

VitalMeals Week 51

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"Spaghetti" and Meatballs

Day 4

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Day 5

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Day 6

Kung Pao Chicken

Cauliflower Rice

Day 7

Chicken Fajita Soup

Servings: 4



Pork Carnitas

1 net carb per serving (yields 4 servings)

2 lbs	boneless pork shoulder	1	onion, chopped
	salt & pepper	4	garlic cloves, minced
2 tsp	dried oregano	1	jalapeno (seeded and diced)
1 tsp	ground cumin	1	orange, cut in 1/2
4 Tbsp	olive oil		



- 1 Rinse and dry pork shoulder. Season with salt & pepper.
- 2 Mix oregano & cumin with 1 tsp olive oil and rub on pork.
- 3 Put in slow cooker & top with onion, garlic & jalapeno.
- 4 Squeeze juice of orange and then add the two halves.
- 5 Cover and cook for 8-10 hours on low, or 4 hours on high.
- 6 When meat is tender, remove from crock pot & let it cool slightly. Then using a fork, begin pulling it apart.
- 7 Heat 3 tsp of olive oil in pan over high heat & sear carnitas until crusty on one side.
- 8 Great served in low carb wraps or on top of mexican style salad.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 8 hours

Strawberry Chicken Salad

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

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|---|--|--------------------------------|--|
| 4 | boneless and skinless
chicken breasts, cooked
and cooled | 1/2 cup
1 package
1 4 oz | pine nuts
strawberries
container feta cheese |
| 1 | 16 oz | | bag of spinach |



- 1 Season chicken with olive oil, salt, and pepper & bake for 45 minutes.
- 2 Take out of the oven and let cool somewhat.
- 3 Place pine nuts on baking sheet & bake for about 5-10 minutes, until starting to brown.
- 4 While pine nuts are roasting, divide the bag of spinach into 4 plates and top with feta cheese and strawberry slices.
- 5 Shred or slice chicken and place on top of salad.
- 6 Finally, sprinkle with toasted pine nuts.
- 7 I suggest serving with olive oil and vinegar dressing, however, bleu cheese or balsamic vinaigrette are great choices as well.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 50 minutes

"Spaghetti" and Meatballs

11 net carbs per serving (yields 4 servings)

1 medium	spaghetti squash	4	cloves garlic
1 lb	ground italian sausage	2 Tbsp	olive oil
1 can (14 oz)	tomato sauce	2 tsp	Italian seasoning
2 Tbsp	hot pepper relish		(oregano, basil, thyme)



- 1 Combine tomato sauce, olive oil, garlic, hot pepper relish and italian seasoning into slow cooker and combine.
- 2 Cut squash in half and scoop out seeds. Place halves face down in slow cooker.
- 3 Roll sausage into meatballs and place around squash.
- 4 Cook on high for 3 hours (or low for 5 hours)
- 5 With fork, string out the "spaghetti" from the squash and toss with meatballs and sauce.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 3 hours

Parmesan Pork

1 net carb per serving (yields 4 servings)

2 14 oz pork tenderloin 2 Tbsp Ground cumin
3/4 cup grated Parmesan cheese



- 1 Preheat oven to 375
- 2 Sprinkle the pork with salt and pepper
- 3 Mix cheese, cumin, and pepper together and coat the pork thoroughly with it
- 4 Place pork on baking sheet or roasting pan & bake for 10-12 mins.
- 5 Flip the pork and bake for another 10 minutes until it is slightly pink in center.
- 6 Let rest for 5 minutes before cutting to serve.
- 7 Enjoy!

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 22 minutes

Tomato and Asparagus Salad

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

1 lb	asparagus, trimmed and cut into 1-inch pieces	1/4 cup	olive oil
		2 tsp	lemon juice
6 cups	cherry tomatoes halved	2 tsp	dijon mustard
1/2 cup	crumbled blue cheese	1/2 tsp	kosher salt
1	ripe avocado	1/2 tsp	pepper
1 cup	sliced basil leaves		



- 1 Boil asparagus in a large pot of salted water for about 2 minutes. Drain and then rinse with cold water.
- 2 Combine asparagus with tomatoes, cheese, avocado and remaining ingredients. Stirring well to coat.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Fish Cakes

5 net carbs per serving (yields 6 servings)

2 cups cauliflower puree	1 Tbsp scallions, chopped
2 cups cooked, flaked white fish (like tilapia)	1 large egg
2 tsp old bay seasoning	1 cup ground pork rinds
1 Tbsp fresh cilantro, chopped	2 Tbsp butter



- 1 Combine first 6 ingredients in medium bowl. Stir gently.
- 2 Chill for 1/2 hour.
- 3 Remove from fridge and form into 6 patties.
- 4 Dip patties into pork rind crumbs and sprinkle them on top of patties.
- 5 Melt butter in skillet over medium heat.
- 6 Cook patties for about 4 mins per side, until puffed and cooked through.
- 7 Enjoy!

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Kickin' Kale Chips

5 net carbs per serving (yields 4 servings)

1 bunch kale
2 Tbsp olive oil

2 tsp chili powder
salt



- 1 Preheat oven to 375.
- 2 Remove ribs from kale and tear into pieces.
- 3 In a bowl, combine kale & olive oil- coating generously. Season with chili powder and salt.
- 4 Place kale on baking sheets and bake until they become "chip-like." This should take about 10-15 minutes.
- 5 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Kung Pao Chicken

17 net carbs per serving (yields 4 servings)

4 medium zucchini	4 Tbsp thinly sliced scallions
1 tsp olive oil	salt and black pepper to taste
2 6 oz chicken breasts, cut into 1/2 inch pieces	
1 red bell pepper, cut into chunks	3 Tbsp soy sauce
2 tsp sesame oil	2 Tbsp balsamic vinegar
4 cloves garlic, minced	2 tsp hoisin sauce
2 tsp ground ginger	5 Tbsp water
4 Tbsp crushed dry roasted peanuts	2 tsp splenda
	2 tsp almond flour



- 1 Use a spiralizer to cut zucchini into spaghetti like strips. Use scissors to then cut these strips into about 6-8inch long pieces.
- 2 In a bowl, whisk together all the ingredients for the sauce & set aside (soy sauce, balsamic, hoisin, water, splenda & almond flour).
- 3 Season chicken with salt and pepper. Heat skillet over medium heat and add oil. Cook chicken in oil about 5 mins per side, or until cooked through and then set aside.
- 4 Reduce heat on skillet to medium and add sesame oil, garlic and ginger. Cook about 1 minutes. It should become fragrant. Then add bell pepper and stir in soy sauce mixture. Bring all to a boil then reduce heat and simmer about 2 mins.
- 5 Add zucchini noodles and cook for another 2 minutes, just until noodles get tender.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Cauliflower Rice

4 net carbs per serving (yields 4 servings)

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|---|--------------------------|
| 1 small head cauliflower, chopped
coarsely | 2 Tbsp coconut oil |
| 1 small onion finely chopped | salt and pepper to taste |
| 2 Tbsp butter | |



- 1 After chopping cauliflower, place in food processor and pulse until almost the size of rice.
- 2 Then, melt butter and coconut oil in a skillet over medium heat and sauté onions until softened.
- 3 Add chopped cauliflower to the skillet and mix well with onions and butter and oil.
- 4 Finish with salt and pepper to taste

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Chicken Fajita Soup

8 net carbs per serving (Yields 6 servings of 2 cups each)

1 1/2 lb	chicken breast	4 large	garlic cloves, minced
32 ounces	chicken stock	4 Tbsp	taco seasoning
14.5 ounce	can diced tomatoes	2 Tbsp	fresh cilantro, chopped
1 medium	yellow bell pepper diced	1 Tbsp	garlic salt
1 medium	orange bell pepper diced		



- 1 Chop/dice all ingredients and place into crockpot.
- 2 Cook on low for 6 hours.
- 3 Shred chicken breasts before serving & let stew an additional 30 minutes to 1 hour.

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 7 hours