

VitalMeals Week 4

Taco Bake
Almond Crusted Chicken
Balsamic Roasted Brussel Sprouts
Sausage Spinach Bake
Bacon and Cheese Stuffed Pork Chops
Cauliflower "Mashed Potatoes"
Tilapia with Green Beans
Low Carb Fried Chicken
Coleslaw
Broccoli Cheddar Soup
Spinach Salad (with goat cheese and walnuts)

Servings: 4



Taco Bake

2.5 net carbs per serving

4 oz	cream cheese (softened)	1 lb	ground beef
3	eggs	3 tsp	taco seasoning
1/3 cup	heavy cream	1/4 cup	tomato sauce
1/2 tsp	taco seasoning	4 oz	can chopped green chiles
8 oz	shredded cheddar cheese (about 2 cups)	8 oz	shredded cheddar cheese (about 2 cups)



- 1 CRUST:
- 2 Preheat oven to 375.
- 3 Beat cream cheese and eggs until smooth. Add cream and seasoning.
- 4 Grease 9x13 baking dish and spread 8oz cheese over the bottom. Pour egg mixture on top evenly.
- 5 Bake for 25-30 mins. Let stand for 5 mins before adding topping.
- 6 TOPPING:
- 7 Brown hamburger, drain fat. Stir in seasoning, tomato sauce, and chiles.
- 8 Spread over crust and top with 8oz cheese.
- 9 Reduce oven to 350 and bake another 20 mins or so until hot and bubbly.
- 10 Enjoy! Plenty of left overs for lunch tomorrow. Also a great option to freeze for a later date.

Servings: 8

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Almond Crusted Chicken

< 1 net carb per serving

1	cup	unblanched almonds	4	boneless and skinless chicken breasts
1 1/2	tsp	paprika		
2	large	eggs	4	tbsp olive oil
		salt, kosher	1	tbsp unsalted butter (melted)
		pepper	1	tbsp sherry vinegar



- 1 Finely chop the almonds in a mini chopper or food processor. Transfer to a shallow dish and stir in the paprika.
- 2 Lightly whisk eggs in another dish.
- 3 Pat chicken dry and season both sides with salt and pepper. Then dip each piece of chicken into egg then press both sides of chicken into nuts to coat.
- 4 Place on baking sheet, cover, refrigerate for at least 20 mins to set crust.
- 5 Preheat oven to 350. Place rack on baking sheet.
- 6 Heat a medium nonstick skillet over medium low heat and add 1 Tbsp of oil and butter.
- 7 Place chicken smooth-side down in the pan and raise the heat to medium-high. Cook. Turn once until nuts set and turn golden brown (about 3-4 mins per side).
- 8 Transfer meat to prepared pan and back about 20 mins.
- 9 Whisk vinegar, salt, and pepper to taste in a medium bowl. Gradually whisk the remaining 3 Tbsp olive oil slowly in to make smooth dressing to drizzle over the top of the chicken (and a green salad if available!)

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Balsamic Roasted Brussel Sprouts

4 net carbs per serving

1 1/2 lbs	brussel sprouts	salt, kosher
4 oz	pancetta, diced	black pepper
1/4 cup	olive oil	1 Tbsp 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.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 2 minutes

Cooking Time: 30 minutes

Sausage Spinach Bake

4 net carbs per serving

1 lb	pork sausage	4	eggs
10 oz	frozen spinach, thawed and drained	1/4 tsp	salt and pepper
1/3 cup	roasted red peppers (diced) - about 2.5 oz.	4	Roma tomatoes sliced thin
1/2 cup	heavy cream	6 Tbsp	Parmesan cheese



- 1 Preheat oven to 350.
- 2 Brown sausage in large skillet. Drain grease if desired.
- 3 Place in greased 11x17 baking dish along with spinach and peppers.
- 4 In a small bowl, whisk the cream and eggs. Add the salt and dash of pepper. Pour over the sausage and vegetables and mix to coat everything with egg mixture.
- 5 Arrange sliced tomatoes in single layer over the top and sprinkle cheese over tomatoes.
- 6 Bake at 350 for 35-40 mins until nicely brown on top and "set" in center.
- 7 Let stand about 10 mins before serving.
- 8 Enjoy! Plenty of left overs for lunch tomorrow!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Bacon and Cheese Stuffed Pork Chops

1 net carb per serving

4	center cut, bone in pork chops	1/2 cup	chopped fresh parsley
		1/4 tsp	pepper
2	tsp olive oil	1/2 tsp	salt
4	oz smoked gouda cheese	4	toothpicks
8	slices bacon (cooked and crumbled)		



- 1 Preheat grill on medium heat
- 2 In small bowl, combine cheese, bacon, parsley, and black pepper.
- 3 With a sharp knife, cut a pocket into the pork chop (go all the way to the bone but leave sides intact). Stuff with cheese mixture and close with wooden toothpick. Brush meat with olive oil and season with salt and pepper
- 4 Grill over medium heat for 5-8 mins on each side. Be careful not to overcook.
- 5 *Either an outdoor grill or George Forman grill will do just fine*

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Cauliflower "Mashed Potatoes"

4 net carbs per serving

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



- 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.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Tilapia with Green Beans

1.5 net carbs per serving

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.

Servings: 4

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

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

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Coleslaw

2 net carbs per serving

1/3 cup	mayonnaise	1	tsp	onion powder	
2/3 cup	sour cream	1/8	tsp	paprika	
2	Tbsp	lemon juice	1/4	tsp	salt
2	Tbsp	stevia or Truvia	1	lb	shredded cabbage
1	tsp	garlic powder			



Mix all dressing ingredients together and then mix in cabbage. Balance the lemon juice and sweetener to your own taste.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Broccoli Cheddar Soup

8 net carbs per serving

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.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Spinach Salad (with goat cheese and walnuts)

4 net carbs per serving

- | | |
|---|--|
| 1 Tbsp red wine vinegar | 1/2 cup whole or chopped toasted walnuts |
| 1 Tbsp red onion | |
| 2 tsp dijon-style mustard | 1/3 cup crumbled goat cheese (sub bleu cheese or feta depending on what you like!) |
| 1/4 tsp kosher salt | |
| 1/4 tsp pepper | |
| 8 cups baby spinach- washed dried and stems removed | |



- 1 In a small bowl, combine vinegar, onion, mustard, salt and pepper. Gradually whisk in oil to make a creamy dressing.
- 2 Put all but a large handful of spinach in a large bowl and toss with more dressing.
- 3 Add remaining spinach and toss until well coated.
- 4 Serve immediately topped with walnuts and cheese

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes