

VitalMeals Week 46

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Day 7

Broccoli Cheddar Soup

Servings: 4



Mexican Beef Crockpot

16 net carbs per serving (yields 4 servings)

1-2 Tbsp	olive oil	1 clove	garlic
1 lb	stewing beef (cubed)	1	red pepper chopped
2 Tbsp	almond flour	1 can	diced green chilis (4.5oz)
1 tsp	kosher salt		
1/2 tsp	garlic powder	1/2 cup	diced tomato
1/2 tsp	onion powder	1/8 tsp	chipotle powder
1 medium	sweet onion finely chopped	1/8 tsp	cayenne pepper
		1 tsp	chili powder
2 stalks	celery chopped		



- 1 Heat olive oil over medium heat in frying pan
- 2 Combine almond flour, garlic powder, onion powder, salt and pepper in a shallow pan
- 3 Coat the beef cubes in the almond flour mixture
- 4 Fry beef in olive oil until browned on all sides. Should take about 5 mins
- 5 Place all other ingredients in a slow cooker & mix thoroughly
- 6 Placed brown beef on top and cook on low heat for 6 hours or high heat for 3 hours.

Degree of Difficulty

Degree of Difficulty: Moderately difficult

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 6 hours

Recipe Type: Main Dish

Chicken Cordon Bleu

5 net carbs per serving (yields 4 servings)

4	boneless skinless chicken breasts	olive oil
		salt and freshly ground pepper
1/2 lb	brie cheese	
8 slices	prosciutto	



- 1 Heat grill to high and coat chicken with olive oil and season with salt and pepper.
- 2 Grill about 2-3 minutes per side or until chicken is cut through and then put a few slices of cheese on each breast, allowing it to melt slightly.
- 3 Remove chicken and top with 2 slices of prosciutto per chicken. Drizzle with olive oil. Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Garlic and Onion Kale

2 net carbs per serving (yields 4 servings)

1 lb kale, washed, dried, stems removed and chopped 2 cloves garlic, minced
1 Tbsp olive oil 2 cups water, divided
1 red onion, chopped



- 1 Chop the onions and mince the garlic.
- 2 Heat skillet over medium high heat and sauté onion for about 5 minutes or until it starts to brown- then add garlic and cook 1 more minute.
- 3 While onion is cooking, prepare the kale and then add to the onion mixture. Season with salt and pepper to taste.
- 4 Saute for about 3 minutes. The kale should start to wilt. Then add 1/2 cup water and let kale cook down. This should take about 5-10 minutes. By the end, most of the water in the pan should be dry.
- 5 Add another 1/2 cup of water and cook the kale another 5-10 minutes (repeating the process above).
- 6 Finally, add one more 1/2 cup of water & repeat the process. Kale should be tender by now.
- 7 At this point it is ready to serve and enjoy! Feel free to top with sherry vinegar right before serving if you desire!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 35 minutes

Sun-dried Tomato and Garlic Ribeye

1.5 net carbs per serving (yields 4 steaks)

4	8 ounce grass fed boneless ribeye steaks	2	Tbsp rosemary, chopped
		2	Tbsp sun-dried tomatoes, chopped
4	Tbsp butter		salt and black pepper to taste
4	Tbsp olive oil		
2	Tbsp garlic, chopped		



- 1 Season ribeyes with salt and pepper.
- 2 Heat cast iron skillet/pan on medium-high heat for about 3-4 minutes.
- 3 Add steaks and cook for 3 minutes on each side.
- 4 Remove steaks from skillet and allow them to rest for about 5 minutes.
- 5 While steaks are resting, combine butter, olive oil, garlic, rosemary, and sun-dried tomatoes. Then throw in skillet for about 5 minutes.
- 6 Top steaks with butter mixture and enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Steamed Bok Choy

3 net carbs per serving (yields 4 servings)

4	baby bok choy (split horizontally)	1	tsp	lime zest
		1/4	tsp	splenda
2	Tbsp finely chopped chives	1	tsp	sesame oil
4	tsp soy sauce	1	dash	red pepper flakes (optional)
2	tsp lime juice			



- 1 Steam bok choy in steamer basket until tender- should take about 5-6 minutes.
- 2 While bok choy is steaming, whisk the chives, soy sauce, lime juice, lime zest, and splenda in a small bowl.
- 3 Remove bok choy to serving dish and drizzle with above mixture and then top that with sesame oil and red pepper flakes if desired.
- 4 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Low Carb Turkey

1 net carb per serving

1 whole turkey

1 lb strips of uncooked bacon



- 1 Preheat oven to 400.
- 2 With turkey at room temperature, remove giblets and run turkey under cold water. Dry thoroughly.
- 3 Rub with salt generously.
- 4 Insert poultry pins to pull body opening together & then use a string to lace between pins.
- 5 Tie legs together with a string and pin wings under body.
- 6 Place in large turkey roasting pan & cover turkey breast with slices of uncooked bacon.
- 7 Cover with aluminum foil.
- 8 Cook for 20 minutes at 400. Then reduce heat to 350 and cook for another 15 minutes per pound if turkey is over 10lbs. If turkey is under 10lbs, cook for 20 minutes per pound.
- 9 Enjoy!
- 10 Cooking time & serving sizes will vary based on turkey size.

Degree of Difficulty

Degree of Difficulty: Easy

Mashed Cauliflower Gratin

2 net carbs per serving (yields 10 servings- great for parties, holiday meals, and left overs!)

1	medium	head of cauliflower, chopped	1/8	tsp	nutmeg
			3		eggs
1/4	cup	heavy cream	1 1/2	cups	cheddar cheese
1	Tbsp	butter			salt and black pepper
1	Tbsp	mustard			to taste



- 1 Preheat oven to 350.
- 2 Steam cauliflower until tender. Then blend it with cream, butter, salt pepper, mustard, and nutmeg (you can do this using a hand blender or food processor).
- 3 Add eggs and blend. Then add 1 cup of cheese and blend.
- 4 Pour mixture into casserole dish and then top with the rest of the cheese.
- 5 Bake 30 minutes, or until golden brown.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 25 minutes

Cooking Time: 35 minutes

Garlic Dijon Salmon

8 net carbs per serving (yields 4 servings)

4	6 oz	salmon filets	1 tsp	dried tarragon
1/3	cup	dijon mustard		salt and black pepper to
4	cloves	garlic, thinly sliced		taste
1		red onion, thinly sliced		



- 1 Preheat oven to 400. Spray a 9x13 inch pan with olive oil cooking spray.
- 2 Place salmon skin side down and coat with dijon mustard. Place garlic and onion slices on top of each filet and season with tarragon, salt and pepper.
- 3 Bake for 20 minutes- salmon should easily flake away with a fork. Enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Fennel Cabbage Slaw

3 net carbs per serving (yields 4 servings)

1	fennel bulb, cored, cut into quarters and sliced thin, set fronds aside	1/4 cup	mayonnaise
		3 Tbsp	red wine vinegar
1 cup	thinly sliced purple cabbage	3 Tbsp	chopped fennel fronds (from above)
2	scallions	1 tsp	splenda
2	strips of bacon, cooked and chopped		salt and black pepper to taste



- 1 Toss fennel, cabbage, scallions and bacon together in a bowl.
- 2 In another bowl, mix all dressing ingredients together.
- 3 Add dressing to slaw and combine thoroughly.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cajun Turkey Burgers with Sweet potato fries

12 net carbs per serving (6 servings in entire recipe)

1 lb	ground turkey	1/2 tsp	onion powder
1	egg	1/2 tsp	cayenne pepper
1 Tbsp	worcestershire sauce	2-3 slices	healthy life bread
1/2 tsp	salt	2	sweet potatoes, sliced into thin strips like fries
1/2 tsp	garlic powder		



- 1 In a large mixing bowl combine egg, worcestershire sauce, salt, garlic powder, onion powder, and cayenne pepper.
- 2 Food process 2-3 slices of healthy life bread-- should equal about 1/2 cup of fine bread crumbs.
- 3 Add bread crumbs and ground turkey to above mixture and combine well.
- 4 Shape into 6 patties
- 5 Place patties on grill and grill for 7-8 mins or until no pink remains.
- 6 While grilling the burgers, place sweet potatoes slices seasoned with olive oil and salt and pepper in oven at 400 degrees. Bake 10-15 mins or until crispy.
- 7 Recommend eating the patty without a bun or between two pieces of lettuce.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Broccoli Cheddar Soup

8 net carbs per serving (yields 4 servings)

2 Tbsp butter	1 cup	heavy cream
3 cups chicken broth	2 cups	shredded cheddar cheese
8 oz cream cheese	2 bunches	fresh broccoli (chopped)



- 1 Heat broth and broccoli until broccoli is tender.
- 2 Mix cream cheese, heavy cream, shredded cheese, and butter in another pan and stir often.
- 3 When broccoli is tender, put half in blender and puree (this makes it a little thicker).
- 4 When other pan is melted, add to broth and broccoli.
- 5 Garnish with cheese and add salt and pepper to taste.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes