

VitalMeals Week 45

Day 1

Cabbage Enchiladas

Day 2

Almond Crusted Chicken
Green Bean Bacon Delight

Day 3

Balsamic Grilled Steak
Balsamic Grilled Veggies

Day 4

Sausage Spinach Bake

Day 5

Parmesan baked tilapia with zucchini

Day 6

Pizza Topping Bake

Day 7

Low Carb Chicken Tortilla Soup

Servings: 4



Cabbage Enchiladas

12 net carbs per serving, (yields 4 servings)

| | | | | |
|----------|--------------------------|-----|------|---------------|
| 8 leaves | cabbage | 1 | Tbsp | chili powder |
| 1 lb | grass fed ground beef | 1 | tsp | cumin |
| 1 large | onion | 1/2 | tsp | garlic powder |
| 1 | green bell pepper, diced | 1/2 | tsp | salt |
| 1 cup | diced tomato | 1/2 | tsp | pepper |
| 1 can | enchilada sauce | 1/2 | cup | water |



- 1 Preheat oven to 350.
- 2 In a skillet over medium-high heat, brown meat with onion, diced pepper, and seasoning. Then add water & tomatoes. Simmer on low heat.
- 3 While above is simmering, boil cabbage leaves for about 3 minutes or until soft.
- 4 Lay out cabbage leaves & fill with heaping spoonful of meat mixture. Roll cabbage like an enchilada and place in baking dish (seam side down).
- 5 After all are placed in baking dish, top with enchilada sauce.
- 6 Bake for 20-25 minutes or until desired doneness.
- 7 Top with cheese, guacamole or sour cream as desired! Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Oven Temperature: 350°F

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Almond Crusted Chicken

< 1 net carb per serving (yields 4 servings)

| | | | | |
|-------|-------|--------------------|---|---------------------------------------|
| 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!)

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Green Bean Bacon Delight

3 net carbs per serving (yields 8 servings)

| | | | |
|-----------|----------------------|----------|----------------------------|
| 2 1/2 lbs | green beans, trimmed | 2 Tbsp | scallions, chopped |
| 1 Tbsp | butter | 3 slices | bacon, cooked and crumbled |
| 3 Tbsp | heavy cream | | salt and garlic to taste |
| 3 Tbsp | chopped mushrooms | | |
| 1/4 cup | walnuts, chopped | | |



- 1 In a large sauce pan, bring 2 quarts of water to a boil. Add green beans and let water return to a boil. Once it is boiling, cook the beans for an additional 5 minutes. Then drain water from beans and set them aside.
- 2 In the same pan, add butter, cream, walnuts, scallions, garlic and salt. Bring to a boil while stirring constantly. It should become thick.
- 3 Add beans back to pan and heat well.
- 4 Top with bacon crumbles right before serving.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Balsamic Grilled Steak

10 net carbs per serving (yields 4 servings)

| | | |
|--------------------------|--------|--------------------------------------|
| 1/4 cup balsamic vinegar | 1 lb | sirloin steak, cut into 1 inch cubes |
| 1/4 cup barbecue sauce | | |
| 1 tsp dijon mustard | 2 cups | cherry tomatoes |



- 1 Mix together balsamic vinegar, bbq sauce, and dijon mustard in a bowl. Remove 1/2 cup for basting but use the rest to marinade the steak.
- 2 Assemble skewers: Alternating steak and tomatoes then place them on the grill over medium heat until desired doneness of steak.
- 3 Use 1/2 cup of reserve liquid to baste skewers for the last 2-3 minutes of cooking for extra moistness.
- 4 Serve with loaded sweet potato skins!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Balsamic Grilled Veggies

9 net carbs per serving (yields 4 servings)

| | | | |
|-----|--|-----|--|
| 1/2 | yellow squash, sliced | 1 | yellow bell pepper seeded and cut into long, thin strips |
| 1/2 | zucchini, sliced | | |
| 1/2 | eggplant, sliced | 1 | portobello mushroom, sliced |
| 1/2 | red onion, sliced | 1/4 | cup olive oil |
| 1 | roma tomato, sliced | 1/4 | cup balsamic vinegar |
| 1 | red bell pepper, seeded and cut into thin strips | | salt and pepper to taste |



