

VitalMeals Week 49

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Servings: 4



Taco Bake

2.5 net carbs per serving (yields 8 servings)

4 oz	cream cheese (softened)	1 lb	ground beef
3	eggs	3 tsp	taco seasoning
1/3 cup	heavy cream	1/4 cup	tomato sauce
1/2 tsp	taco seasoning	4 oz	can chopped green chiles
8 oz	shredded cheddar cheese (about 2 cups)	8 oz	shredded cheddar cheese (about 2 cups)



- 1 CRUST:
- 2 Preheat oven to 375.
- 3 Beat cream cheese and eggs until smooth. Add cream and seasoning.
- 4 Grease 9x13 baking dish and spread 8oz cheese over the bottom. Pour egg mixture on top evenly.
- 5 Bake for 25-30 mins. Let stand for 5 mins before adding topping.
- 6 TOPPING:
- 7 Brown hamburger, drain fat. Stir in seasoning, tomato sauce, and chiles.
- 8 Spread over crust and top with 8oz cheese.
- 9 Reduce oven to 350 and bake another 20 mins or so until hot and bubbly.
- 10 Enjoy! Plenty of left overs for lunch tomorrow. Also a great option to freeze for a later date.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Italian Chicken Packets

5 net carbs per serving (yields 4 servings)

4 cups	frozen broccoli cuts (or fresh)	1/2 cup	light italian dressing
		4	boneless and skinless chicken breasts
1 can (15 oz)	diced tomatoes (drained)		



- 1 Preheat oven to 450. Combine broccoli, tomatoes, and dressing in a medium bowl.
- 2 For each packet: lay two 20x12 sheets of regular foil on top of each other.
- 3 Place 1 chicken breast on each foil packet. Spoon broccoli and tomato mixture equally over the chicken breast. Then bring up the sides of each foil packet and double fold top. Double fold both ends to seal packet, but leave space for steam to gather
- 4 Place packets on baking sheet and back for 20-25 mins.
- 5 Carefully open ends of packet to allow steam to escape before serving.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Italian Vegetables

10 net carbs per serving (yields 6 servings)

1/4 cup	lemon juice, freshly squeezed	1/2 cup	zucchini slices
1/2 Tbsp	kosher salt	1/2 cup	yellow squash slices
1/2 lb	broccoli rabe	1/2 cup	roasted red peppers
1/2 cup	cauliflower florets	1/2 cup	artichoke hearts
4 ounces	button mushrooms	1/2 cup	black olives, pitted



- 1 Fill a large pot with water and bring to a boil. Add lemon juice and salt.
- 2 Use a large pasta basket to place inside the pot for vegetables. Add broccoli, cauliflower, mushrooms, zucchini, and squash.
- 3 Cook in boiling water covered for about 2-3 minutes. Remove and shock under cold water.
- 4 Transfer to a bowl and mix with red peppers, artichokes and olives.
- 5 Toss with italian dressing and enjoy! (of note, net carb count does not include dressing so adjust accordingly depending on your dressing value)

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 2 minutes

Pork and Mushroom Stir Fry

4 net carbs per serving (yields 4 servings)

- | | |
|---|-------------------------------|
| 1 Tbsp olive oil | 1 large onion (slivered) |
| 2 Tbsp butter | 8 oz fresh mushrooms (sliced) |
| 1 lb pork shoulder, cut into bite size strips | |



- 1 In large skillet or wok, heat oil and butter over medium high heat.
- 2 Add pork and onions.
- 3 Stir fry until well browned and pork is done. Add mushrooms and cook until tender
- 4 Season as desired.
- 5 Enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Low Carb Carbonara

11 net carbs per serving (yields 6 servings)

1	medium spaghetti squash	1	whole egg
4	slices bacon, cut into small strips	1	cup Parmesan cheese freshly grated
2	tsp minced garlic	2	tsp salt
1/4	cup chicken broth	1 1/4	tsp black pepper
2	egg yolks		olive oil



- 1 Preheat oven to 425.
- 2 Coat spaghetti squash in olive oil and cover with aluminum foil and bake on baking sheet for 45 minutes-1 hour (until squash becomes tender).
- 3 Remove from oven & remove foil. Half the squash, remove seeds and using a fork pull out the inside flesh- it should resemble pasta.
- 4 Scoop all "pasta" into large bowl.
- 5 Heat a skillet over medium heat & fry bacon to crispy. Then add garlic. After about a minute, add chicken broth - cooking until liquid completely evaporates.
- 6 In a bowl, whisk egg, egg yolks, and cheese together. Season with salt and pepper.
- 7 Pour egg mixture into bacon skillet then add spaghetti squash to skillet.
- 8 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 1 hour

Fish Taco Bowl

6 net carbs per serving (yields 4 servings)

4	small	tilapia filets			
4	tsp	olive oil, divided	1/2	cup	plain greek yogurt
		salt and black pepper	2	Tbsp	fresh squeezed lime juice
		to taste			
1	tsp	ground cumin	2	tsp	green tabasco sauce
1/2	tsp	chili powder			salt to taste
1	large bag	coleslaw mix			
1/2	cup	green onions, sliced			



- 1 Use 2 tsp of olive oil to coat fish. Then rub with salt and pepper, cumin, and chili powder.
- 2 Heat skillet on medium-high heat. Add 2 tsp of olive oil. Then add fish and cook for about 4 minutes per side (you could also do on the grill if weather is good!)
- 3 While fish is cooking, prepare your dressing by mixing together the greek yogurt, lime juice, tabasco sauce, and salt.
- 4 Add green onions to coleslaw mix and dress with dressing.
- 5 When fish is cooked, let it cool for 5 minutes then shred it using a fork.
- 6 Fill bowl with 1/4-1/2 of cabbage mixture and then top with fish. Drizzle a little extra dressing on top.
- 7 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Low Carb Ravioli

6 net carbs per serving (yields 4 servings of about 6 ravioli and sauce)

4	large	yellow squash	1	handful	basil leaves
1	Tbsp	olive oil			ALFREDO SAUCE:
1.5	lbs	ground chicken	1	stick	butter
1	8-ounce	bag frozen spinach, thawed	1	cup	heavy cream
8	ounces	marscapone cheese	2	cups	Parmesan cheese freshly grated
1/2		yellow onion, diced			salt and pepper to taste
1	clove	garlic, minced			water as needed



- 1 Cut ends off squash and cut in half. Using a mandolin slicer, slice into long flat trips.
- 2 Heat oil over medium heat in a large pan and then add onion and salt. Sauté for about 5 minutes. Then add garlic for another minute.
- 3 Add ground chicken to onion and garlic and cook until chicken is thoroughly cooked.
- 4 Squeeze any excess water out of spinach, then add chicken, spinach, salt, pepper, and marscapone to food processor/blender and puree until smooth.
- 5 Assemble ravioli by overlapping two strips of squash making a "t" shape and spooning filling into the center of the "t". Bring ends together overlapping and secure with a toothpick.
- 6 Steam raviolis about 4 minutes to soften squash.
- 7 While steaming, prepare sauce by warming butter and cream in a skillet over medium heat. Season with salt, pepper, and mix in parmesan until melted.
- 8 Top raviolis with alfredo sauce and enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Crockpot Jambalaya

6 net carbs per serving (yields 8 servings)

2 cups	chopped kielbasa sausage, cooked	1/2 tsp	Tabasco sauce
		1 Tbsp	cumin
1 cup	chopped celery	1/2 tsp	salt
1 cup	chopped green bell peppers	1/4 tsp	pepper
1 cup	white onion	1 lb	peeled and deveined shrimp
1 28 oz can	diced tomatoes	2 cups	cauliflower
2 cloves	minced garlic		



- 1 Place all ingredients except the shrimp and cauliflower in the crock pot and mix well.
- 2 Cook on low for about 6 hours.
- 3 About 30 minutes before serving, grate the cauliflower into small rice-like pieces and add the "cauliflower rice" and shrimp to the mixture.
- 4 Enjoy! Should be plenty left over for tomorrow!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 6 hours