

## VitalMeals Week 62

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"Ms. Child is never bashful with butter." Phil Donahue

### Day 1

Mexican Meat Loaf  
Cauliflower "Mashed Potatoes"

### Day 2

Creamy Chicken Bake  
Broccoli Salad

### Day 3

Parmesan Pork  
String Beans with Shallots

### Day 4

Curried Chicken  
Cauliflower Rice

### Day 5

Macadamia Encrusted Mahi-Mahi  
Spinach Salad (with goat cheese and walnuts)

### Day 6

Pizza Frittata

### Day 7

Vegetable Soup  
Cauliflower "Bread" Sticks

Servings: 4



## Mexican Meat Loaf

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4 net carbs per serving

2 lbs lean ground beef, grass-fed	1 cup cheddar cheese, grated
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 Combine egg, hamburger, seasoning and pork rind flour with 1 cup of salsa until thoroughly mixed.
- 3 Press half of meat mixture in a standard bread pan. Cover with 1 cup of grated 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 minutes more (or until cheese is bubbly).
- 7 Let rest for 10 minutes and serve.
- 8 Feel free to top with sour cream, guacamole, shredded lettuce, onions, or tomato
- 9 Makes one 2lb meatloaf -- so plenty of leftovers!

Servings: 8

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 1 hour

## Cauliflower "Mashed Potatoes"

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*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	Parmesan cheese, grated			



- 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

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 10 minutes

## Creamy Chicken Bake

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5 net carbs per serving

2	Tbsp	olive oil	1	cup	cheddar cheese, shredded
6		chicken breasts, boneless and skinless	3		green onions, chopped
1/2	cup	teriyaki marinade	3	oz	bacon bits
1/2	cup	ranch dressing			



- 1 Preheat oven to 350.
- 2 In large skillet, heat oil over medium high heat. Add chicken breasts and sauté 4-5 minutes per side (until lightly brown).
- 3 Place chicken in a 9x13 baking dish. Brush with teriyaki sauce and then spoon on salad dressing. Sprinkle with cheese, green onions and bacon bits.
- 4 Bake for 25-35 minutes until chicken is no longer pink.
- 5 Left overs for lunch tomorrow!

Servings: 6

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 30 minutes

Cooking Time: 35 minutes

## Broccoli Salad

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6 net carbs per serving

1	Tbsp	white wine vinegar	6	oz	cherry or grape tomatoes, halved
1		lemon zest			
1	Tbsp	lemon juice	3	oz	coarsely chopped pecans or hazelnuts
2	tsp	Dijon mustard			
1	tsp	kosher salt	2	Tbsp	basil
		pepper			
1/4	cup	olive oil			
1	lb	broccoli, rinsed, trimmed, and sliced thinly on mandolin			



- 1 Whisk together the vinegar, zest, lemon juice, mustard, salt and pepper in a medium bowl. While whisking constantly, gradually add olive oil. Then add broccoli and toss to coat.
- 2 Cover and set in refrigerator for 1 hour.
- 3 Stir in the tomatoes, nuts and basil.
- 4 Cover and allow to sit at room temp (or in refrigerator) for another 15 minutes before serving.

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Inactive Time: 1 hour

## Parmesan Pork

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*1 net carb per serving*

2 14 oz pork tenderloin                      2 Tbsp Ground cumin  
3/4 cup Parmesan cheese, grated



- 1 Preheat oven to 375.
- 2 Sprinkle the pork with salt and pepper.
- 3 Mix cheese, cumin and pepper together and coat the pork thoroughly.
- 4 Place pork on baking sheet or roasting pan and bake for 10-12 minutes.
- 5 Flip the pork and bake for another 10 minutes until it is slightly pink in center.
- 6 Let rest for 5 minutes before cutting to serve.
- 7 Enjoy!

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 22 minutes

## String Beans with Shallots

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4.5 net carbs per serving

- |        |   |         |                             |
|--------|---|---------|-----------------------------|
| 1 lb   | french string beans<br>(haricots verts), remove<br>ends | 3       | large shallots, diced large |
|        |   | 1/2 tsp | pepper                      |
|        |   |         | kosher salt                 |
| 2 Tbsp | unsalted butter   |         |                             |
| 1 Tbsp | olive oil   |         |                             |



- 1 Blanch string beans in a large pot of boiling salted water for only 1.5 minutes.
- 2 Drain immediately and immerse in a bowl of ice water.
- 3 Heat the butter and oil in a very large sauté pan or large pot and sauté the shallots on medium heat for 5-10 minutes, tossing occasionally, until lightly browned.
- 4 Drain the string beans and add to the shallots with 1/2 tsp salt and pepper. Toss well.
- 5 Heat only until beans are hot.
- 6 Blanch beans for about 3 minutes until they are crisp and tender.

