

## VitalMeals Week 47

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**Day 1**

Chicken Avocado Lettuce Wraps

**Day 2**

Chicken Marsala

Cheesy Mushroom Skillet

**Day 3**

Steak and Herbs

Parmesan Creamed Spinach

**Day 4**

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**Day 5**

Miso Ginger Grilled Salmon

Asian Cole Slaw

**Day 6**

Low Carb Fried Chicken

Cauliflower Macaroni and Cheese

**Day 7**

Low Carb Chili

Low Carb Jalapeno Cheddar Muffins

Servings: 4



## Chicken Avocado Lettuce Wraps

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6 net carbs per serving (one serving is 2 lettuce wraps--recipe yields 4 servings)

8	romaine lettuce leaves	2	roma tomatoes
2	medium avocados	4 Tbsp	chopped red onion
1	lime	1/2	bell pepper, chopped
2 cups	cooked chicken breast, cut into chunks		salt and freshly ground black pepper to taste



- 1 Half avocado and remove pit. Scoop flesh into small mixing bowl and mash until smooth.
- 2 Half the lime and squeeze juice into avocado mash. Mix well.
- 3 Season with salt and pepper then add in chicken, roma tomato chunks, chopped onion and bell pepper.
- 4 Mix well. Then scoop mixture into each of the romaine leaves to serve. Enjoy!

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

## Chicken Marsala

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2 net carbs per serving (makes 4 servings)

4	boneless and skinless chicken breasts	1/2 tsp	salt
		1/4 cup	dry marsala wine
3 cups	sliced mushrooms	1	tsp corn starch
2 Tbsp	sliced green onion		
2 Tbsp	water		



- 1 Flatten chicken filets.
- 2 Heat large skillet over medium heat and add 1 Tbsp olive oil. Then add chicken- cooking for about 3 mins per side.
- 3 Move chicken to a plate.
- 4 Add mushrooms, onion, water and salt to skillet and cook for another 3 minutes (or until most of the water is evaporated).
- 5 Combine marsala wine and cornstarch in small bowl and then add to skillet mixture to thicken. Stir continuously & then spoon over the top of each chicken breast to serve.

## Cheesy Mushroom Skillet

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5 net carbs per serving (yields 4 servings)

2 Tbsp butter	2 Tbsp Parmesan cheese freshly
1 Tbsp olive oil	grated
1 lb white mushrooms, sliced	salt and black pepper to
2 Tbsp dry sherry	taste
1/4 cup sour cream	



- 1 In a skillet over medium high heat, melt butter. Once butter is melted, add oil. Allow oil to heat then add mushrooms and saute for about 2 minutes.
- 2 Then add sherry and cook for another minute.
- 3 In a bowl, mix together sour cream, parmesan cheese, salt and pepper and then add to the mushrooms in the skillet.
- 4 Cook on low until sour cream is warm but not boiling.
- 5 Enjoy!

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 10 minutes

## Steak and Herbs

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1 net carb per serving (entire recipe is 4 servings)

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|------------------------------------|--------------------------------|
| 1 24 oz rib eye (2-3 inches thick) | 1 Tbsp fresh tarragon          |
| 1 cup basil leaves                 | 2 Tbsp fresh oregano           |
| 1 cup parsley leaves               | 2 garlic cloves, minced        |
| 1 Tbsp fresh rosemary              | 1 cup olive oil divided        |
| 1 Tbsp fresh thyme                 | salt and black pepper to taste |



- 1 On a cutting board, chop all herbs and garlic together. Then transfer to a small bowl and mix together. Add in 3/4 cup of olive oil and salt and pepper to taste. Cover and set aside for 30 minutes ideally.
- 2 Season the steak with salt and pepper and 2 Tbsp olive oil.
- 3 Cook steak over medium high heat grill until cooked to desired doneness (roughly 12-15 minutes for medium)
- 4 Once steak is cooked, place on a platter & let rest for about 5 minutes.
- 5 Then, slice steak into pieces and top generously with herb sauce.

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 20 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

## Low Carb Shepherd's Pie

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16 net carbs per serving (yields 4 servings)

1		medium head of cauliflower (washed and cut into florets)	1 lb	lean ground beef (preferably grassfed), browned
3	Tbsp	butter (cubed)	1/2 tsp	kosher salt
1/4	tsp	salt	1 Tbsp	wochestershire sauce
1/2	Tbsp	parsley	1/2 cup	beef or vegetable broth
1	sprinkle	pepper	1/2 tsp	soy sauce
1	sprinkle	garlic powder	1/4 cup	tomato paste
2	Tbsp	Olive oil	1/2 Tbsp	parsley
2	cloves	garlic minced	1 cup	frozen peas
1		small onion (chopped fine)	1 cup	mozzarella cheese, shredded
2/3	cup	carrots (chopped fine)	1 Tbsp	Parmesan cheese
2	stalks	celery (chopped)		paprika
2	cups	fresh mushrooms (diced)		



### Step 1: Prepare Topping

- 1 Place Cauliflower in large pot covered with water. Bring to boil. Then reduce to gentle boil & cook with lid on for 8-10 mins. (Cauliflower should be tender not mushy)
- 2 Remove from heat. Drain well. Put cauliflower back in pot with lid on and let stand for 5 mins. (This ensures the cauliflower doesn't get mushy, so dont skip this step!)
- 3 Place cauliflower in food processor with butter, salt, parsley, pepper & garlic powder. Pulse until it is whipped consistency of mashed potatoes. Add butter.

### Step 2: Prepare Base

- 1 Brown ground beef over medium heat
- 2 In a separate pan, fry the oil, garlic, onion, carrots over medium heat until softened (about 3-5 mins). Add celery & mushrooms and cook for 1 more minute.
- 3 Add ground beef, salt, worchestshire, broth, soy sauce, tomato paste and parsley.
- 4 Simmer over medium heat for about 15 mins until cooked through and some of the juice has cooked off so its not runny.
- 5 Add frozen peas for the last 10 mins.

### Step 3: Assemble the Pie and Bake

- 1 Preheat oven to 350.
- 2 Spread the beef mixture into 9x13 casserole dish and top with mashed cauliflower.
- 3 Sprinkle with mozzarella, parmesan & dash of paprika
- 4 Bake for 45 mins until bubbling and cheese is cooked. Feel free to broil toward the end for cheese to crisp up.
- 5 Let stand for 5-10 mins before slicing and serving.

### Degree of Difficulty

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Degree of Difficulty: Moderately difficult

### Cooking Times

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Preparation Time: 30 minutes

Cooking Time: 45 minutes

## Miso Ginger Grilled Salmon

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4.5 net carbs per serving (yields 4 servings)

1/4 cup	white miso	1 1/2 Tbsp	minced green onions
2 Tbsp	unseasoned rice vinegar	2 tsp	toasted sesame oil
2 Tbsp	soy sauce	4	salmon fillets



- 1 Whisk together the miso, vinegar, soy sauce, green onions, ginger, and sesame oil in a small bowl.
- 2 Place salmon in baking dish and pour marinade over. Turn to coat.
- 3 Cover and let marinade for 30 mins in refrigerator.
- 4 Heat grill to high. Remove fish from marinade and season with salt and pepper.
- 5 Grill salmon, skin side down with cover closed until golden brown and crust has formed (about 3-4 mins).
- 6 Turn salmon over and continue grilling for 3-4 mins for medium doneness.

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 35 minutes

Cooking Time: 10 minutes



## Asian Cole Slaw

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

1	bunch	scallions or Green Onions	1/4	cup	olive oil
2	16 oz bags	coleslaw mix	2	Tbsp	grated fresh ginger
1	small	red onion	2	Tbsp	white vinegar
1/4	cup	soy sauce	2	Tbsp	Splenda Brown Sugar
1/4	cup	lemon juice	2	Tbsp	Asian sesame oil



- 1 Separate the scallion whites
- 2 Toss the coleslaw mix, red onions, and scallions together in a large bowl til thoroughly mixed
- 3 Stir remaining ingredients together in a small bowl until blended.
- 4 Serve within 1 hour of dressing
- 5 Tip: You can make the slaw (minus the dressing) up to a day in advance as long as it is refrigerated. Before serving, simply bring slaw back to room temperature and make dressing and toss.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Recipe Type: Side Dish

## Low Carb Fried Chicken

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< 1 net carb per serving (yields 4 servings)

6	cups	olive oil	2	tsp	salt
3	lbs	boneless and skinless chicken breasts	1	tsp	pepper
3		eggs	1	tsp	garlic
1/4	cup	heavy cream	1	tsp	poultry seasoning
2 1/3	cups	almond flour			



- 1 Preheat oven to 350.
- 2 Place heavy pot over medium-high heat with at least 1 inch of olive oil
- 3 Heat oil to 350. It is important to monitor and maintain temperature or the breading and oil will burn.
- 4 In medium bowl, mix eggs and cream to make egg wash. In a separate larger bowl, mix all the breading ingredients together.
- 5 Season the chicken with salt and pepper. Dip first in the breading, then in egg wash, then back in breading again. Make sure to coat well on all sides. Pat off any excess breading.
- 6 Place chicken in hot oil & fry until golden brown and crisp (only takes a few mins). Remove and drain on paper towels.
- 7 Boneless chicken breasts may cook all the way by frying alone, however, it is best to place them on a sheet pan and finish by baking at 350 for an additional 10 mins.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 20 minutes

## Cauliflower Macaroni and Cheese

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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
			1/8 tsp	garlic powder
1 1/2	tsp	dijon mustard		Kosher salt
1 1/2	cups	shredded sharp cheddar cheese (for casserole)		



- 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

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 15 minutes

## Low Carb Chili

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9 net carbs per serving (yields 4 servings)

2 lbs	ground beef	3 cups	water
1	small onion chopped	1 8-ounce	can tomato sauce
1	green pepper chopped	1 14.5 oz	can diced tomatoes, undrained
1	clove garlic, minced		
1/2 tsp	pepper	2 tsp	salt
2 Tbsp	chili powder		



- 1 Brown the meat, onion, green pepper, and garlic in large pot.
- 2 Add all other ingredients and simmer for 1-3 hours.

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 1 hour

Recipe Type: Soups

## Low Carb Jalapeno Cheddar Muffins

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4 net carbs per muffin (8 servings in entire recipe)

2 cups	almond flour	4 Tbsp	coconut oil melted, divided
1 tsp	baking powder	1/2 cup	unsweetened almond milk
1/2 tsp	salt	1/2 cup	shredded sharp cheddar cheese
1 Tbsp	raw honey		
3	large eggs	1-2	jalapenos chopped



- 1 Preheat oven to 325
- 2 Mix the almond flour, baking powder, and salt in large bowl. Set aside
- 3 Add honey, eggs, 3 Tbsp. coconut oil, and almond milk to a separate bowl and whisk
- 4 Add wet ingredients into large bowl with cheese and chopped jalapenos. Mix just until incorporated.
- 5 Pour batter into 8 greased (use 1 tbsp of coconut oil) muffin cups and bake for 25-30 mins.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 30 minutes

Recipe Type: Bread