

## VitalMeals Week 41

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**Day 1**

Mexican Chicken and Sweet Potato Bake

**Day 2**

Thai Chicken Salad

**Day 3**

Caprese Steak

Parmesan Creamed Spinach

**Day 4**

Turkey Casserole

**Day 5**

Low Carb Fish Sticks

Broccoli Salad

**Day 6**

Old Fashioned Hamburgers

Low Carb Zucchini Fries

**Day 7**

Enchilada Crockpot Stew

Servings: 4

## Mexican Chicken and Sweet Potato Bake

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14 net carbs per servings, (yields 6 servings)

1 lb	boneless skinless chicken breasts, cooked and shredded (you could also use rotisserie chicken)	1	onion, cut into quarters
		4	cloves garlic
		1/2	tsp cumin
		1	tsp salt
2	sweet potatoes, spiralized	1/4	tsp black pepper
4	tomatoes peeled, seeded and diced	1/4	cup black beans
		5	oz pepper jack cheese
1	tsp olive oil		



- 1 Preheat oven to 400. Spiralize sweet potatoes with smallest noodle blade and place them in a 9x13 casserole dish.
- 2 Place shredded chicken in a large bowl.
- 3 Bring a large pot of water to a boil and add 4 tomatoes and cook for about 10 minutes. Remove, peel skin, and place in blender. Blend until smooth.
- 4 In a medium skillet, heat oil over high heat and add garlic and onion- sauteeing until brown. Transfer to blender with sauce and add cumin, salt, and pepper. Blend thoroughly.
- 5 Pour mixture into large bowl with chicken and add 1/4 cup black beans. Stir to combine.
- 6 Pour mixture over sweet potatoes and top with cheese. Cover with foil and bake for 50-60 minutes or until sweet potatoes are soft.
- 7 \*\* Of note, if you don't have a spiralizer, you can always just chop sweet potatoes into small cubes instead!\*\*

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 20 minutes

Cooking Time: 1 hour

## Thai Chicken Salad

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12 net carbs per serving (yields 8 servings)

	CHICKEN MARINADE:	5	green onion chopped
1/2 cup	olive oil	1/2 bunch	cilantro, chopped
2 Tbsp	rice vinegar	1 cup	salted peanuts
2 Tbsp	truvia		DRESSING:
1 clove	garlic, minced	1/4 cup	rice vinegar
1/2 bunch	cilantro, chopped	1/4 cup	thai sweet red chili sauce
1	lime, juiced	1 tsp	sesame oil
4	boneless and skinless chicken breasts	1/2 tsp	truvia
	SALAD:		salt and black pepper to taste
2	hearts of romaine, chopped		PEANUT SAUCE:
1/2 large	head napa cabbage, chopped	1/4 cup	natural peanut butter
		2 Tbsp	soy sauce
1	cucumber peeled, seeded and cut into 1/4-inch cubes	1 Tbsp	rice vinegar
		1 Tbsp	thai sweet red chili sauce
2	carrots, shredded	2 Tbsp	water
1	red bell pepper, chopped		



- 1 Place all ingredients for chicken marinade in a ziplock bag and let chicken marinade over night or for at least 30 mins-1 hour for maximum flavor.
- 2 Cook the chicken on a hot grill for about 8 minutes per side or on 350 for about 40 minutes.
- 3 Allow it to cool & then chop into cubes.
- 4 While chicken cooks, combine all ingredients for salad in a large bowl.
- 5 Then combine all ingredients for dressing in a smaller bowl & pour over the salad. Toss well.
- 6 Once chicken is cooked and cut, place in salad.
- 7 Finally, mix all ingredients for peanut sauce in another small bowl and drizzle over the top of the salad. Enjoy!

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 20 minutes

Cooking Time: 40 minutes

Inactive Time: 1 hour

## Caprese Steak

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3 net carbs per serving (yields 4 servings)

4	6 oz	filets	8 leaves	basil
		olive oil		balsamic vinegar
2		roma tomatoes, sliced		salt and pepper to taste
4	ounces	fresh mozzarella		



- 1 Season filets with salt and pepper and coat with olive oil.
- 2 Heat grill to medium high heat & place steaks on grill. Cover and cook for 5 minutes per side.
- 3 While steaks are grilling, slice tomatoes into 8 slices & mozzarella into 4 slices
- 4 Reduce heat to low & top each filet with tomato slice, basil leaf, mozzarella, another basil leaf and another slice of tomato.
- 5 Cover and cook for 3 more minutes.
- 6 Top with olive oil and balsamic vinegar before serving. 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: 15 minutes

## Parmesan Creamed Spinach

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2 net carbs per serving (yields 6 servings)

2 cups unsweetened almond milk    2 10 oz packages of frozen,  
2 Tbsp unsalted butter                    chopped spinach (thawed  
2 Tbsp almond flour                        and drained)  
1/2 tsp pumpkin pie spice                Kosher salt  
1/4 cup grated Parmesan                 Ground black pepper



- 1 Warm milk in small sauce pan over medium heat
- 2 Melt the butter in a separate small sauce pan over medium heat
- 3 Whisk the almond flour into the butter and cook for about 2 mins (making a roux)
- 4 Whisk in the warm milk a little at a time to avoid lumps. Cook until sauce begins to thicken (2-3 mins). Then add pumpkin pie spice, pinch of salt & pepper
- 5 Turn the heat to slow, stir in cheese & let it melt. Then stir in spinach and cook another 2-3 mins until heated through.