- 1 Cut/slice all vegetables and place in a roasting pan. Season well with salt and pepper and toss in olive oil and balsamic vinegar.
- 2 Place vegetables on grill and cook about 2 minutes per side or until they have nice charred grill marks.
- 3 Remove and season additionally with balsamic or salt/pepper as needed.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Sausage Spinach Bake

4 net carbs per serving (yields 6 servings)

| | | | |
|---------|---|---------|---------------------------|
| 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!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Parmesan Baked Tilapia with Zucchini

3 net carbs per serving (yields 4 servings)

| | | | | |
|---------|---|-----|------|-----------------------|
| 4 | 4oz tilapia fillet (or white fish of your choice) | 4 | Tbsp | mayonnaise |
| | | 4 | Tbsp | chopped green onions |
| 2-3 | zucchini squash (sliced/cut into smaller pieces) | 1/2 | tsp | seasoning salt |
| | | 1/2 | tsp | dried basil |
| 1/8 cup | lime juice | | | black pepper to taste |
| 3/4 cup | grated parmesan cheese | | | |
| 4 | Tbsp | | | butter (room temp) |



- 1 Preheat oven to 350.
- 2 Place fillet and zucchini in a buttered baking dish.
- 3 Brush tops with juice
- 4 Bake fish in preheated oven 20-30 mins.
- 5 Meanwhile, combine the cheese, butter, mayo, onions & seasonings in a bowl. Mix well with fork
- 6 Once fish cooked, cover with cheese mixture & broil for 3-5 mins.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Pizza Topping Bake

8 net carbs per serving, (yields 6 servings)

| | | | | | |
|-------|-----|----------------------------|-----|-----|--|
| 1 | lb | italian sausage | 1/2 | cup | green pepper chopped |
| 8 | oz | mushrooms, sliced | 8 | oz | whole milk mozzarella cheese, cut into small cubes |
| 4 | | eggs | | | |
| 1/2 | cup | heavy cream | | | |
| 1/4 | cup | pizza sauce, reduced sugar | 1/2 | cup | red onion, thinly sliced |
| 1/4 | tsp | garlic powder | | | crushed red pepper (optional) |
| 1/2 | tsp | italian seasoning | | | |
| 3 1/2 | oz | chopped pepperoni | | | |



- 1 Preheat oven to 350.
- 2 In a skillet over medium high heat, brown sausage with mushrooms.
- 3 While cooking sausage & mushrooms, whisk eggs, cream, pizza sauce and seasonings in a bowl.
- 4 Grease a deep baking dish (7x9") and add meat & mushroom mixture, peppers, and mozzarella cubes. Then pour egg mixture on top and mix well. Top with red onion.
- 5 Sprinkle with garlic powder, italian seasoning and crushed repper flakes.
- 6 Bake at 350 for 45-50 minutes or until golden brown and bubbly.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Low Carb Chicken Tortilla Soup

12 net carbs per serving

- | | | | |
|---|--|----------|--------------------------|
| 2 | chicken breasts, Remove skin & cut into strips | 1 bunch | cilantro, chopped |
| 1 | 28 oz can diced tomatoes | 2 Tbsp | Tomato paste |
| 1 | 32 oz organic chicken broth | 4 cloves | minced garlic |
| 1 | sweet onion, diced | 1 tsp | chili powder |
| 2 | jalapenos, remove seeds, dice | 1 tsp | cumin |
| | | | salt and pepper to taste |
| | | | olive oil |
| 2 | cups celery chopped | | |
| 2 | cups carrots, shredded | | |



- 1 Add olive oil to crock pot & place on medium high heat. Add about 1/4 cup of chicken broth. Add onions, garlic, jalepeno, salt, and pepper.
- 2 Once ingredients have softened, add remaining ingredients and 1-2 cups of water. Cover and cook on low for about 2 hours.
- 3 Once chicken has finished cooking, it should shred easily with a fork.
- 4 Top with fresh cilantro and enjoy!

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 2 hours