

## VitalMeals Week 5

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**Day 1**

Chicken Fajita Quesadilla

**Day 2**

Italian Chicken Packets

Parmesan Creamed Spinach

**Day 3**

Cashew Chicken Casserole

**Day 4**

Low Carb Beef Brisket

String Beans with Shallots

**Day 5**

Salmon Bacon Stacks

Balsamic Roasted Brussels Sprouts

**Day 6**

Grilled Zucchini Nachos

**Day 7**

Cauliflower Bacon Chowder

Servings: 4



## Chicken Fajita Quesadilla

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8 net carbs per serving

- |       |   |       |                         |
|-------|---|-------|-------------------------|
| 2     | red bell peppers, cut into thin slices and divided into quarters. | 1 cup | shredded mexican cheese |
|       |   | 4     | low carb tortillas      |
| 1 cup | thinly sliced onions  |       |                         |
| 2     | chicken breasts, cooked and shredded                              |       |                         |



- 1 Drizzle olive oil over skillet. Add onions & peppers and cook until soft (about 5 minutes).
- 2 Place onions, peppers, chicken and cheese onto half of low carb tortilla and fold in half.
- 3 Add a little more olive oil to skillet and place tortilla on skillet. Cook until lightly golden and cheese is melted (about 2-3 minutes per side).
- 4 Serve with salsa & sour cream

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 10 minutes

## Italian Chicken Packets

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5 net carbs per serving

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



- 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 minutes.
- 5 Carefully open ends of packet to allow steam to escape before serving.

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 25 minutes

## Parmesan Creamed Spinach

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2 net carbs per serving

2 cups	unsweetened almond milk	2	10 oz	packages of frozen,
2 Tbsp	Kerrygold butter			chopped spinach (thawed
2 Tbsp	almond flour			and drained)
1/2 tsp	pumpkin pie spice			Kosher salt
1/4 cup	grated Parmesan cheese			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 minutes (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 minutes). Add pumpkin pie spice, pinch of salt and pepper.
- 5 Turn the heat to low, stir in cheese and let it melt. Stir in spinach and cook another 2-3 minutes until heated through.

Servings: 6

### 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

## Cashew Chicken Casserole

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11 net carbs per serving

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 and 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 and chili flakes. Add salt to taste and combine well.
- 2 In another bowl, combine soy sauce and 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 minutes while mixing continuously.
- 6 Make sure chicken is cooked through. Toss in almonds, cashews and cilantro; mix.
- 7 Serve with cauliflower rice!

Servings: 4

### 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

## Low Carb Beef Brisket

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3 net carbs per serving

1	Tbsp	olive oil	1	tsp	hot paprika
1/2	Tbsp	ground pepper	2 1/2	lbs	trimmed beef brisket
1/2	Tbsp	chili powder	2 1/4	oz	low carb beer (like Michelob Ultra)
1/4	tsp	ground cumin	8	oz	low carb barbecue sauce (like Walden Farms)
1	tsp	dry mustard			
2	tsp	yellow mustard seeds			
1 1/2	cloves	garlic, finely chopped			
1/4	tsp	ground coriander			



- 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 and rub paste on both sides. (Best to cover with plastic wrap and 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 minutes.
- 5 Remove from oven, tent with aluminum foil and let stand for 15 minutes before cutting.
- 6 Slice brisket across grain and serve with 1/4 cup barbecue sauce per serving.

Servings: 4

### 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

- |        |   |         |                              |
|--------|---|---------|------------------------------|
| 1 lb   | french string beans<br>(haricots verts), remove<br>ends | 3       | large shallots (diced large) |
|        |   | 1/2 tsp | pepper                       |
|        |   |         | kosher salt                  |
| 2 Tbsp | unsalted butter   |         |                              |
| 1 Tbsp | olive oil   |         |                              |



- 1 Blanch string beans in a large pot of boiling salted water for 1.5 minutes 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 minutes, 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, about 3 minutes, until they are crisp and tender.

Servings: 6

### 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

## Salmon Bacon Stacks

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*2 net carbs per serving*

2 lbs	salmon fillets	5 oz	arugula
8 oz	thick sliced bacon, cooked crispy	2 Tbsp	olive oil
3	sliced tomatoes		salt and pepper to taste



- 1 Preheat oven to 400 and season salmon with salt and pepper.
- 2 Heat ovenproof skillet for about 5 minutes. Add olive oil and salmon to skillet (flesh side down, skin side up).
- 3 Cook for 5 minutes then flip and place in back in oven for about 6 minutes.
- 4 Meanwhile, layer arugula, tomato slice, and two slices of bacon.
- 5 Top with salmon and lemon juice if desired. Enjoy!

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 20 minutes

Cooking Time: 10 minutes



## Balsamic Roasted Brussels Sprouts

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*4 net carbs per serving*

1 1/2 lbs	Brussels sprouts	1 pinch	kosher salt
4 oz	pancetta, diced	1 pinch	black pepper
1/4 cup	olive oil	1 Tbs	balsamic vinegar



- 1 Preheat oven to 400.
- 2 Place Brussels sprouts on pan and add pancetta, olive oil, salt and pepper. Toss with your hands and spread out evenly across pan.
- 3 Roast for 20-30 minutes until they are tender and nicely browned and pancetta is cooked. Toss once during roasting.
- 4 Remove from oven and immediately drizzle with balsamic vinegar and toss again.
- 5 Serve hot.

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 2 minutes

Cooking Time: 30 minutes

## Grilled Zucchini Nachos

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15 net carbs per serving

4	zucchini, sliced into "chips"	2	tomatoes, chopped
	olive oil	1	avocado, chopped
	salt and pepper to taste	2	green onions, chopped
1 cup	shredded cheddar cheese	1/4 cup	cilantro, chopped
1 15 oz	can black beans - drained, rinsed	1	rotisserie chicken, torn into shreds



- 1 Toss zucchini chips with olive oil and season with salt and pepper.
- 2 Place on grill pan and grill for 4-5 minutes (until zucchini is tender).
- 3 Top with cheese and cook until cheese is melted.
- 4 Remove from grill and top with chicken, black beans, avocado, green onion, cilantro and a squeeze of lime juice.
- 5 Enjoy!
- 6 Depending on how low you are trying to keep your carbs, you can minimize black bean intake and only use chicken as protein.

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: 5 minutes

## Cauliflower Bacon Chowder

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2 net carbs per serving

3	slices	bacon, fried til crispy and chopped	1	tsp	kosher salt
			1/4	tsp	black pepper
1	16 oz bag	frozen or fresh cauliflower	1/4	tsp	dried thyme
1/4	cup	diced onion	2	14 oz cans	chicken broth or beef broth, reduced sodium, or water
1		garlic clove, grated			heavy cream
1/2	Tbsp	freshly chopped parsley	1	pint	



- 1 Place all ingredients into crock pot (except for heavy cream).
- 2 Cook for 6 hours on low.
- 3 Stir in heavy cream, turn heat off, and let sit for 5 minutes.
- 4 Top with extra bacon pieces.

Servings: 4

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 6 hours