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 2 minutes

Cooking Time: 10 minutes

## Turkey Casserole

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4 net carbs per serving (makes 4 total servings)

2 cups	cooked turkey breast cut into 1x2x1-inch cubes	1/4 cup	canned chopped pimento
2 cups	diced celery	1/2 cup	sliced almonds
5 Tbsp	minced scallions	1 cup	grated monterey jack cheese
1 cup	mayonnaise	1/2 cup	plain crushed pork rinds
1 Tbsp	lemon juice		



- 1 Preheat oven to 350.
- 2 In a large bowl, combine turkey, celery, scallions, mayonnaise, lemon juice, and pimento.
- 3 In a separate bowl, mix together almonds, grated cheese, and pork rinds.
- 4 Grease a 2 quart casserole dish and spoon turkey mixture into the dish topping with cheese mixture evenly.
- 5 Bake until completely cooked through and cheese is bubbly (about 25-30 mins).

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 20 minutes

Cooking Time: 30 minutes

## Low Carb Fish Sticks

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3 net carbs per serving (yields 4 servings)

4	tilapia filets	1/4	tsp	salt	
1	cup	grated parmesan	2	Tbsp	mayonnaise
1	cup	almond flour	1		egg
1/4	tsp	chili powder			coconut oil
1/2	tsp	dried parsley			



- 1 In a bowl, mix together parmesan, almond flour, chili powder, parsley and salt.
- 2 In a separate bowl, mix together mayo and egg.
- 3 Take each filet and cut into strips/"sticks". First dip in the egg mixture and then dredge them through the breading mixture. Coat well.
- 4 Heat coconut oil in a skillet & drop fish sticks in. They should cook about 2 minutes per side or until breading is golden brown & fish is cooked through.
- 5 Enjoy!

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 10 minutes

## Broccoli Salad

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

1	Tbsp	white wine vinegar	6 oz	cherry or grape tomatoes (halved)
1		lemon (zested)		
1	Tbsp	lemon juice	3 oz	coarsely chopped pecans or hazelnuts
2	tsp	dijon mustard		
1	tsp	kosher salt	2 Tbsp	basil
		pepper		
1/4	cup	olive oil		
1	lb	broccoli (rinsed, trimmed, and sliced thinly on mandolin)		



- 1 Whisk together the vinegar, zest, lemon juice, mustard, salt and pepper in a medium bowl. While whisking constantly, gradually add olive oil. Then add broccoli & toss to coat.
- 2 Cover and set in refrigerator for 1 hour.
- 3 Stir in the tomatoes, nuts and basil.
- 4 Cover and allow to sit at room temp (or in refrigerator) for another 15 mins before serving.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Inactive Time: 1 hour



## Old Fashioned Hamburgers

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*1 net carb per serving (one serving is one hamburger patty---recipe yields 4 servings)*

1 lb lean ground beef, ideally grassfed  
1 Tbsp worcestershire sauce  
2 tsp minced garlic

1/2 tsp salt  
1/4 tsp pepper



- 1 Heat grill to medium-high heat and spray with cooking spray.
- 2 In a large bowl, combine beef, worcestershire, garlic, salt and pepper. Mix well and form into 4 patties.
- 3 Place burger patties on grill and cook for about 5 minutes per side (or until desired doneness)
- 4 Serve burgers alone with toppings of your choice (mustard, mayo, cheese, pickles, tomato) or in between two lettuce "buns"

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 8 minutes

Cooking Time: 10 minutes

## 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

## Enchilada Crockpot Stew

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10 net carbs per serving (yields 6 servings)

4	boneless and skinless chicken breasts	2 Tbsp	coconut oil
		1 14 ounce	can diced tomatoes
1	onion chopped	1 7 ounce	can tomato sauce
1	green bell pepper chopped	3 cloves	garlic, minced
		1 Tbsp	cumin
1 4 ounce	can chopped jalapenos	1 Tbsp	chili powder
1 4 ounce	can chopped green chiles	2 tsp	dried oregano
			salt and pepper to taste



- 1 Place chicken breasts in crockpot and then top with all remaining ingredients.
- 2 Cook on low for about 8 hours.
- 3 Right before you serve, use tongs or a fork to shred the chicken in with all ingredients.
- 4 Top with toppings of your choice: fresh cilantro, avocado, sour cream, etc.
- 5 Enjoy!

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 8 hours