

VitalMeals Week 44

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Day 2

Artichoke Chicken Bake
String Beans with Shallots

Day 3

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Day 4

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Cauliflower Macaroni and Cheese

Day 5

Zucchini Noodles and Garlic Shrimp

Day 6

Cheeseburger "Quiche"

Day 7

Pumpkin Chili with Sausage

Servings: 4



Mexican Pizza

18 net carbs per pizza (yields 4 pizzas)

4	low carb tortillas	8 Tbsp	salsa
4	Tbsp olive oil divided	1	tomato, diced
1	lb lean ground beef	1 can	sliced black olives
1	Tbsp cumin	2 cups	mexican blend grated cheese
1	Tbsp chili powder	4 Tbsp	taco sauce
1	Tbsp oregano		sour cream (optional)
	salt and black pepper to taste		guacamole (optional)
3/4 cup	water		



- 1 Preheat oven to 400.
- 2 Brush low carb wraps with olive oil & place in oven for about 5 mins per side. They should get golden brown but not burned. They also may puff up some.
- 3 In a medium skillet, thoroughly cook ground beef until browned. Add cumin, chili powder, oregano, and salt and pepper to taste. Then add water. Simmer for a few minutes until thickened and then remove from heat.
- 4 Now it is time to assemble pizzas: Place four tortillas down on non-stick baking sheet. Top with 2 Tbsp salsa, 2 Tbsp taco sauce, 1/4 of meat, and 1/4 cup of cheese (or until well covered). Top with diced tomatoes and olives.
- 5 Once you have assembled all 4 pizzas, place back in the oven until cheese is melted and bubbles.
- 6 Top with guacamole & sour cream if you wish! Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Artichoke Chicken Bake

5 net carbs per serving (yields 4 servings)

4	boneless skinless chicken breasts	1 cup	Parmesan cheese
		1 clove	garlic, minced
1/2 cup	mayonnaise	1	can artichoke hearts - (14 oz), drained, chopped
1/2 cup	sour cream		



- 1 Preheat oven to 375.
- 2 In a bowl, mix all ingredients together (other than chicken) until well combined and then spread evenly over chicken.
- 3 Bake chicken for about 15 minutes on 375. Then broil for an additional 5 minutes (or until the topping has browned)
- 4 Enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 20 minutes

String Beans with Shallots

4.5 net carbs per serving (yields 6 servings)

- | | | | |
|--------|---|-----|------------------------------|
| 1 lb | french string beans
(haricots verts), remove
ends | 3 | large shallots (diced large) |
| | | 1/2 | tsp pepper |
| 2 Tbsp | unsalted butter | 1 | pinch kosher salt |
| 1 Tbsp | olive oil | | |



- 1 Blanch string beans in a large pot of boiling salted water for 1.5 mins only
- 2 Drain immediately and immerse in a bowl of ice water.
- 3 Heat the butter and oil in a very large sauté pan or large pot and sauté the shallots on medium heat for 5-10 mins, tossing occasionally, until lightly browned.
- 4 Drain the string beans and add to the shallots with 1/2 tsp salt and pepper. Toss well.
- 5 Heat only until beans are hot.
- 6 Blanch beans for about 3 mins until they are crisp and tender.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Low Carb Sloppy Joe

6 net carbs per serving (yields 6 servings)

1 1/2 lbs	ground beef	1 Tbsp	worcestershire sauce
2 1/2 ounces	onion chopped	1 tsp	mustard
2 stalks	celery chopped	1/2 tsp	salt
1 clove	garlic minced	1/4 tsp	pepper
1/2 cup	tomato sauce	4	zucchini
2 tsp	splenda or stevia	8 oz	cheddar cheese shredded
1 Tbsp	vinegar		



- 1 In a skillet over medium high heat, brown the hamburger, onion, celery and garlic. Once cooked through, drain off excess fat & then add remaining ingredients.
- 2 Simmer while covered for about 15 minutes.
- 3 While that is simmering, slice the zucchini in half lengthwise and cut into 1/2" thick slices.
- 4 Place these in a skillet and cook until soft.
- 5 Then combine meat, zucchini and shredded cheese in a large casserole dish.
- 6 Microwave until hot and bubbly (or heat in an oven at 350 until bubbly).
- 7 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Cauliflower "Bread" Sticks

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

1 head cauliflower	1/2 tsp red pepper flakes
1 Tbsp oregano	2 eggs
1/2 tsp basil	pepper, to taste
1 Tbsp onion powder	Salt to taste



- 1 Preheat oven to 425.
- 2 Put cauliflower in food processor until you get rice consistency, then place in microwave safe dish and microwave for 10 mins.
- 3 Let cauliflower cool slightly, then place in refrigerator until completely cooled.
- 4 Once cooled, mix the rest of the ingredients with the cauliflower.
- 5 Grease a cookie sheet and place cauliflower on it. Pat down cauliflower until it is about 1/2 inch thick.
- 6 Bake at 425 for about 25 mins or until golden brown.
- 7 Remove, turn oven to broil at 500. Cut cauliflower in desired "sticks" and flip
- 8 Place back in oven until both sides are brown and desired crispness.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Thanksgiving Turkey Muffins

3 net carb per serving (yields 12 muffins- 4 servings of 3 muffins)

2	lbs	ground turkey	4	eggs
2	stalks	celery, chopped	1/2	cup heavy cream
2/3	cup	onion chopped	1/2	tsp chicken seasoning
4	ounces	shredded cheddar cheese		salt and black pepper to taste



- 1 Preheat oven to 350.
- 2 In a skillet over medium high heat, brown turkey with celery and onion.
- 3 In a bowl, beat eggs, cream, pepper, and chicken seasoning.
- 4 Pour off excess grease from skillet & then divide turkey mixture among 12 well-greased muffin cups.
- 5 Top turkey with cheese and then pour egg mixture over each one.
- 6 Bake for 25 minutes or until muffins have set and are cooked through.
- 7 Enjoy!

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Cauliflower Macaroni and Cheese

4 net carbs per serving (yields 6 servings)

1	large head	cauliflower	1/2 cup	shredded sharp cheddar cheese (for topping)
1	cup	olive oil spray		
1	cup	heavy cream		
2	oz	cream cheese (cut into small pieces)	1/4 tsp	pepper
1 1/2	tsp	dijon mustard	1/8 tsp	garlic powder
1 1/2	cups	shredded sharp cheddar cheese (for casserole)		Kosher salt



- 1 Preheat oven to 375. Bring a large pot of water to a boil and season water with salt.
- 2 Spray baking dish with olive oil spray.
- 3 Cook the cauliflower in the boiling water until crisp/tender (about 5 mins)
- 4 Drain well and pat between several layers of paper towels to dry. Transfer the cauliflower to baking dish and set aside.
- 5 Bring cream to a simmer in a small sauce pan, add cream cheese and mustard until smooth. Then stir in 1 cup cheese, salt & pepper, and garlic.
- 6 Whisk just until cheese melts (about 1-2 mins).
- 7 Remove from heat, pour over cauliflower, stir to combine.
- 8 Top with remaining 1/2 cup cheese. Bake until golden brown, bubbly, and hot (about 15 mins)

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 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

Cheeseburger "Quiche"

1.5 net carbs per serving (yields 6 servings)

1 lb	lean ground beef	1/2 cup	mayonnaise
1/3 cup	onion chopped	1/4 cup	heavy cream
1/2 cup	mushrooms, sliced	8 ounces	cheddar cheese shredded
2	eggs		



- 1 Preheat oven to 350.
- 2 In a skillet over medium high heat, brown hamburger, onion and mushrooms and then drain off excess fat once cooked through.
- 3 Season with salt and pepper as needed.
- 4 In a bowl, beat eggs with mayonnaise, cream and additional salt and pepper.
- 5 Grease the bottom of a pie plate. Mix hamburger with 1/3 of the cheese and place into the bottom of the pie plate.
- 6 Top with remaining cheese and egg/cream mixture.
- 7 Bake for 35 minutes or until cooked through.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Pumpkin Chili with Sausage

7 net carbs per serving (yields 6 servings of 1 cup)

1 lb	hot sausage	1/2 tsp	garlic powder
1	onion, chopped	8 oz	tomato sauce
3/4 cup	green pepper chopped	15 oz	can pumpkin
2 Tbsp	chili powder	2 cups	water
2 tsp	cumin	1/2 tsp	salt



- 1 In a pot over medium high heat, brown sausage and onions. Once cooked through, drain off excess fat/grease.
- 2 Then add remaining ingredients and bring to a boil.
- 3 Cover and simmer for 30 minutes.
- 4 Top with toppings of your choice: cheese, green onions, sour cream, etc.
- 5 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes