

VitalMeals Week 52

Day 1

Mexican Meat Loaf

Day 2

Low Carb Jalepeno & Cheese Chicken
Cauliflower "Bread" Sticks

Day 3

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Day 4

Stuffed Peppers

Day 5

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Braised Cabbage

Day 6

Philly Cheesesteak Bake

Day 7

Vegetable Soup

Servings: 4



Mexican Meat Loaf

4 net carbs per serving (yields 8 servings)

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| 2 lbs lean ground beef (preferably grassfed) | 1 cup grated cheddar cheese |
| 1 egg | 1 pkg pork rinds (ground fine in food processor to flour like consistency) |
| 1 cup chunky salsa | |
| 1 pkg taco seasoning | |



- 1 Preheat oven to 350.
- 2 Mix egg, hamburger, seasoning and pork rind flour with 1/2 container of salsa (about 1 cup) until thoroughly mixed.
- 3 Press half of meat mixture in a standard bread pan. Cover with 1/2 cheese. Then press remaining meat mixture over cheese layer
- 4 Bake for one hour or until meat starts to shrink from pan sides.
- 5 Pour out any excess liquids around edges of dish.
- 6 Add rest of cheese and cook for 5 mins more (or until cheese is bubbly)
- 7 Let rest for 10 mins and serve.
- 8 Feel free to top with sour cream, guacamole, shredded lettuce, onions, or tomato
- 9 Makes 1 2lb meatloaf-- so plenty of leftovers!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 1 hour

Tips

Have an extra busy week coming up? Bake an extra meatloaf to put in the freezer.

Low Carb Jalepeno & Cheese Chicken

6 net carbs per serving (6 servings in entire recipe)

6	Boneless and skinless chicken breasts	1 cup	shredded cheddar cheese
5 slices	bacon nitrate free, diced	1/2 cup	Parmesan cheese grated
1/4 cup	jalapeno chiles, stemmed, seeded and finely diced	1 bag	crushed pork rinds
1/4 cup	diced onion	1/2 cup	Parmesan cheese grated
1 8-ounce	cream cheese, softened	4 Tbsp	butter, melted
1/2 cup	mayonnaise		



- 1 Preheat oven to 400 degrees.
- 2 Place chicken breast in 13x9 casserole dish and bake about 30-40 mins.
- 3 While chicken is baking, work on jalapeno layer. Begin frying bacon until crispy. Remove and add onions to skillet. Cook until tender.
- 4 Remove from heat and combine bacon, onions, jalapenos, cream cheese, mayo, cheddar cheese, and parmesan cheese in pan.
- 5 Remove chicken from oven. Cut temperature down to 350.
- 6 Top chicken with jalapeno layer generously.
- 7 Then combine crushed pork rinds, parmesan cheese, and melted butter and sprinkle on top of jalapeno topped chicken.
- 8 Bake at 350 for another 15 mins.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 55 minutes

Cauliflower "Bread" Sticks

< 3 net carbs per serving (entire recipe is 4 servings)

1 head cauliflower	1/2 tsp red pepper flakes
1 Tbsp oregano	2 eggs
1/2 tsp basil	pepper, to taste
1 Tbsp onion powder	Salt to taste



- 1 Preheat oven to 425.
- 2 Put cauliflower in food processor until you get rice consistency, then place in microwave safe dish and microwave for 10 mins.
- 3 Let cauliflower cool slightly, then place in refrigerator until completely cooled.
- 4 Once cooled, mix the rest of the ingredients with the cauliflower.
- 5 Grease a cookie sheet and place cauliflower on it. Pat down cauliflower until it is about 1/2 inch thick.
- 6 Bake at 425 for about 25 mins or until golden brown.
- 7 Remove, turn oven to broil at 500. Cut cauliflower in desired "sticks" and flip
- 8 Place back in oven until both sides are brown and desired crispness.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Avocado Chicken Salad

3 net carbs per serving (yields 4 servings)

2 cups	shredded chicken	2 tsp	lime juice
1	avocado	1 tsp	fresh cilantro
1/2 tsp	garlic powder	1/4 cup	mayonnaise
1/2 tsp	salt	1/4 cup	plain greek yogurt
1/2 tsp	pepper		



- 1 Mix all ingredients together in a large bowl. Cover and refrigerate for 20-30 minutes.
- 2 Serve over a salad or in a low carb wrap with a side salad.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 2 minutes

Cooking Time: 20 minutes

Stuffed Peppers

9 net carbs per serving (yields 4 servings)

4	green bell peppers	1 cup	finely chopped carrot
1 lb	ground beef	1 6 oz can	tomato paste
1 lb	pork	1 Tbsp	oregano flakes
1 medium	onion, diced	1 tsp	dried thyme
2	garlic cloves	1 cup	chicken broth
3 cups	finely chopped cauliflower		



- 1 Cut off the top of bell peppers (save them) and remove seeds.
- 2 Set peppers inside crockpot.
- 3 Put all remaining ingredients (except chicken broth) in large bowl and mix. Combine evenly.
- 4 Fill peppers with generous helping of mixture & place tops on top.
- 5 Pour chicken broth into crockpot around the peppers.
- 6 Cook on low for 7-8 hours.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 7 hours

Salmon Bacon Stacks

2 net carbs per serving (yields 4 servings)

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



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

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Braised Cabbage

8 net carbs per serving, (yields 4 servings)

1 tsp fennel seed	1 Tbsp chicken broth
1 Tbsp olive oil	2 Tbsp butter
1 head red cabbage, thinly sliced	1 Tbsp chopped parsley
1 Tbsp red wine vinegar	salt and black pepper to taste



- 1 Toast fennel seeds in a skillet with 1 Tbsp of olive oil- should take around 1 minute.
- 2 Add red cabbage in batches, seasoning with salt and pepper. Cook until wilted. Add red wine vinegar and chicken broth.
- 3 Cover and simmer over medium heat. Stirring occasionally. Simmer for about 30 minutes or until cabbage is soft.
- 4 Finally, toss cabbage with 2 Tbsp butter and chopped parsley.
- 5 Enjoy!

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Philly Cheesesteak Bake

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

2 Tbsp	coconut oil	2 6 oz	packages of beef slices (I recommend hormel all natural beef slices)
3	medium onions, sliced		
3	bell peppers, sliced		
1 tsp	garlic	1 large	box sliced mushrooms
1 tsp	salt	1 package	swiss cheese slices
1 Tbsp	italian seasoning		



- 1 Preheat oven to 375.
- 2 Melt coconut oil in skillet over medium heat. Add onions, bell peppers, mushrooms, garlic, salt, pepper, and beef. Sauté for 5-10 minutes.
- 3 Then pour skillet contents into a 9x13 pan and top with Swiss cheese slices.
- 4 Bake for 10-15 minutes until cheese melts.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Vegetable Soup

9 net carbs (yields 8 servings)

4	plum tomatoes, halved	3	Tbs	Olive Oil
2	small eggplant, peeled and cut into 1/4-inch slices	2	cans	reduced sodium chicken broth
6	green onions, green and white parts included, chopped	1	cup	heavy cream
		3/4	tsp	salt
4	cloves garlic	1/2	tsp	black pepper



- 1 Preheat oven to 400.
- 2 Toss tomatoes, eggplants, green onions, and garlic in olive oil and roast for 30-40 mins (until tender)
- 3 Scoop "insides" of eggplants into a large pot and add all other vegetables. Add broth and bring to a boil.
- 4 Reduce heat, simmer 30 minutes.
- 5 Let cool and then puree in blender (may need to separate into batches).
- 6 Return soup to pot and add cream, salt, and pepper. Reheat and serve.
- 7 Enough left over to eat for lunch tomorrow!

Degree of Difficulty

Degree of Difficulty: Easy

Oven Temperature: 400°F

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 1 hour