

VitalMeals Week 55

"Let food be thy medicine and medicine be thy food." Hippocrates

Day 1

Chicken Enchiladas

Day 2

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Garlic Greens

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Day 3

Zucchini Lasagna

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Day 4

Low Carb Shrimp Scampi

Day 5

Low Carb Pizza

Day 6

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Day 7

Low Carb Chili

Low Carb Jalapeno Cheddar Muffins

Servings: 4



Chicken Enchiladas

16 net carbs/ serving

1 rotisserie chicken 1 can cream of chicken soup
8 ounces shredded cheddar cheese 24 wraps low carb tortillas
16 ounces sour cream



- 1 Preheat oven to 350.
- 2 Shred chicken.
- 3 Mix all ingredients together in large bowl.
- 4 Spoon mix evenly into wraps and roll (you should be able to get 20-24 tortillas out of the mix).
- 5 Place wraps in 13 x 9 serving dish.
- 6 Bake 25-30 mins at 350. For the last 5 mins, sprinkle cheese on top & cook until bubbly.
- 7 Feel free to freeze left overs & reheat (or freeze before cooking to pull out on a busy night).

Servings: 6

Degree of Difficulty

Degree of Difficulty: Very easy

Oven Temperature: 350°F

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Recipe Type: Main Dish

Lemon Chicken Breasts

< 1 net carb per serving

1/4 cup	olive oil	1 1/2 tsp	dried oregano
3 Tbsp	minced garlic	1 tsp	minced fresh thyme
1/3 cup	dry white wine	4	boneless and skinless chicken breasts
1 Tbsp	grated lemon zest	1	lemon
2 Tbsp	lemon juice		



- 1 Preheat oven to 400.
- 2 Warm the olive oil in a saucepan over medium-low heat and slowly add garlic. Cook for 1 min (don't allow garlic to turn brown).
- 3 Off the heat, add white wine, lemon zest, lemon juice, oregano, thyme & 1 tsp salt.
- 4 Pour into 9 x 12 inch baking dish.
- 5 Pat the chicken breasts dry and place them skin-side-up over the sauce. Brush with olive oil & sprinkle with salt & pepper.
- 6 Cut lemon in 8 wedges and tuck among pieces of chicken.
- 7 Bake 30-40 mins until chicken is done and skin is lightly browned (if chicken isn't quite browned, broil for 2 mins).
- 8 Cover pan tightly with aluminum foil and allow it to rest for 10 minutes.
- 9 Sprinkle with salt and pepper and serve hot with pan juices.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Recipe Type: Main Dish

Garlic Greens

7 net carbs per serving

1	onion	1	bunch	mustard greens		
8	whole	garlic	cloves	1	bunch	kale
1/2	tsp	paprika	1	pinch	salt	
3	Tbsp	olive	oil			



- 1 Cook 1 sliced onion, 8 whole garlic cloves and 1/2 tsp of paprika in a large pot with 3 Tbsp olive oil (for about 2 mins).
- 2 Add the entire bunch of mustard greens and kale, 2 cups water, and pinch of salt and stevia.
- 3 Simmer, covered, until tender- about 15 mins.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Recipe Type: Side Dish

Garlic Grilled Tomatoes

3.5 net carbs per serving

4	ripe	tomatoes	5	cloves	garlic
1	tsp	salt	2	Tbsp	thyme
1/4	tsp	pepper	1/4	cup	Parmigiano-Reggiano
1/4	tsp	garlic powder			cheese
3	Tbsp	olive oil			



- 1 Cut the tomatoes in half crosswise & season with house seasoning (1 tsp salt + 1/4 tsp pepper + 1/4 tsp garlic powder).
- 2 Heat oil in small pan over medium heat.
- 3 Add garlic and cook until just starting to turn golden brown (1-2 minutes).
- 4 Pour garlic and oil into "heat-proof" bowl.
- 5 Oil the grill and set on high heat.
- 6 Place the tomatoes cut side down and grill for 3-5 minutes.
- 7 Turn over and top with garlic oil mixture and cook for 3 minutes.
- 8 Remove from grill and top with thyme, house seasoning, and parmigiano-regiano.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 8 minutes

Recipe Type: Side Dish

Zucchini Lasagna

10 net carbs per serving

1 large container	ricotta cheese	3	zucchinis (sliced lengthwise)
3 cups	mozzarella cheese shredded	6 cups	low sugar tomato sauce
1 Tbsp	oregano	2 Tbsp	olive oil
2	eggs		
1 cup	Parmesan cheese		
1	red bell pepper, sliced		



- 1 Preheat oven to 350.
- 2 Mix Ricotta cheese, 2 Eggs, Oregano, 2 cups mozzarella cheese, and 1 cup parmesan together.
- 3 Spread 2 Tbsp olive oil over bottom of 9x13 casserole dish.
- 4 Pour enough sauce to lightly cover the bottom of the pan. Place a layer of zucchini over the top of sauce and then begin to layer: cheese mixture, then red bell pepper, then sauce...repeat.
- 5 End with the rest of the sauce (if any remains) and top with 1 cup mozzarella cheese.
- 6 Bake in oven for 45 mins-1 hour until zucchini is tender.

Servings: 8

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Recipe Type: Main Dish

Asian Cole Slaw

8 net carbs per serving

1	bunch	scallions or green onions	1/4	cup	olive oil
			2	Tbsp	grated fresh ginger
2	16 oz bags	coleslaw mix	2	Tbsp	white vinegar
1	small	red onion	2	Tbsp	Splenda brown sugar
1/4	cup	soy sauce	2	Tbsp	Asian sesame oil
1/4	cup	lemon juice			



- 1 Separate the scallion whites.
- 2 Toss the coleslaw mix, red onions, and scallions together in a large bowl til thoroughly mixed.
- 3 Stir remaining ingredients together in a small bowl until blended.
- 4 Serve within 1 hour of dressing.
- 5 Tip: You can make the slaw (minus the dressing) up to a day in advance as long as it is refrigerated. Before serving, simply bring slaw back to room temperature and make dressing and toss.

Servings: 12

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Recipe Type: Side Dish

Low Carb Shrimp Scampi

4 net carbs per serving

1 lb	raw peeled and deveined shrimp (16-20) with tail on	1 Tbsp	minced garlic
		2 Tbsp	minced red onion
1 Tbsp	white wine	1 Tbsp	chopped parsley
2 oz	Asiago cheese (cut into small chunks)	1/2 tsp	garlic salt
		1 Tbsp	kosher salt
1	avocado (diced into large pieces)	1/4 tsp	black pepper
		1	dash Worcestershire sauce
6 cups	spaghetti squash (about a medium sized squash)	1	lemon (juiced)
1 stick	unsalted butter (softened)		



Step 1 :Prepare Spaghetti Squash

- 1 Slice squash in half lengthwise & scoop out seeds with a spoon (like a pumpkin).
- 2 Submerge both halves in boiling water & cook for about 25 mins (or until inside is tender to a fork & pulls apart like strands of pasta).
- 3 Remove, drain, and cool with cold water.
- 4 Then use a fork to scrape the cooked squash out of the skin.

Step 2; Prepare Scampi Butter

- 1 While spaghetti squash is cooking, prepare scampi butter by mixing together: 1 stick softened butter, 1 Tbsp minced garlic, 2 Tbsp minced red onion, 1 Tbsp chopped parsley, 1/2 tsp garlic salt, 1 Tbsp kosher salt, 1/4 tsp black pepper, 1 dash Worcestershire sauce, and 1 juiced lemon.

Step 3: Cook Shrimp

- 1 Place 2/3 of scampi butter in large saute pan over high heat & melt.
- 2 Add in shrimp and cook for about 2 mins. Then add in white wine and cook for another 2 mins.
- 3 Remove from heat and stir in remaining scampi butter, Asiago cheese, and avocado chunks.
- 4 Mix all ingredients together until well blended and serve over hot spaghetti squash.

Servings: 8

Degree of Difficulty

Degree of Difficulty: Moderately difficult

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Recipe Type: Main Dish

Low Carb Pizza

12 net carbs per slice

2 cup	almond flour	1/2 cup	diced ham
2	eggs	1/3 cup	diced red bell peppers, green bell peppers, and/or red onions
3/4 cup	heavy cream	2	portobello mushrooms, sliced
1/3 cup	club soda	2 Tbsp	olive oil
1 tsp	salt	1 pinch	dried oregano
1-2 cans	low sugar tomato sauce		
24 oz	shredded mozzarella cheese (6 ounces)		
8 oz	pepperoni slices		
1/2 cup	crumbled Italian sausage (cooked)		



- 1 Preheat oven to 375.
- 2 Make the crust: Spray 12 inch pizza pan with non stick spray. Stir (almond flour, eggs, heavy cream, club soda & salt) together in medium bowl and then roll out batter as thin and evenly as possible over 2 pans.
- 3 Place pizza crusts on center racks of oven & bake for 12-15 minutes.
- 4 Remove from oven & increase oven temp to 400.
- 5 Then assemble your pizzas: Sauce, cheese, and toppings of your choice. Lightly sprinkle with olive oil and oregano at the end.
- 6 Bake for another 10-12 mins (or until cheese melts and bubbles).
- 7 Each pizza should yield 8 slices.
- 8 Tip: For a faster option, just make pizzas on top of low carb tortillas.

Servings: 16
Yield: 16 slices

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes
Cooking Time: 20 minutes

Recipe Type: Main Dish

Tips

Note: nutrition information calculated using 2- 8oz cans of low sugar tomato sauce

Buffalo Wings

11 net carbs per 1/2 lb wings

3 lbs	chicken wings, split at the joints with tips removed	1 cup	chicken broth
		1 cup	hot sauce
4 stalks	celery (cut into thirds)	2 Tbsp	paprika
4	carrots (cut in 1/2)	2 Tbsp	unsalted butter
2	bay leaves		



- 1 Preheat the oven to 425 and spray baking sheet with olive oil.
- 2 Put chicken wings in a deep skillet, add 3 pieces of celery, 3 pieces of carrot, bay leaves, chicken broth, hot sauce, paprika, butter, and 1/2 cup water and bring to simmer over medium heat. Simmer until chicken is almost cooked through (about 18-20 mins).
- 3 Transfer the wings to a baking sheet and arrange in single layer. Bake wings until thoroughly cooked & crispy.
- 4 Reserve the sauce in the skillet. Heat it over medium-low heat until slightly thickened (about 15 mins) while the wings are baking.
- 5 Discard celery, carrot, and bay leaves from the sauce.
- 6 Reserve 1/4 sauce for serving. Leave rest in skillet and add the baked wings back in and toss with remaining sauce.
- 7 Serve with reserved sauce and blue cheese.
- 8 Cut the remaining carrots and celery into sticks and serve on the side!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Moderately difficult

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Recipe Type: Side Dish

Low Carb Chili

9 net carbs per serving

2 lbs	ground beef	3 cups	water
1	small onion chopped	1 8-ounce	can tomato sauce
1	green pepper chopped	1 14.5 oz	can diced tomatoes, undrained
1	clove garlic, minced		
1/2 tsp	pepper	2 tsp	salt
2 Tbsp	chili powder		



- 1 Brown the meat, onion, green pepper, and garlic in large pot.
- 2 Add all other ingredients and simmer for 1-3 hours.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 1 hour

Recipe Type: Soups

Low Carb Jalapeno Cheddar Muffins

4 net carbs per muffin

2 cups	almond flour	4 Tbsp	coconut oil melted, divided
1 tsp	baking powder	1/2 cup	unsweetened almond milk
1/2 tsp	salt	1/2 cup	shredded sharp cheddar cheese
1 Tbsp	raw honey		
3	large eggs	1-2	jalapenos chopped



- 1 Preheat oven to 325.
- 2 Mix the almond flour, baking powder, and salt in large bowl. Set aside.
- 3 Add honey, eggs, 3 Tbsp. coconut oil, and almond milk to a separate bowl and whisk.
- 4 Add wet ingredients into large bowl with cheese and chopped jalapenos. Mix just until incorporated.
- 5 Pour batter into 8 greased (use 1 tbsp of coconut oil) muffin cups and bake for 25-30 mins.

Servings: 8

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Recipe Type: Bread