

VitalMeals Week 58

"Only the pure in heart can make a good soup." Ludwig van Beethoven

Day 1

Taco Bake

Day 2

Almond Crusted Chicken

Balsamic Roasted Brussels Sprouts

Day 3

Sausage Spinach Bake

Day 4

Bacon and Cheese Stuffed Pork Chops

Cauliflower "Mashed Potatoes"

Day 5

Tilapia with Green Beans

Day 6

Low Carb Fried Chicken

Coleslaw

Day 7

Broccoli Cheddar Soup

Spinach Salad With Goat Cheese and Walnuts

Servings: 4



Taco Bake

2.5 net carbs per serving

Crust		Topping	
4 oz	cream cheese (softened)	1 lb	ground beef, grass fed
3	eggs	3 tsp	taco seasoning
1/3 cup	heavy cream	1/4 cup	tomato sauce
1/2 tsp	taco seasoning	4 oz	can chopped green chiles
8 oz	shredded cheddar cheese (about 2 cups)	8 oz	shredded cheddar cheese (about 2 cups)



- 1 CRUST:
- 2 Preheat oven to 375.
- 3 Beat cream cheese and eggs until smooth. Add cream and seasoning.
- 4 Grease 9x13 baking dish and spread 8oz shredded cheese over the bottom. Pour egg mixture on top evenly.
- 5 Bake for 25-30 minutes. Let stand for 5 minutes before adding topping.
- 6 TOPPING:
- 7 Brown hamburger, drain fat. Stir in seasoning, tomato sauce and chiles.
- 8 Spread over crust and top with 8oz shredded cheese.
- 9 Reduce oven to 350 and bake another 20 minutes or so until hot and bubbly.
- 10 Enjoy! Plenty of left overs for lunch tomorrow. Also a great option to freeze for a later date.

Servings: 8

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Almond Crusted Chicken

< 1 net carb per serving

1	cup	unblanched almonds	4	boneless and skinless chicken breasts
1 1/2	tsp	paprika		
2	large	eggs	4	tbsp olive oil
		kosher salt to taste	1	tbsp unsalted butter (melted)
		pepper	1	tbsp sherry vinegar



- 1 Finely chop the almonds in a mini chopper or food processor. Transfer to a shallow dish and stir in the paprika.
- 2 Lightly whisk eggs in another dish.
- 3 Pat chicken dry and season both sides with salt and pepper. Then dip each piece of chicken into egg then press both sides of chicken into nuts to coat.
- 4 Place on baking sheet, cover, refrigerate for at least 20 minutes to set crust.
- 5 Preheat oven to 350.
- 6 Heat a medium non-stick skillet over medium low heat and add 1 Tbsp of oil and butter.
- 7 Place chicken smooth-side down in the skillet and raise the heat to medium-high. Cook. Turn once until nuts set and turn golden brown (about 3-4 minutes per side).
- 8 Transfer meat to a newly prepared baking sheet and bake about 20 minutes.
- 9 Whisk vinegar, salt and pepper to taste in a medium bowl. Gradually whisk in the remaining 3 Tbsp olive oil to make a smooth dressing. Drizzle over the top of the chicken. (Add a green salad if available.)

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Balsamic Roasted Brussels Sprouts

4 net carbs per serving

1 1/2 lbs	Brussels sprouts	1 pinch	kosher salt
4 oz	pancetta, diced	1 pinch	black pepper
1/4 cup	olive oil	1 Tbs	balsamic vinegar



- 1 Preheat oven to 400.
- 2 Place Brussels sprouts on pan and add pancetta, olive oil, salt and pepper. Toss with your hands and spread out evenly across pan.
- 3 Roast for 20-30 minutes until they are tender and nicely browned and pancetta is cooked. Toss once during roasting.
- 4 Remove from oven and immediately drizzle with balsamic vinegar and toss again.
- 5 Serve hot.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 2 minutes

Cooking Time: 30 minutes

Sausage Spinach Bake

4 net carbs per serving

1 lb	ground pork sausage	4	eggs
10 oz	frozen spinach, thawed and drained	1/4 tsp	salt and pepper
1/3 cup	roasted red peppers (diced) - about 2.5 oz.	4	Roma tomatoes sliced thin
1/2 cup	heavy cream	6 Tbsp	Parmesan cheese



- 1 Preheat oven to 350.
- 2 Brown sausage in large skillet. Drain grease if desired.
- 3 Place in greased 11x17 baking dish along with spinach and peppers.
- 4 In a small bowl, whisk the cream and eggs. Add the salt and dash of pepper. Pour over the sausage and vegetables and mix to coat everything with egg mixture.
- 5 Arrange sliced tomatoes in single layer over the top and sprinkle cheese over tomatoes.
- 6 Bake at 350 for 35-40 minutes until nicely brown on top and "set" in center.
- 7 Let stand about 10 minutes before serving.
- 8 Enjoy! Plenty of left overs for lunch tomorrow!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Bacon and Cheese Stuffed Pork Chops

