

## VitalMeals Week 48

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**Day 1**

Chicken Enchiladas

**Day 2**

Spicy Kale Stuffed Chicken Breasts  
Garlic Greens

**Day 3**

Low Carb Beef Brisket  
String Beans with Shallots

**Day 4**

Cashew Chicken Casserole

**Day 5**

Grilled Snapper  
Coleslaw

**Day 6**

Buffalo Wings  
Low Carb Pizza

**Day 7**

Tomato and Blue Cheese Soup

Servings: 4



## Chicken Enchiladas

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16 net carbs/ serving (yields 6 servings)

1	rotisserie chicken	1	can	cream of chicken soup
8	ounces shredded Cheddar cheese	24	wraps	low carb tortillas
16	ounces			sour cream



- 1 Preheat oven to 350
- 2 Shred chicken
- 3 Mix all ingredients together in large bowl
- 4 Spoon mix evenly into wraps and roll (you should be able to get 20-24 tortillas out of the mix)
- 5 Place wraps in 13 x 9 serving dish
- 6 Bake 25-30 mins at 350. For the last 5 mins, sprinkle cheese on top & cook until bubbly
- 7 Feel free to freeze left overs & reheat (or freeze before cooking to pull out on a busy night)

### Degree of Difficulty

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Degree of Difficulty: Very easy

Oven Temperature: 350°F

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 25 minutes

Recipe Type: Main Dish

## Spicy Kale Stuffed Chicken Breasts

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3 net carbs per serving (yields 4 servings)

4	tsp	olive oil	4	boneless and skinless chicken breasts
5 1/2	oz	frozen chopped kale (about 2 cups)	1/2	cup low sodium chicken broth
2	cloves	garlic	1	tsp almond flour
2	oz	pepper jack cheese (about 1/2 cup)	1 1/2	tsp fresh lemon juice



- 1 Heat 2 tsp olive oil in large skillet over medium heat. Add kale, garlic, and 1/4 tsp salt and cook. Stir until kale is softened and garlic is fragrant (about 5 mins). Transfer to bowl and cool slightly, then stir in cheese.
- 2 Insert a thin paring knife into the thickest part of the chicken breast and cut down the side to make a 3 inch pocket. Repeat with remaining chicken breasts and evenly stuff with the above kale mixture.
- 3 Heat a large skillet over medium heat until very hot (3-4 mins).
- 4 Rub the chicken breasts with remaining 2 tsp olive oil and sprinkle with salt and pepper.
- 5 Add all 4 breasts to skillet and cook until golden brown (about 2 mins). Then lower heat to medium and continue cooking- turning once halfway through until just cooked through (about 14 more minutes).
- 6 Insert a small knife into top of chicken to test for doneness. If any pink remains, cover skillet and continue to cook until opaque.
- 7 Transfer the chicken and any bits of filling onto 4 plates.
- 8 Stir the broth and flour together in small bowl and then add to skillet.
- 9 Cook, stirring until thickened (about 2 mins).
- 10 Remove from heat, stir in lemon juice and season with salt and pepper. Spoon the pan sauce over the chicken and serve.

### Cooking Times

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Cooking Time: 30 minutes

## Garlic Greens

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7 net carbs per serving (entire recipe is 4 servings)

1	onion	1 bunch	mustard greens
8	whole garlic cloves	1 bunch	kale
1/2	tsp paprika	1 pinch	salt
3	Tbsp olive oil		



- 1 Cook 1 sliced onion, 8 whole garlic cloves and 1/2 tsp of paprika in a large pot with 3 Tbsp olive oil (for about 2 mins)
- 2 Add the entire bunch of mustard greens and kale, 2 cups water, and pinch of salt and stevia
- 3 Simmer, covered, until tender- about 15 mins

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 15 minutes

Recipe Type: Side Dish

## Low Carb Beef Brisket

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3 net carbs per serving (yields 4 servings)

1	Tbsp	olive oil	1/4	tsp	ground coriander
1/2	Tbsp	ground pepper	1	tsp	hot paprika
1/2	Tbsp	chili powder	2 1/2	lbs	trimmed beef brisket
1/4	tsp	ground cumin	2 1/4	oz	low carb beer (like michelob ultra)
1	tsp	dry mustard	8	oz	low carb bbq sauce (like walden farms)
2	tsp	yellow mustard seeds			
1 1/2	cloves	garlic, finely chopped			



- 1 Combine olive oil, pepper, chili powder, cumin, 1 Tbsp mustard seeds, garlic, coriander, paprika, and 1 tsp dry mustard. Mix well to form a thick paste.
- 2 Place brisket in baking dish & rub paste on both sides. (Best to cover with plastic wrap & let marinate overnight in fridge)
- 3 When ready to cook, place in oven on 350 and cook for 2-3 hours.
- 4 Turn brisket every 1/2 hour, and baste with 3 Tbsp low carb beer every 45 mins.
- 5 Remove from oven, tent with aluminum foil and let stand for 15 mins before cutting.
- 6 Slice brisket across grain & serve with 1/4 cup bbq sauce per serving.

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 3 hours

## String Beans with Shallots

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4.5 net carbs per serving (yields 6 servings)

- |        |   |     |                              |
|--------|---|-----|------------------------------|
| 1 lb   | french string beans<br>(haricots verts), remove<br>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

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 15 minutes

## Cashew Chicken Casserole

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11 net carbs per serving (yields 4 servings)

4	boneless and skinless chicken breasts	1	tsp	crushed chili flakes
		1/4	cup	soy sauce
16	shitake mushrooms, steamed and cut into 1/4	1/4	cup	rice wine vinegar
		1	tsp	coconut oil
1	small onion, diced	1/4	cup	slivered almonds, toasted
2	celery ribs, diced	1/4	cup	roasted cashew halves
1/2	cup snow peas (remove stem & string)	1/4	bunch	chopped fresh cilantro
				salt and pepper
4	cloves garlic, minced			
1	Tbsp fresh ginger minced			



- 1 In mixing bowl, combine chicken, mushrooms, onions, celery, snow peas, garlic, ginger & chili flakes. Add salt to taste & combine well.
- 2 In another bowl, combine soy sauce & rice wine vinegar. Whisk.
- 3 Heat wok or skillet over high heat. Once very hot, add coconut oil and coat bottom. Then add chicken mixture-spreading evenly along the bottom to get a good sear.
- 4 Sear about 1 minute. Mix ingredients and let sear again. Repeat for about 3 minutes.
- 5 Pour soy mixture over ingredients in skillet. Toss. Cook for another 2 mins while mixing continuously.
- 6 Make sure chicken is cooked through. Toss in almonds, cashews and cilantro and mix.
- 7 Serve with cauliflower rice!

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 10 minutes

## Grilled Snapper

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6 net carbs per serving (yields 4 servings)

4	snapper filets	1/4 cup	green olives, pitted and chopped
2	Tbsp olive oil		
1	large onion, sliced thin	2 Tbsp	capers drained
2	garlic cloves, finely chopped	1	serrano pepper, finely chopped
1/4 cup	dry white wine	1/2 tsp	splenda
2	large tomatoes, chopped		



- 1 Coat fish with olive oil and season with salt and pepper.
- 2 Grill over high heat for 2 minutes per side.
- 3 In a skillet, heat olive oil over medium-high heat and add onions and garlic. Cook for about 2-3 minutes. Then add wine to reduce.
- 4 Add tomatoes, green olives, capers, pepper, and splenda. Bring to a boil and thicken.
- 5 Reduce heat, add fish and cook an additional 2 minutes.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 20 minutes



## Coleslaw

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2 net carbs per serving (entire recipe is 4 servings)

1/3 cup	mayonnaise	1	tsp	onion powder	
2/3 cup	sour cream	1/8	tsp	paprika	
2	Tbsp	lemon juice	1/4	tsp	salt
2	Tbsp	stevia or Truvia	1	lb	shredded cabbage
1	tsp	garlic powder			



Mix all dressing ingredients together and then mix in cabbage. Balance the lemon juice and sweetener to your own taste.

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

## Buffalo Wings

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11 net carbs per 1/2 lb wings (yields 6 servings)

3 lbs	chicken wings, split at the joints with tips removed	1 cup	chicken broth
		1 cup	hot sauce
4 stalks	celery (cut into thirds)	2 Tbsp	paprika
4	carrots (cut in 1/2)	2 Tbsp	unsalted butter
2	bay leaves		



- 1 Preheat the oven to 425 and spray baking sheet with olive oil
- 2 Put chicken wings in a deep skillet, add 3 pieces of celery, 3 pieces of carrot, bay leaves, chicken broth, hot sauce, paprika, butter, and 1/2 cup water and bring to simmer over medium heat. Simmer until chicken is almost cooked through (about 18-20 mins)
- 3 Transfer the wings to a baking sheet and arrange in single layer. Bake wings until thoroughly cooked & crispy.
- 4 Reserve the sauce in the skillet. Heat it over medium-low heat until slightly thickened (about 15 mins) while the wings are baking.
- 5 Discard celery, carrot, and bay leaves from the sauce.
- 6 Reserve 1/4 sauce for serving. Leave rest in skillet and add the baked wings back in and toss with remaining sauce.
- 7 Serve with reserved sauce and blue cheese.
- 8 Cut the remaining carrots and celery into sticks and serve on the side!

### Degree of Difficulty

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Degree of Difficulty: Moderately difficult

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 30 minutes

Recipe Type: Side Dish

## Low Carb Pizza

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12 net carbs per slice (yields 16 servings)

1 1/2 cup	almond flour	1/2 cup	diced ham
3	eggs	1/3 cup	diced red bell peppers, green bell peppers, and/or red onions
3/4 cup	heavy cream	2	portobello mushrooms, sliced
1/3 cup	club soda	2 Tbsp	olive oil
1 tsp	salt	1 pinch	dried oregano
1-2 cans	low sugar tomato sauce		
24 oz	shredded mozzarella cheese (6 ounces)		
8 oz	pepperoni slices		
1/2 cup	crumbled italian sausage (cooked)		



- 1 Preheat oven to 375
- 2 Make the crust: Spray 12 inch pizza pan with non stick spray. Stir (almond flour, eggs, heavy cream, club soda & salt) together in medium bowl and then roll out batter as thin and evenly as possible over 2 pans
- 3 Place pizza crusts on center racks of oven & bake for 12-15 minutes
- 4 Remove from oven & increase oven temp to 400.
- 5 Then assemble your pizzas: Sauce, cheese, and toppings of your choice. Lightly sprinkle with live oil and oregano at the end
- 6 Bake for another 10-12 mins (or until cheese melts and bubbles)
- 7 Each pizza should yield 8 slices
- 8 Tip: For a faster option, just make pizzas on top of low carb tortillas.

Yield: 16 slices

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 20 minutes

Cooking Time: 20 minutes

Recipe Type: Main Dish

### Tips

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Note: nutrition information calculated using 2- 8oz cans of low sugar tomato sauce

## Tomato and Blue Cheese Soup

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*10 net carbs per serving*

2 Tbs	Olive oil	1 1/2 cups	chicken stock
1 medium	red onion, chopped fine	3/4 cup	heavy cream
	kosher salt	2 Tbs	siracha (optional)
4 cloves	garlic, sliced	1 Tbs	Oregano leaves
1 28 oz can	tomatoes	1/2 cup	blue cheese crumbles

- 1 Heat olive oil in large pot on medium heat. Once it is hot, add onion & pinch of salt. Let simmer for about 2 minutes.
- 2 Add garlic and simmer another 2 minutes.
- 3 Add tomatoes (including juice) and the chicken stock. Once simmering, add in cream, siracha (if you like spicy!), and oregano.
- 4 Simmer for about 40-45 minutes.
- 5 Pour soup in a blender, add blue cheese and blend until a creamy consistency. (You may need to separate into several different batches)

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 45 minutes