

Vital Meals Week 54

Day 1

Mexican Beef Casserole

Day 2

Pot Pie in a Pan

Day 3

Pork Tenderloin and Cauliflower

Day 4

Kickin Turkey

Day 5

Spiced Tuna

Garlic Broccoli Rabe

Day 6

Feta Burger

Spicy Sweet Potato Chips

Day 7

Mushroom and Veggie Soup

Servings: 4



Mexican Beef Casserole

5 net carbs per serving (Yields 6 servings)

1 lb	ground beef (preferably grassfed)	1/3 cup	sour cream
1	onion chopped	2 tsp	taco seasoning
8 ounces	cream cheese, softened	10 ounce can	ro-tel tomatoes, drained
10 oz package	frozen chopped spinach (thawed & drained)		salt and black pepper to taste

- 1 Preheat oven to 350.
- 2 Brown the beef and the onions in a skillet over medium-high heat.
- 3 Transfer beef and onions into a large bowl & mix with all other ingredients until well blended.
- 4 Place in greased casserole dish and back for about 45 minutes or until browned.
- 5 Enjoy!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Pot Pie in a Pan

7 net carbs per serving (Yields 4 servings)

2 Tbsp	Olive oil	1 cup	mushrooms, quartered
4 cups	shredded chicken	2	garlic cloves, minced
4	Carrots sliced into 1/4-inch rounds	2 cups	chicken stock
1 cup	red onion, chopped	1 Tbsp	dill, minced
2 stalks	celery chopped		

- 1 Preheat oven to 425.
- 2 Heat olive oil in a skillet over medium-high heat.
- 3 Add garlic, carrots, onion, and celery to the skillet. Cook 3 minutes. Then add mushrooms and cook another 3-5 minutes.
- 4 Add chicken stock, dill, and chicken. Simmer for 5 minutes, then place skillet in the oven and bake for 15-20 minutes.
- 5 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Pork Tenderloin and Cauliflower

7 net carbs per serving (yields 4 servings)

1.5 lbs	pork tenderloin		salt and black pepper to taste
4	Tbsp balsamic vinegar	4 cups	cauliflower
2	Tbsp Yellow mustard seed	6 Tbsp	olive oil
1	tsp garlic powder	1 tsp	dried rosemary
1/4	tsp allspice ground		

- 1 Combine ground mustard, garlic powder, allspice, salt, pepper, balsamic vinegar and 4 Tbsp of olive oil and place in a plastic bag with pork to marinate. Ideally, let it marinate for several hours or overnight to get the most flavor.
- 2 To cook: Preheat oven to 350.
- 3 Place pork and additional marinade juices in a baking dish lined with aluminum foil (for easy clean up) for about an hour, or until pork is cooked through.
- 4 While pork cooks, toss cauliflower with 2 Tbsp of olive oil and dried rosemary. Combine well and place on baking sheet.
- 5 Bake along with pork for 30-45 minutes, until tender.
- 6 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 1 hour

Kickin Turkey

11 net carbs per serving (yields 4 servings)

2 cups	shredded turkey	1/2 cup	chicken stock
1	bell pepper, chopped	2 Tbsp	chili powder
1 cup	halved grape tomatoes	2 tsp	paprika
1	onion diced	1 tsp	cumin
2	garlic cloves, minced	2 Tbsp	olive oil
2	Green onions sliced		salt and black pepper to taste
2 cups	enchilada sauce		

- 1 Heat olive oil in skillet over medium high heat. Add onion and garlic and cook 3-4 minutes.
- 2 Then add bell pepper, grape tomatoes and green onions.
- 3 Add chili powder, paprika, cumin and salt/pepper. Simmer for 4-5 minutes.
- 4 Then add turkey, enchilada sauce, and chicken stock. Bring to a boil and then simmer for 20-30 minutes.
- 5 Enjoy! Top with avocado, sour cream, or other toppings of your choice!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Spiced Tuna

1 net carb per serving (yields 4 servings)

4	tuna steaks	4 Tbsp	sesame seeds	
1	tsp	mustard seeds	3 Tbsp	coconut oil
1	tsp	fennel seeds		sea salt
1/4	tsp	black peppercorns		

- 1 Combine fennel seeds, mustard seeds, and peppercorns in mortar & grind. Then add sesame seeds & a pinch of salt.
- 2 Press spices to coat tuna steaks.
- 3 Heat coconut oil in a skillet over medium high heat.
- 4 Place tuna steak in skillet and cook for 3 minutes (roughly) per side or until desired doneness.
- 5 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Garlic Broccoli Rabe

1 net carb per serving (yields 4 servings)

1 large bunch	broccoli rabe	crushed red pepper
4	garlic cloves, crushed	flakes (optional)
2 tbsp	olive oil	
	salt and black pepper	
	to taste	



- 1 Preheat oven to 400.
- 2 Boil a pot of water. Once boiling, add broccoli for one minute and sprinkle with salt.
- 3 Remove and drain well.
- 4 Place broccoli on cookie sheet and cover with garlic, olive oil, salt, pepper, and crushed red pepper flakes if desired.
- 5 Bake for 20 minutes (or until crispy).

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Feta Burger

1 net carb per serving (yields 4 servings)

1 lb	lean ground beef, preferably grass fed	1/4 cup	crumbled feta cheese
1	large scallion	1 1/2 tsp	fresh dill
1/2 cup	baby spinach		salt and pepper to taste
1/4 cup	chopped tomatoes		

- 1 Mix ground beef, scallion, spinach, feta, and dill with salt and pepper. Form into burger patties.
- 2 Grill over medium-high heat for roughly 6 minutes per side (or until desired doneness)
- 3 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Spicy Sweet Potato Chips

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

2 sweet potatoes, washed and dried 1/2 tsp salt
1/2 tsp pepper
2 Tbsp olive oil
1 tsp cayenne pepper



- 1 Preheat oven to 450.
- 2 Line 2 baking sheets with parchment paper.
- 3 Cut potatoes into 1/4 inch thick slices
- 4 In large bowl, add oil & seasoning and toss potato slices to coat
- 5 Place single layer on baking sheets and bake until lightly browned & crisp on both sides. (roughly 15 mins per side)

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Mushroom and Veggie Soup

6 carbs per serving (yields 6 servings)

4 Tbsp	butter	1 lb	fresh mushrooms, sliced
4	shallots, minced	4 cups	chicken broth
2	Carrots, peeled and diced	1/2 tsp	salt
1 stalk	celery, diced	1/4 cup	heavy cream
3	garlic cloves, minced		

- 1 Melt butter in a large pot over medium-high heat. Add shallots, carrots, and celery. Cook for 5 minutes.
- 2 Add garlic and mushrooms. Cook another 5 minutes.
- 3 Add broth, salt, and pepper and bring to boil. Simmer for 30 minutes.
- 4 Finally, stir in heavy cream and serve immediately.
- 5 Enjoy!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 50 minutes