1 net carb per serving

4	center cut, bone in pork chops	1/2 cup	chopped fresh parsley
		1/4 tsp	pepper
2	tsp olive oil	1/2 tsp	salt
4	oz smoked gouda cheese	4	toothpicks
8	slices bacon (cooked and crumbled)		



- 1 Preheat grill (outdoor or George Foreman) on medium heat.
- 2 In small bowl, combine cheese, bacon, parsley and black pepper.
- 3 With a sharp knife, cut a pocket into the pork chop (go all the way to the bone but leave sides intact). Stuff with cheese mixture and close with wooden toothpick. Brush meat with olive oil and season with salt and pepper.
- 4 Grill over medium heat for 5-8 minutes on each side. Be careful not to overcook.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Cauliflower "Mashed Potatoes"

4 net carbs per serving

1	medium	head of cauliflower	1/2	tsp	minced garlic
1	Tbsp	cream cheese	3	Tbsp	unsalted butter
1/4	cup	grated Parmesan cheese			



- 1 Boil a pot of water over high heat.
- 2 Clean and cut cauliflower into small pieces and cook in boiling water for about 6 minutes (or until well done). Drain well - do not let cool. Pat dry between several layers of paper towels.
- 3 In a bowl with an immersion blender or in a food processor, puree the hot cauliflower with the cream cheese, Parmesan, garlic and a little salt and pepper.
- 4 Feel free to add other things to taste: cheese, chives, even rosemary.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Tilapia with Green Beans

1.5 net carbs per serving

2 Tbsp	almond flour	4 Tbsp	unsalted butter
2 tsp	chopped oregano	1/2 lb	thin green beans (haricots verts)
2 Tbsp	parsley	1 clove	garlic (chopped)
	pepper	1 cup	cherry tomatoes
	kosher salt		juice of 1 lemon
4	tilapia filets		



- 1 Combine the flour, oregano and parsley in a shallow dish. Season with salt and pepper.
- 2 Place large skillet over medium high heat.
- 3 Dredge the fish in the flour mixture and shake off excess.
- 4 Melt 3 Tbsp of butter in skillet, add 2 filets and cook until golden brown on the bottom (about 4 minutes). Flip and cook through 1-2 more minutes. Transfer to plate to keep warm. Repeat with remaining 2 filets.
- 5 Add green beans and garlic to skillet and cook about 2 minutes. Season with salt and pepper, then add tomatoes and cook until just softened (about 1 more minute). Stir in lemon juice and 1/4 cup water, then cover and cook until beans are tender (about 3 more minutes). Remove from heat and stir in remaining 1 Tbsp butter until just melted.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Low Carb Fried Chicken

< 1 net carb per serving

3-6 cups	olive oil (depending on size of pan)	2 1/3 cups	almond flour
3 lbs	boneless and skinless chicken breasts	2 tsp	salt
3	eggs	1 tsp	pepper
1/4 cup	heavy cream	1 tsp	garlic
		1 tsp	poultry seasoning



- 1 Preheat oven to 350.
- 2 Place heavy pot over medium-high heat with at least 1 inch of olive oil.
- 3 Heat oil to 350. It is important to monitor and maintain temperature or the breading and oil will burn.
- 4 In medium bowl, mix eggs and cream to make egg wash. In a separate larger bowl, mix all the breading ingredients together.
- 5 Season the chicken with salt and pepper. Dip first in the breading, then in egg wash, then back in breading again. Make sure to coat well on all sides. Pat off any excess breading.
- 6 Place chicken in hot oil and fry until golden brown and crisp (only takes a few minutes). Remove and drain on paper towels.
- 7 Boneless chicken breasts may cook all the way by frying alone, however, it is best to place them on a sheet pan and finish by baking at 350 for an additional 10 minutes.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Coleslaw

2 net carbs per serving

1/3 cup	mayonnaise	1	tsp	onion powder	
2/3 cup	sour cream	1/8	tsp	paprika	
2	Tbsp	lemon juice	1/4	tsp	salt
2	Tbsp	Stevia or Truvia	1	lb	shredded cabbage
1	tsp	garlic powder			



Mix all dressing ingredients together and then mix in cabbage. Balance the lemon juice and sweetener to your own taste.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Broccoli Cheddar Soup

8 net carbs per serving

2 Tbsp butter	8 oz	shredded cheddar cheese (about 2 cups)
3 cups chicken broth		
8 oz cream cheese	2 bunches	fresh broccoli (chopped)
1 cup heavy cream		



- 1 Heat broth and broccoli until broccoli is tender.
- 2 Mix cream cheese, heavy cream, shredded cheese and butter in another pan and stir often.
- 3 When broccoli is tender, put half in blender and puree (this makes it a little thicker).
- 4 When cream cheese mixture is melted, add to broth and broccoli.
- 5 Garnish with cheese and add salt and pepper to taste.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Spinach Salad With Goat Cheese and Walnuts

4 net carbs per serving

1 Tbsp	red wine vinegar	1/2 cup	whole or chopped toasted walnuts
1 Tbsp	red onion		
2 tsp	Dijon mustard	1/3 cup	crumbled goat cheese (Substitute 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.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes