## Indian Curry

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

1 lb	boneless and skinless chicken breasts, cooked and cubed into 3/4 inch cubes	1 Tbsp	olive oil
		1/4 tsp	ground turmeric
		1/4 tsp	ground red chili
		1/4 tsp	salt
1/2 tsp	mustard seeds, crushed	3/4 cup	unsweetened coconut milk
1/4 tsp	cumin seeds, crushed		
1 cup	diced tomato, drained		



- 1 Heat a large skillet on medium heat.
- 2 Add mustard and cumin seeds and cook for about 2 minutes (seeds will become fragrant). Stirring often.
- 3 Meanwhile, in a small bowl, combine olive oil and tomato then add to the seed mixture. Cook for 1 minute, stirring continuously.
- 4 Then add turmeric, salt, and red chili. Cook for another minute.
- 5 Finally, add the already cooked and diced chicken breast and sauté for about 1 minute. Add in coconut milk and cover.
- 6 Simmer on low heat for about 10 minutes.
- 7 Serve on top of cauliflower rice.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Cooking Time: 15 minutes

## Cauliflower Rice

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

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|---|--------------------------|
| 1 small head cauliflower, chopped<br>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

## Low Carb Shepherd's Pie

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16 net carbs per serving

1	medium head of cauliflower (washed and cut into florets)	1 lb	lean ground beef (preferably grassfed), browned
3 Tbsp	butter (cubed)	1/2 tsp	kosher salt
1/4 tsp	salt	1 Tbsp	Worcestershire sauce
1/2 Tbsp	parsley	1/2 cup	beef or vegetable broth
1	sprinkle pepper	1/2 tsp	soy sauce
1	sprinkle garlic powder	1/4 cup	tomato paste
2 Tbsp	Olive oil	1/2 Tbsp	parsley
2	cloves garlic minced	1 cup	frozen peas
1	small onion (chopped fine)	1 cup	mozzarella cheese, shredded
2/3 cup	carrots (chopped fine)	1 Tbsp	Parmesan cheese
2	stalks celery (chopped)		paprika
2	cups fresh mushrooms (diced)		



### Step 1: Prepare Topping

- 1 Place Cauliflower in large pot covered with water. Bring to boil. Then reduce to gentle boil & cook with lid on for 8-10 mins. (Cauliflower should be tender not mushy)
- 2 Remove from heat. Drain well. Put cauliflower back in pot with lid on and let stand for 5 mins. (This ensures the cauliflower doesn't get mushy, so dont skip this step!)
- 3 Place cauliflower in food processor with butter, salt, parsley, pepper & garlic powder. Pulse until it is whipped consistency of mashed potatoes. Add butter.

### Step 2: Prepare Base

- 1 Brown ground beef over medium heat
- 2 In a separate pan, fry the oil, garlic, onion, carrots over medium heat until softened (about 3-5 mins). Add celery & mushrooms and cook for 1 more minute.
- 3 Add ground beef, salt, worchestshire, broth, soy sauce, tomato paste and parsley.
- 4 Simmer over medium heat for about 15 mins until cooked through and some of the juice has cooked off so its not runny.
- 5 Add frozen peas for the last 10 mins.

### Step 3: Assemble the Pie and Bake

- 1 Preheat oven to 350.
- 2 Spread the beef mixture into 9x13 casserole dish and top with mashed cauliflower.
- 3 Sprinkle with mozzarella, parmesean & dash of paprika
- 4 Bake for 45 mins until bubbling and cheese is cooked. Feel free to broil toward the end for cheese to crisp up.
- 5 Let stand for 5-10 mins before slicing and serving.

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Moderately difficult

### Cooking Times

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Preparation Time: 30 minutes

Cooking Time: 45 minutes

## Low Carb Salmon Burgers

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

1/4 cup	red bell pepper, diced	1/2 Tbsp	soy sauce, reduced sodium
1/4 cup	yellow bell pepper diced	1 tsp	lemon juice
2 slices	low carb bread (healthy life recommended)-- for bread crumbs	1/4 tsp	kosher salt
		4 cups	baby spinach
		4 oz	avocado, sliced
1	garlic clove, minced		
1 lb	wild caught salmon		
1	large egg, beaten		



- 1 Remove skin from salmon and place salmon in food processor or chop finely into small pieces. Set aside.
- 2 Place 2 pieces of bread into food processor to make bread crumbs
- 3 In a bowl, combine salmon with bell peppers, 6 Tbsp of bread crumbs and garlic.
- 4 In another bowl, combine egg, soy sauce, lemon juice, and salt. Then add to salmon mixture. Mix well.
- 5 Form into 4 patties. Ideally you want to let them sit in the fridge for about an hour to allow the burgers to hold together well.
- 6 Heat grill to medium high heat and spray with olive oil spray. Cook about 4 minutes per side.
- 7 Place spinach on plate and top with salmon burger.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 10 minutes

Inactive Time: 1 hour



## Low Carb Zucchini Fries

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4 net carbs per serving (yields 6 servings)

2	zucchini	1/2 cup	almonds
1	Tbsp	1/2 cup	grated Parmesan cheese
2	eggs	1/2 tsp	dried Italian seasoning



- 1 Preheat oven to 400. Line baking sheet with parchment paper.
- 2 Cut zucchini into 3-inch lengths and then cut each into fries. Place fries in a colander and sprinkle with salt. Let zucchini dry/drain for 30 mins- 1 hour to remove excess liquid.
- 3 Beat eggs in bowl. In a separate bowl, mix almonds, parmesan cheese and italian seasoning.
- 4 Rinse salt off zucchini and pat dry with paper towel.
- 5 Dip each zucchini fry into egg and then roll in almond mixture. Place on baking sheet.
- 6 Bake about 30 minutes (turn them halfway through).
- 7 Enjoy!

### 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

Inactive Time: 1 hour

## Loaded Sweet Potato Skins

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12 net carbs per serving (yields 4 servings of 1/2 sweet potato or 1 skin)

2	small	sweet potatoes	1	cup	mexican blend cheese
1	Tbsp	olive oil	4	strips	bacon, cooked and crumbled
1/4	cup	half and half			sour cream, (optional)
1/4	tsp	salt			
1/4	tsp	black pepper			



- 1 Preheat oven to 400. Wrap sweet potatoes in aluminum foil & pierce several times with fork or knife. Bake for 45 mins to an hour, until soft.
- 2 Allow potatoes to cool then slice lengthwise.
- 3 Scoop out sweet potato "insides" from the skin and place in a bowl.
- 4 Place the skins on a baking sheet lined with foil, drizzle with olive oil, and bake for 5-10 minutes.
- 5 Meanwhile, combine sweet potato flesh with half and half, salt, and pepper.
- 6 Remove skins from oven and fill with flesh mixture. Top with cheese. Bake for another 10-15 minutes, until cheese melted and bubbly. Top with bacon crumbles and sour cream if desired!
- 7 Enjoy!

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 1 hour and 10 minutes

## Garlic Chicken Wings

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1 net carb per serving (yields 12 servings)

4	lbs	jumbo fresh chicken wings	1	tsp	salt
			1/2	tsp	pepper
2	Tbsp	olive oil	1/4	cup	Parmesan cheese grated
2 1/2	Tbsp	minced garlic			
1	tsp	garlic powder			



- 1 Preheat oven to 375.
- 2 In a bowl, mix chicken wings with olive oil, minced garlic, garlic powder, salt and pepper. Coat well.
- 3 Place wings on baking sheet and bake for about an hour.
- 4 After they come out of the oven, top with parmesan cheese. Enjoy!
- 5 Makes 12 servings so perfect for a party, for left overs, or just cut the recipe in 1/2 if you don't need quite that much!
- 6 Goes great with celery & carrot sticks and bleu cheese dressing.
- 7 Serve with buffalo chicken soup!

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 1 hour

## Southwestern Taco Soup

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

1	lb	lean ground beef, preferably grassfed	8	oz	cream cheese, softened
			2	10 oz	cans rotel tomatoes (do not drain)
1/2	cup	chopped onion			
2	cloves	garlic, minced	2	14.5 oz	cans beef broth
1	Tbsp	cumin	1/2	cup	heavy cream
1	tsp	chili powder			



- 1 Brown ground beef with onion and garlic in a large pot then drain.
- 2 Add spices and cook 4-5 mins.
- 3 Add cream cheese in small sections into meat mixture and work into meat until well combined.
- 4 Stir in remaining ingredients until heated thoroughly
- 5 This makes about 8 cups so there should be plenty of left overs!

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 15 minutes