Servings: 6

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 15 minutes

## Curried Chicken

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1 net carb per serving

3	Tbsp	unsalted butter	1/4	tsp	crushed red pepper flakes
2	lbs	chicken breasts, boneless and skinless, cut into 1 inch strips	4		garlic cloves, finely chopped
1	tsp	ground cumin	1/2	cup	chicken stock
1/2	tsp	dried coriander	1/3	cup	heavy cream
1/2	tsp	dried ginger	1	Tbsp	fresh cilantro, chopped



- 1 Heat butter in heavy casserole over medium heat. Add chicken strips and cook until browned.
- 2 Add cumin, coriander, ginger, red pepper flakes, garlic and cook- stirring for about 2 minutes.
- 3 Add chicken stock and bring to boil. Reduce heat to medium, simmer, stirring occasionally - about 5 minutes.
- 4 Slowly add heavy cream and simmer until heated through. Transfer chicken and sauce to serving plate.  
Garnish with cilantro.

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: 30 minutes



## Cauliflower Rice

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*5 net carbs per serving*

1 head cauliflower



- 1 Chop cauliflower head into smaller pieces and place in food processor.
- 2 "Rice" cauliflower in food processor.
- 3 Place in skillet over medium-high heat and cook for about 5-10 minutes until hot.
- 4 Add salt, pepper and butter as desired.

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 10 minutes

## Macadamia Encrusted Mahi-Mahi

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*2 net carbs per serving*

1/2 cup macadamia nuts                      4 fillets mahi-mahi  
1 Tbsp coconut oil, melted



- 1 Preheat oven to 350.
- 2 Grease baking dish with coconut oil.
- 3 In food processor, crush macadamia nuts until formed into small crumbs. Don't over process.
- 4 Put crumbs in bowl.
- 5 Brush mahi-mahi with melted coconut oil and press the top of each into macadamia crumbs.
- 6 Place filets in baking dish and bake 20 minutes.
- 7 Turn oven on broil for 5 minutes at the end, until nuts are golden and toasty.
- 8 Serve over a bed of cauliflower rice!

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

## Spinach Salad (with goat cheese and walnuts)

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4 net carbs per serving

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|---|---|
| 1 Tbsp red wine vinegar                             | 1/2 cup toasted walnuts, whole or chopped   |
| 1 Tbsp red onion                                    |   |
| 2 tsp Dijon mustard                                 | 1/3 cup goat cheese, crumbled (Sub bleu cheese or feta depending on what you like.) |
| 1/4 tsp kosher salt<br>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

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

## Pizza Frittata

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7 net carbs per serving

12	eggs	2	cloves	garlic, chopped	
1	cup	half and half	3	Tbsp	onion, grated
1/2	cup	Parmigiano-Reggiano	1/2	tsp	dried oregano
		cheese, grated	1/4	cup	dry red wine
1	tsp	hot sauce	1	cup	crushed tomatoes
		salt and pepper to taste	6	oz	mozzarella cheese,
1/4	cup	extra virgin olive oil			shredded
		(EVOO)			basil leaves
1/4	lb	pepperoni slices			



- 1 Preheat oven to 400.
- 2 Beat eggs, half and half, Parmigiano-Reggiano, hot sauce and salt and pepper in bowl to combine.
- 3 In large, over-proof skillet, heat 2 Tbsp EVOO on medium-high heat and add egg mixture stirring continuously. As eggs firm up, transfer to oven. Bake about 10 minutes.
- 4 While that is cooking, in another skillet, heat the remaining 2 Tbsp EVOO on medium high heat and add pepperoni, garlic, onion and oregano for about 2-3 minutes. Add wine and reduce (about 1 minute). Add tomatoes and simmer about 10 minutes to thicken.
- 5 Remove frittata from oven and top with tomato sauce and mozzarella. Bake about 10 more minutes to melt cheese and top with basil.
- 6 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: 25 minutes

## Vegetable Soup

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9 net carbs

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 minutes (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!

Servings: 8

### Degree of Difficulty

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Degree of Difficulty: Easy

Oven Temperature: 400°F

### Cooking Times

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Preparation Time: 20 minutes

Cooking Time: 1 hour

## Cauliflower "Bread" Sticks

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< 3 net carbs per serving

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



- 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 minutes.
- 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 minutes 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.

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 30 minutes

Cooking Time: 30 minutes