

VitalMeals Week 40

Day 1

Kale Taco Salad

Day 2

Asian Cabbage Rolls

Day 3

Greek Chicken Kabobs

Greek Salad

Day 4

Steak "Pizza-Style"

Day 5

Zucchini Noodles and Garlic Shrimp

Day 6

"Fried Green Tomato" Salad

Day 7

Cream of Cauliflower Soup

Servings: 4

Kale Taco Salad

14 net carbs per serving (yields 4 servings)

3	Tbsp	taco seasoning	1	cup	cherry tomatoes
1	medium	sweet potato, peeled and cubed	2	Tbsp	green onions finely chopped
3	Tbsp	olive oil, divided	1/2		avocado, diced
1/4	cup	black beans	1/4	cup	cilantro
1	head	kale, stems removed and chopped	1/4	cup	queso fresco



- 1 Preheat oven to 375.
- 2 Toss sweet potato with taco seasoning and 1 Tbsp olive oil. Place on baking sheet and bake for 30 minutes.
- 3 While sweet potato is cooking, toss kale with remaining olive oil and taco seasoning.
- 4 Then add black beans, tomatoes, onions, avocado, and cilantro. Mix well with kale.
- 5 Finally, top with sweet potato chunks and queso fresco.
- 6 Enjoy!
- 7 **For a lower carb option, do less sweet potato or no sweet potato

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Asian Cabbage Rolls

7 net carbs per serving (yields 4 servings)

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|---------|-----------------------|---------|--------------------------|
| 1 lb | ground beef | 2 Tbsp | toasted sesame oil |
| 2 | carrots, shredded | 2 tsp | rice vinegar |
| 4 | garlic cloves, minced | 1 tsp | chili sauce |
| 2 Tbsp | ginger, minced | | salt and pepper to taste |
| 1 small | onion, minced | 1 large | head of napa cabbage |
| 3 Tbsp | soy sauce | | |



- 1 Preheat oven to 400.
- 2 In a large bowl, mix all ingredients together.
- 3 Use a rolling pin to flatten cabbage leaves and then spoon filling into each leaf- rolling tightly.
- 4 Place into a large baking dish and top with 1 cup of water. Cover with aluminum foil & bake for 30 minutes or until thoroughly cooked.
- 5 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Greek Chicken Kabobs

6 net carbs per serving (yields 4 servings)

1 1/2 lbs	boneless skinless chicken breasts, cut into 1-inch pieces	1/2	1	red onion, quartered green bell pepper, cut into 1 inch pieces
4	Tbsp olive oil		1	red bell pepper, cut into 1 inch pieces
4	garlic clove, crushed			
2	tsp dried oregano			wooden skewers (pre-soak in water for 15 minutes to prevent burning)
1	tsp salt			
1	tsp pepper			
2	Tbsp lemon juice, freshly squeezed			



- 1 In a bowl, combine 2 of the Tbsp of olive oil, garlic, oregano, salt and pepper. Add chicken & stir to coat. Let marinate for 30 minutes.
- 2 In another bowl, mix together the additional 2 Tbsp olive oil and lemon juice.
- 3 Prepare kabobs by alternating marinated chicken with vegetables.
- 4 Place on grill and cook until chicken thoroughly cooked through and no pink remains.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 35 minutes

Cooking Time: 15 minutes

Greek Salad

8 net carbs per serving (yields 6 servings)

1 head	romaine lettuce	1/3 cup	kalamata olives
1/2 cup	grape tomatoes	1/2	large cucumber, sliced
1	avocado	1/2 cup	feta cheese, crumbled
1/3 cup	red onions	1/2 cup	salted cashews



Chop all veggies and toss ingredients together. Enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 15 minutes

Steak "Pizza-Style"

12 net carbs per serving (yields 4 servings)

1/4 lb	boneless sirloin steak	1	can (15 ounces) crushed tomatoes
2	Tbsp olive oil		
4	cloves garlic (smashed)	1/2 tsp	dried oregano
1	large onion, sliced 1/4 inch thick	1 pinch	red pepper flakes
2	bell peppers, sliced 1/2 inch thick	2 Tbsp	parsley
			Kosher salt
4	jarred pepperoncini (drained and thinly sliced)		



- 1 Sprinkle the steak with 1/4 tsp salt
- 2 Heat the olive oil in a large skillet over medium-high heat. Add the steak and sear until browned (about 2 mins per side) then transfer to a plate.
- 3 Add garlic, onion, bell peppers and cook until softened slightly (about 4 mins). Then add pepperoncini, tomatoes, oregano, red pepper flakes & 3/4 cup water. Stir.
- 4 Simmer, add steak in the sauce, and continue cooking until medium rare (about 7 mins).
- 5 Remove steak and let it rest for about 5 mins. Continue cooking th sauce so it can thicken up a little more (about 3 mins).
- 6 Slice steak, top with sauce & parsley

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 2 minutes

Cooking Time: 15 minutes

Zucchini Noodles and Garlic Shrimp

4 net carbs per serving (makes 4 servings)

3 tsp olive oil	2 medium zucchinis (spiralized)
1 tsp crushed red pepper flakes	1 tsp salt
8 oz shrimp (peeled and deveined)	1 tsp black pepper
4 garlic cloves, chopped	1/2 lemon
	1/2 cup grape tomatoes (halved)



- 1 Heat a large skillet on medium-high heat and add olive 1.5 tsp of olive oil and crushed red pepper. Then add shrimp and salt and pepper- cooking for about 3 minutes.
- 2 Add half of garlic and cook for another minute or until shrimp is thoroughly cooked.
- 3 Remove from skillet and set aside.
- 4 Add remaining olive oil and garlic to pan and cook for 30 seconds, then add zucchini noodles and cook for another 2 minutes.
- 5 Finally add shrimp and tomatoes on top of "noodles" and squeeze lemon on top.
- 6 Remove from heat and serve.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

"Fried Green Tomato" Salad

8 net carbs per serving (yields 4 servings of salad & 5 slices of fried tomatoes)

4	green tomatoes	1/2 cup	almond flour
1/4 cup	coconut flour	1/4 cup	olive oil
1/2 tsp	salt	8 cups	romaine lettuce
1/2 tsp	black pepper	1	tomato, diced
2	eggs	1/2 cup	Mozzarella cheese
1/2 cup	Parmesan cheese		shredded



- 1 Slice tomatoes into 1/2 inch thick slices.
- 2 Whisk together coconut flour, salt, and pepper then use mixture to coat tomato slices.
- 3 In a separate bowl, beat eggs together.
- 4 In another separate bowl, combine almond flour with parmesan cheese
- 5 Heat oil in skillet over medium-high heat.
- 6 Dredge the tomatoes (now covered in coconut flour mixture) in egg and then into the almond flour & parmesan mixture. Coat thoroughly.
- 7 Place in skillet and fry until golden brown.
- 8 Assemble salad on each plate using 2 cups romaine lettuce, diced tomatoes, and 1/8 cup cheese. Top with fried tomato slices.

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Cream of Cauliflower Soup

6 net carbs per serving

3 Tbsp	butter	1	10 oz	package frozen cauliflower
3/4 cup	diced onion	1/2 cup		half-and-half
3/4 cup	diced celery			salt and pepper to taste
1	quart			chicken broth



- 1 Melt butter in skillet over medium-low heat and sauté onions and celery for about 5 minutes.
- 2 In a large pot, combine the above veggies with broth and cauliflower and simmer until cauliflower becomes tender.
- 3 With a slotted spoon, spoon out veggies from pot and place into a blender. Puree until smooth.
- 4 Pour pureed mixture back into pan and then add half-and-half, salt, and pepper. Simmer on low for about 5 more minutes.
- 5 Top with shredded cheese if you prefer!

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes