

## Vital Meals Week 53

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**Day 1**

Steak Fajitas (in Crockpot)

**Day 2**

Coconut Chicken Skewers  
Cauliflower Rice

**Day 3**

Short Ribs- Asian style in Crockpot  
Steamed Bok Choy

**Day 4**

Curry Chicken Salad

**Day 5**

Salmon with Walnut Crust  
Spinach Salad (with goat cheese and walnuts)

**Day 6**

Chicken Stuffed Portobellos

**Day 7**

Chicken and Ham Soup

Servings: 4



## Steak Fajitas (in Crockpot)

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6 net carbs per serving (Yields 6 servings)

|       |      |   |   |                                |
|-------|------|---|---|--------------------------------|
| 1.5   | lbs  | flank steak (preferably grass fed)        | 2 | garlic clove, minced           |
|       |      |   | 4 | bell pepper, sliced            |
| 1     | tsp  | cumin                                     | 1 | onion, sliced                  |
| 1 1/2 | tsp  | chili powder                              |   | salt and black pepper to taste |
| 1     | tsp  | coriander                                 |   |                                |
| 2     | Tbsp | soy sauce                                 |   |                                |
| 1     |      | Jalapeno pepper seeded and finely chopped |   |                                |



- 1 Combine all dry spices (chili powder, cumin, coriander, salt, and pepper)
- 2 Rub flank steak with spice mixture and place in crock pot. Cover with the soy sauce, jalapeno, garlic, bell peppers and onion.
- 3 Cook on high for 5 hour (or until you can shred steak with a fork).
- 4 Enjoy!
- 5 Eat on low carb tortilla or on top of a bed of greens topped with sour cream, cheese, and other favorites.

Servings: 6

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 5 hours

## Coconut Chicken Skewers

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12 net carbs per serving (yields 4 servings)

|         |                               |         |  |
|---------|-------------------------------|---------|--|
| 1 lb    | chicken breasts               | 1/2     | Jalapeno pepper seeded and finely chopped    |
| 1/2 cup | natural peanut butter         |         |  |
| 1/2 cup | coconut milk, unsweetened     | 1/8 tsp | chili powder                                 |
| 1 Tbsp  | lime juice                    | 1/4 cup | shredded coconut, unsweetened and toasted    |
| 1 Tbsp  | Rice wine vinegar             |         | skewers (soaked in water to prevent burning) |
| 1 Tbsp  | honey                         |         |  |
| 3       | garlic cloves, finely chopped |         |  |



- 1 Preheat oven to high broil setting.
- 2 Cut chicken breasts into strips and place on skewers then place skewers on baking sheet.
- 3 Blend together all ingredients (except the shredded coconut) in a food processor.
- 4 Brush chicken with blended mixture (using about 1/4 of the mixture).
- 5 Place chicken skewers in oven to broil for about 4 minutes. Remove from oven, flip, brush again with blended mixture (again, using about 1/4 of mixture). Broil another 4 minutes. Ensure chicken is cooked thoroughly.
- 6 Remove chicken & toast shredded coconut (should only take 1-2 mins)
- 7 Top chicken skewers with remaining peanut mixture and toasted coconut. Enjoy!

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: 10 minutes

## Cauliflower Rice

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*4 net carbs per serving (yields 4 servings)*

- |   |                          |
|---|--------------------------|
| 1 small head cauliflower, chopped<br>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

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Preparation Time: 5 minutes

Cooking Time: 10 minutes

## Short Ribs- Asian style in Crockpot

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9 net carbs per serving (yields 4 servings)

|     |     |                       |     |      |                          |
|-----|-----|-----------------------|-----|------|--------------------------|
| 1   | tsp | paprika               | 1   |      | onion, cut into quarters |
| 1   | tsp | 5 spice powder        | 3   | lbs  | beef short ribs          |
| 1   | tsp | salt                  | 1/3 | cup  | soy sauce                |
| 1/2 | tsp | black pepper          | 1   | Tbsp | honey                    |
| 5   |     | cloves garlic, minced |     |      |                          |



- 1 Combine paprika, 5-spice, salt and pepper. Rub short ribs with mixture.
- 2 Add quartered onion and garlic to crock pot and then top with short ribs.
- 3 Cook on low for 8-10 hours.
- 4 When you are ready to serve the ribs, combine honey and soy sauce in sauce pan and bring to a boil, then simmer for 5 mins.
- 5 Top ribs with sauce and enjoy!

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 8 hours

## Steamed Bok Choy

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3 net carbs per serving (yields 4 servings)

|   |                                    |     |      |                              |
|---|------------------------------------|-----|------|------------------------------|
| 4 | baby bok choy (split horizontally) | 1   | tsp  | lime zest                    |
|   |                                    | 1/4 | tsp  | splenda                      |
| 2 | Tbsp finely chopped chives         | 1   | tsp  | sesame oil                   |
| 4 | tsp soy sauce                      | 1   | dash | red pepper flakes (optional) |
| 2 | tsp lime juice                     |     |      |                              |



- 1 Steam bok choy in steamer basket until tender- should take about 5-6 minutes.
- 2 While bok choy is steaming, whisk the chives, soy sauce, lime juice, lime zest, and splenda in a small bowl.
- 3 Remove bok choy to serving dish and drizzle with above mixture and then top that with sesame oil and red pepper flakes if desired.
- 4 Enjoy!

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 5 minutes

## Curry Chicken Salad

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4 net carbs per serving (yields 6 servings)

|         |                              |         |                                   |
|---------|------------------------------|---------|-----------------------------------|
| 3 cups  | chicken, cooked and shredded | 1/3 cup | cilantro leaves                   |
| 1/2 cup | plain yogurt                 | 3 Tbsp  | slivered almonds, lightly toasted |
| 1 tsp   | yellow curry powder          | 1/2 tsp | salt                              |



- 1 Mix all ingredients together & store in refrigerator.
- 2 Serve on top of a bed of greens or in a low carb wrap!

Servings: 6

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

## Salmon with Walnut Crust

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7 net carbs per serving (yields 4 servings)

|          |                     |        |               |
|----------|---------------------|--------|---------------|
| 1 lb     | salmon, wild caught | 1 Tbsp | dijon mustard |
| 2 slices | healthy life bread  | 1 Tbsp | honey         |
| 1/4 cup  | walnuts             |        |               |



- 1 Preheat oven to 400.
- 2 Combine healthy life bread, walnuts, mustard and honey in food processor.
- 3 Oil baking sheet & place salmon skin side down. Spread the above mixture in a layer on top of salmon.
- 4 Bake salmon until golden brown (about 15 minutes).
- 5 Enjoy!

Servings: 4

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 15 minutes



## Spinach Salad (with goat cheese and walnuts)

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4 net carbs per serving (yields 4 servings)

- |     |      |  |     |     |  |
|-----|------|--|-----|-----|--|
| 1   | Tbsp | red wine vinegar                             | 1/2 | cup | whole or chopped toasted walnuts   |
| 1   | Tbsp | red onion                                    |     |     |  |
| 2   | tsp  | dijon-style mustard                          | 1/3 | cup | crumbled goat cheese (sub bleu cheese or feta depending on what you like!) |
| 1/4 | tsp  | kosher salt                                  |     |     |  |
|     |      | pepper                                       |     |     |  |
| 8   | cups | baby spinach- washed dried and stems removed |     |     |  |



- 1 In a small bowl, combine vinegar, onion, mustard, salt and pepper. Gradually whisk in oil to make a creamy dressing.
- 2 Put all but a large handful of spinach in a large bowl and toss with more dressing.
- 3 Add remaining spinach and toss until well coated.
- 4 Serve immediately topped with walnuts and cheese

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

## Chicken Stuffed Portobellos

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2.7 net carbs (yield 6 servings)

|          |                          |         |                            |
|----------|--------------------------|---------|----------------------------|
| 4        | eggs                     | 1/4 tsp | italian seasoning          |
| 8 ounces | chicken breast           | 1/4 cup | shredded mozzarella cheese |
| 3 Tbsp   | chopped scallions        |         | salt and pepper to taste   |
| 2 Tbsp   | extra virgin olive oil   |         |                            |
| 6        | portobello mushroom caps |         |                            |



- 1 Preheat oven to broil.
- 2 Cut chicken breast in thin cubes.
- 3 Heat olive oil in large skillet over medium heat and then add chicken and scallions. Cook chicken 3-4 minutes. Then add eggs and cook until firm.
- 4 Place mushroom caps on baking sheet and season with salt, pepper and italian seasoning.
- 5 Broil for about 7 minutes until slightly soft.
- 6 Remove mushrooms from oven and fill with egg/chicken mixture. Cover with mozzarella cheese and broil for an additional 1 minute until bubbly and melted.
- 7 Enjoy!

Servings: 6

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 20 minutes

## Chicken and Ham Soup

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2 net carbs per serving (yields 4 servings)

|                |                              |       |                                   |
|----------------|------------------------------|-------|-----------------------------------|
| 1 Tbsp         | olive oil                    | 16 oz | chicken breast,<br>cooked         |
| 2 Tbsp         | shallots, coarsly<br>chopped | 1 tsp | sage                              |
| 2 14.5 oz cans | chicken broth                | 4 oz  | ham                               |
| 1 cup          | water                        |       | salt and black<br>pepper to taste |
| 1              | lemon                        |       |                                   |



- 1 Head saucepan over medium heat. Add olive oil. Then add shallots and cook for 1-2 mins.
- 2 Add chicken broth, water, chicken, ham and sage and bring to a boil
- 3 Simmer on low for about 5 mins or until chicken is cooked through.
- 4 Top with 1 tsp lemon zest & 2 tsp of lemon juice, along with salt and pepper as desired.
- 5 Simmer a few more minutes and then enjoy!

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