

VitalMeals Week 43

Day 1

Steak Quesadillas with Avocado Sauce and Tomato Salad

Day 2

Moroccan Chicken Crockpot

Day 3

Cabbage Casserole

Day 4

Mustard Crusted Pork

Collard Greens

Day 5

Salmon Balls

Cucumber Dill Salad

Day 6

Low Carb French Toast Casserole

Day 7

Ginger Carrot Soup

Servings: 4



Steak Quesadillas with Avocado Sauce and Tomato Salad

9 net carbs per quesadilla (yields 4 servings)

1.5 lbs	beef eye round roast	2 Tbsp	lime juice
2 Tbsp	olive oil	1	ripe avocado
1 Tbsp	chili powder	1/3 cup	fresh cilantro chopped
	Kosher salt	1 large	garlic clove
	pepper	8 ounces	mexican cheese
1 cup	cherry tomatoes	4	Low carb tortillas
8 pieces	hearts of palm (1 can)		



- 1 Slice the roast crosswise into 3 even steaks. Heat skillet over medium-high heat and brush the steaks with 1 Tbsp olive oil, season with chili powder, and salt. Cook 4-5 mins per side.
- 2 Let meat rest for 5 mins.
- 3 Meanwhile, toss tomatoes and hearts of palm in a bowl with remaining 1 Tbsp olive oil, 1 Tbsp lime juice, salt and pepper.
- 4 Halve and pit the avocado. Scoop out the flesh into a blender or food processor. Add cilantro, garlic, and remaining 1 Tbsp lime juice and add 1/2 cup water. Puree and season with salt
- 5 Thinly slice the steak and place inside low carb tortilla. Top with cheese & fold over.
- 6 Grill until cheese melts & top with avocado sauce and tomato salad.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Moroccan Chicken Crockpot

9 net carbs per serving (yields 6 servings)

2	lbs	chicken thighs and drumsticks	1/2	tsp	cardamom
			4	cloves	garlic, minced
1	Tbsp	coconut oil	1 1/2	Tbsp	ginger, freshly grated
1/2		onion, sliced	1 1/2	tsp	salt
1	tsp	cumin	2	cups	chicken broth
1	tsp	tumeric	1/2	cup	dried apricots, chopped
1/2	tsp	coriander	2	cups	chopped carrots
1	tsp	cinnamon			



- 1 In a bowl, mix together the following spices: cumin, turmeric, coriander, cinnamon, cardamom, and garlic.
- 2 In a skillet over medium heat, melt coconut oil and then cook chicken for about 3 minutes per side. Once cooked, place chicken in crockpot.
- 3 Keep skillet on the heat and add onions to same pan and cook for about 3-5 minutes. Then add spice mixture and cook for another 30 seconds. Remove from heat.
- 4 Add chicken broth, ginger, and salt to skillet mixture and then transfer all the contents to the crockpot.
- 5 Cook on low for 3 hours, then add apricots and carrots. Then cook an additional 6 hours.
- 6 Enjoy! (Recommended: top with fresh cilantro!)

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 6 hours

Cabbage Casserole

11 net carbs per serving (yields 6 servings)

2 lbs	lean ground beef	2 cups	water
1	onion chopped	1 14oz can	diced tomatoes
3 handfuls	chopped cabbage	1 cup	shredded cheddar cheese
1 8 oz can	tomato sauce		



- 1 Brown ground beef in skillet (season with salt and pepper) and cook with onions.
- 2 Once beef is cooked almost through, add cabbage, tomato sauce, water, and diced tomato. Bring to a boil then reduce heat to low and cover.
- 3 Cook an additional 20 minutes- or until cabbage is soft.
- 4 Add the cheese at the very end and allow it to melt right before serving.
- 5 Enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Mustard Crusted Pork

1 net carb per serving (yields 6 servings)

2.5 lb	pork roast	1 Tbsp	herbes de provence
3	garlic cloves, crushed	1 tsp	sea salt
2	Tbsp dijon mustard	1 tsp	black pepper
2	Tbsp stone ground mustard		



- 1 Combine garlic, mustards, and herbs de provence. Rub this mixture thoroughly onto pork roast to coat well. Season with salt and pepper.
- 2 Roast for roughly 90 minutes or until desired doneness of pork roast.
- 3 Allow it to rest 5-10 minutes before serving.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 1 hour and 30 minutes

Collard Greens

8 net carbs per serving (yields 4 servings)

1	Tbsp	olive oil	3	cups	vegetable stock
1	Tbsp	butter	2		tomatoes, seeded and diced
1/2	large	onion (chopped)			salt
1	tsp	red pepper flakes			pepper
1	clove	garlic			
1	lb	collard greens, chopped and rinsed			



- 1 In a large pot over medium heat, heat oil and butter. Saute the onions until softened slightly (about 2 mins) and then add the red pepper flakes and garlic.
- 2 Cook 1 more minute then add collard greens and cook another minute.
- 3 Add vegetable stock, cover, bring to a simmer.
- 4 Cook until greens are tender (about 40 mins) then add tomatoes and season with salt and pepper.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 40 minutes

Salmon Balls

3 net carbs per serving (yields 4 servings)

16 ounces	wild caught salmon, canned	2 Tbsps	green onion chopped
1/2 cup	red onion, diced	2 Tbsp	fresh dill chopped
2	eggs	2 Tbsp	olive oil
1	lemon, zested and juiced		salt and black pepper to taste



- 1 Preheat oven to 350.
- 2 Mix all of the ingredients, except olive oil in a bowl. Once well combined, form into 2 inch balls.
- 3 Coat a baking sheet with olive oil and place salmon balls on the pan. Roll in oil to ensure the balls are coated generously.
- 4 Bake for 20 minutes and enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes
Cooking Time: 20 minutes

Cucumber Dill Salad

6 net carbs per serving (yields 4 servings)

2	Cucumber, thinly sliced	1	tsp	fresh dill, chopped
1	red onion, thinly sliced	1/2	tsp	stevia/truvia
2	Tbsp	lemon juice		salt and black pepper to
1	cup	plain greek yogurt		taste



- 1 Mix together cucumber and onion slices. In another bowl, mix together lemon juice, Greek yogurt, dill, stevia/truvia, salt, and pepper.
- 2 Dress the cucumbers and onions with the dill mixture and combine well.
- 3 Chill until ready to serve

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Low Carb French Toast Casserole

8 net carbs per serving (yields 8 servings)

5	eggs, beaten	1/4	tsp	allspice
1/3	cup unsweetened almond milk	2	Tbsp	butter, melted
2	Tbsp low carb maple syrup	2	tsp	erythritol
1	tsp vanilla extract	1	loaf	healthy life bread
1/2	tsp cinnamon			



- 1 Preheat oven to 400.
- 2 Grease an 9 inch casserole dish.
- 3 Cut healthy life bread into 1 inch cubes.
- 4 In a bowl, combine eggs, almond milk, low carb maple syrup, vanilla extract, cinnamon, and allspice and whisk together thoroughly
- 5 Put bread cubes into casserole dish and top with vanilla cinnamon french toast batter. Top this with 2 tsp melted butter and sprinkle with erythritol.
- 6 Bake about 30 minutes, until egg batter is firm.
- 7 Enjoy! Serve with low carb syrup and berries (optional).

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ginger Carrot Soup

12 net carbs per serving (makes 6 servings)

2	Tbsp	coconut oil	1	tsp	sea salt
2		green onions chopped	1/4	tsp	ground cinnamon
2		garlic cloves, minced	1/2	tsp	ground turmeric
1	inch	piece of ginger, peeled and grated	4	cups	water
1	pinch	red pepper flakes	1/4	cup	plain yogurt
1	1/2 lbs	carrots, sliced 1/2 inch thick			pepper to taste



- 1 Place skillet over medium high heat with olive oil. Add green onions, garlic, minced ginger, and red pepper flakes for 1-2 minutes.
- 2 Add carrots, salt, cinnamon, and turmeric and cook another 1-2 minutes, stirring occasionally.
- 3 Add water, bring to a boil. Then reduce heat & simmer for about 25 minutes or until carrots are soft.
- 4 Puree soup in a blender (or using immersion blender).
- 5 Divide between 4 bowls and top with a spoonful of yogurt.
- 6 (You can also refrigerate for 3-4 hours or overnight & serve cold for a more "refreshing" option).

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 30 minutes