

VitalMeals Week 50

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Day 6

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Servings: 4



Mexican Breakfast Skillet

11 net carbs per serving (yields 6 servings)

1 lb	breakfast sausage	1 handful	cilantro
2 medium	sweet potatoes, diced		hot sauce
5	eggs		salt and black pepper to taste
1	avocado, diced		



- 1 Preheat oven to 400.
- 2 In an oven-safe skillet (or cast iron skillet) crumble and brown sausage over medium heat. Then remove sausage using slotted spoon and set sausage aside.
- 3 Add sweet potatoes into the pan with the left over sausage grease & cook. They should get nice and crispy!
- 4 Add sausage back to pan once sweet potatoes are cooked through.
- 5 Make 5 wells in the pan & crack an egg into each.
- 6 Place pan into oven & baking for about 5 minutes (until the eggs set).
- 7 Increase heat to broil and broil for 1-2 minutes, watching carefully not to burn.
- 8 Remove and top entire pan with avocado, cilantro and hot sauce if desired. Season with salt and pepper.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Feta Chicken

3 net carbs per serving (yields 4 servings)

- 4 boneless and skinless chicken breasts 2 slices healthy life bread for bread crumbs
- 4 ounces Feta cheese crumbled



- 1 Preheat oven to 350. Grease a 9x13 inch baking dish with coconut oil.
- 2 Pound chicken until about 1/4 inch thick then place 1 ounce of feta cheese in center of each breast and fold each breast in half.
- 3 Food process the 2 pieces of bread into bread crumbs and spread about 2 Tbsp of bread crumbs along the bottom of each baking dish and then top with chicken. Top chicken with remaining bread crumbs.
- 4 Bake 25-30 minutes or until chicken is cooked through.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Baked Eggplant Fries

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

1	medium	eggplant (cut into 1/4 inch thick "fries")	1/4	cup	Parmesan cheese grated
1/2	cup	almond flour	1	tsp	italian seasoning
2		eggs, lightly beaten			salt and pepper to taste
2	slices	healthy life bread (for breadcrumbs)			



- 1 Preheat oven to 425.
- 2 First, make breadcrumbs by food processing up 2 pieces of healthy life bread.
- 3 Then, in a small bowl, mix bread crumbs, parmesan cheese, italian seasoning, and salt.
- 4 Dip eggplant slices in flour, then in egg, and then in the above breadcrumb mixture.
- 5 Place slices on a baking sheet and bake for about 10 minutes or until crispy and golden brown.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Dry Rubbed Flank Steak

1 net carb per serving (yields 4 servings)

1 Tbsp ground mustard	1/2 tsp cayenne
1 Tbsp onion powder	1/4 tsp allspice
1 Tbsp garlic powder	3 lbs flank steak
1 Tbsp salt	



- 1 Preheat grill or grill pan over high heat for 3-4 mins.
- 2 Combine all spices in a small bowl and rub all over steak. Let sit for 10 mins
- 3 Put the steak on the grill and cook 5 mins per side
- 4 Remove and let rest for 10 mins before slicing

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Green Bean Bundles

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

1 lb green beans, trim the ends salt and black pepper to
4 slices bacon, halved taste
1/8 tsp garlic powder



- 1 Blanch the green beans for 3-4 minutes and let dry on paper towel.
- 2 Preheat oven to 400 and spray baking sheet with olive oil.
- 3 Form 8 bundles of green beans and wrap each bundle with one half slice of bacon. Secure with toothpick.
- 4 Place on baking sheet, spray tops with extra olive oil and season with salt pepper and garlic powder.
- 5 Bake for about 15 minutes

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Cherry Glazed Ham

6 net carbs per serving (yields 4 servings)

1/2 cup	cherry pie filling	6 packets	splenda, stevia, or truvia
1/4 cup	sugar free cherry syrup	2	thick slices (3/4-1lb each) lean ham
2 Tbsp	dry sherry	1 Tbsp	butter
	dash ground cloves		

- 1 In a large sauce pan, heat cherry pie filling with sherry and cloves. Bring to a boil and boil 1 minute. Then add cherry syrup and artificial sweetener. Return to a boil, boiling for an additional minute. Then remove from heat.
- 2 Allow the sauce to sit and thicken up.
- 3 While sauce is thickening, cut the edges of ham slices to keep them from curling and then brown the slices in butter for 5-8 minutes in a skillet over medium-high heat.
- 4 Remove turkey slices and top with sauce. Enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Sugar Free Sweet Potato Casserole

20 net carbs per serving (yields 12 servings of 1/2 cup)

3	lbs	sweet potatoes	1/4	tsp	pepper
1 1/2	cups	pecan pieces	5	Tbsp	butter
2	tsp	cinnamon	1		egg
1/2	tsp	nutmeg	1/4	cup	stevia
1	tsp	salt			



- 1 Make several holes in sweet potatoes and roast at 400 for about 45 minutes, or until soft.
- 2 While sweet potatoes are roasting, make the topping by using a food processor to pulse the pecans until they are in a "meal" consistency. Add 1/4 cup stevia, 1 tsp cinnamon, 2 Tbsp butter, and a pinch of salt. Blend well.
- 3 Once sweet potatoes are cooked, allow them to cool for 10-15 minutes and then cut in half and place insides into food processor and blend well with the above mixture. Reduce oven temp to 375.
- 4 Finally add egg.
- 5 Put the mixture into a buttered baking dish and top with the remaining 1/2 cup of pecans. Bake at 375 until topping browns.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 1 hour

Mahi Mahi with Cauliflower

4 net carbs per serving (yields 4 servings)

4	6 oz	skinless mahi mahi filets	1/4	tsp	coriander
		Kosher salt	1	Tbsp	lemon juice
		Black pepper	1/4	cup	chopped parsley
1/2	head	cauliflower florets (cut into 1/2 inch pieces)			Lemon wedges (for serving)
1/4	cup	sliced almonds			



- 1 Preheat oven to 375.
- 2 Season fish with salt and pepper
- 3 Heat 1 Tbsp butter in large skillet over medium-high heat. Sear fish until golden brown on 1 side (about 3 mins). Then transfer to baking sheet with "cooked-side" up. Roast in oven about 10 mins (or until cooked through)
- 4 While fish is roasting, melt remaining 3 Tbsp butter in skillet over medium-high heat. Add cauliflower and cook until golden brown (about 6 mins).
- 5 Then add almonds, coriander, 1/4 tsp salt & pepper
- 6 Cook until almonds are golden (about 2 mins).
- 7 Remove from heat and stir in lemon juice and parsley.

Cooking Times

Cooking Time: 25 minutes

Chicken and Veggie Nachos

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

1	tsp	olive oil	1	tsp	chili powder
2		garlic clove, minced	1	cup	salsa
6		green onions, chopped	1	lb	mini bell peppers
1.5	cups	shredded chicken (already cooked)	1 1/2	cups	cheddar cheese grated



- 1 Preheat oven to 350.
- 2 Heat oil in skillet over medium heat. Add garlic and white sections of green onions. Sauté for 1 minute then add shredded chicken and chili powder. Cook for about 2 more minutes.
- 3 Remove from heat. Add salsa. Season with salt and pepper as desired.
- 4 Cut off the tops of bell peppers and slice in 1/2. Remove seeds and lay each half facing upward on baking sheet.
- 5 Top each pepper with chicken mixture and then with cheese. (Feel free to top with jalapenos or olives as desired).
- 6 Bake "nachos" for about 10 minutes or until cheese is bubbly.
- 7 Remove and top with anything of your choice- sour cream, cilantro, tomatoes, etc.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Pizza Soup

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

1 Tbsp	olive oil	1 cup	water
1 cup	sliced mushrooms	3 oz	sliced pepperoni
1 cup	chopped green bell pepper	1 tsp	dried oregano leaves
1/2 cup	chopped onion	1 cup	shredded mozzarella cheese (4 ounces)
1	15-oz can pizza sauce		
1	14 oz can chicken broth		



- 1 Heat olive oil in large skillet over medium heat. Add mushrooms, peppers, and onion.
- 2 Cook, stirring frequently for about 5-10 mins or until vegetables are tender.
- 3 Add pizza sauce, chicken broth, water, oregano and pepperoni slices until soup comes to a boil.
- 4 Reduce heat and simmer for about 5 minutes.
- 5 Serve topped with cheese

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes