

## VitalMeals Week 63

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"The problem with living in a fast-food nation is that we expect food to be cheap." Alice Waters

**Day 1**

Low Carb Jalepeno and Cheese Chicken

**Day 2**

Chicken, Bacon, Apple Crock-Pot

**Day 3**

"Spaghetti" Squash with Cheese and Sausage Bake

**Day 4**

Beef and Sweet Potato Curry

**Day 5**

Asian Salmon Crock-Pot

**Day 6**

Cajun Turkey Burgers with Sweet Potato Fries

**Day 7**

Southwestern Taco Soup

Servings: 4



## Low Carb Jalapeno and Cheese Chicken

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6 net carbs per serving

6	chicken breasts, boneless and skinless	1/2 cup	Parmesan cheese, grated
5 slices	bacon nitrate free, diced	<b>Topping:</b>	
1/4 cup	jalapeno chiles, stemmed, seeded and finely diced	1 bag	pork rinds, crushed
1/4 cup	onion, diced	1/2 cup	Parmesan cheese, grated
1 8-ounce	cream cheese, softened	4 Tbsp	butter, melted
1/2 cup	mayonnaise		
1 cup	cheddar cheese, shredded		



- 1 Preheat oven to 400 degrees.
- 2 Place chicken breast in 13x9 casserole dish and bake about 30-40 minutes.
- 3 While chicken is baking, work on jalapeno layer. Begin frying bacon until crispy. Remove and add onions to skillet. Cook until tender.
- 4 Remove from heat and combine bacon, onions, jalapenos, cream cheese, mayo, cheddar cheese and 1/2 cup Parmesan cheese in pan.
- 5 Remove chicken from oven. Turn temperature down to 350.
- 6 Generously top chicken with jalapeno layer.
- 7 For the topping: combine crushed pork rinds, 1/2 cup Parmesan cheese and melted butter. Sprinkle on top of jalapeno topped chicken.
- 8 Bake at 350 for another 15 minutes.

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: 55 minutes

## Chicken, Bacon, Apple Crock-Pot

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2 net carbs per serving

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|---|-------------------------------------|----------|---|
| 4 | chicken breasts, boneless, skinless | 1 cup    | Low carb BBQ sauce (we recommend Annie's Natural or Walden Farms) |
| 2 | apples, peeled, cored and grated    | 8 pieces | bacon, nitrite free   |



- 1 Wrap each chicken breast in 2 pieces of bacon & place in Crock-Pot.
- 2 Mix the grated apple and barbecue sauce together. Pour over chicken.
- 3 Cook on low setting for 8 hours.

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: 8 hours

## "Spaghetti" Squash with Cheese and Sausage Bake

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11 net carbs per serving

5 1/2 cups	cooked spaghetti squash (about 2 small squashes or 1 large)	8 ounces	cheddar cheese grated
		4 cups	baby spinach (about 4 oz)
1 Tbsp	butter	1/8 cup	Parmesan cheese, grated
1 Tbsp	olive oil		
1/4 cup	onion, minced	4 large	sausage links (we recommend Aidell's Organic Sun-dried Tomato)
3 Tbsp	almond flour		
2 cups	unsweetened almond milk		
1 cup	chicken broth		



- 1 Preheat oven to 375.
- 2 Cut squash in 1/2 and remove seeds. Place on baking sheet and bake until tender - this usually takes about 45 minutes to an hour.
- 3 While baking the squash, work on cooking the sausage links. Should take about 10 minutes in skillet on stove top. Once heated through, remove, let cool and then slice into pieces.
- 4 After baking squash, separate the strands of squash with fork--it should string out like spaghetti. Place in medium bowl.
- 5 Heat butter and oil in large sauce pan on medium heat. Add onions and sauté for about 2 minutes. Then add flour, reduce heat to low and stir continually for about 4 minutes.
- 6 Add milk and chicken broth while continuing to whisk. Raise heat to medium-high. Bring to a boil. Mixture should become smooth and thicken up.
- 7 Remove from heat, add cheddar cheese and mix until well combined.
- 8 Add cheese to cooked spaghetti squash along with baby spinach and sausage.
- 9 Pour all into a baking dish and sprinkle with Parmesan cheese to top.
- 10 Bake for 25 minutes until golden brown.

Servings: 6

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 20 minutes

Cooking Time: 1 hour and 25 minutes

## Beef and Sweet Potato Curry

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18 net carbs per serving

1/4 cup	coconut oil	2 Tbsp	curry powder
1	onion, chopped	2 Tbsp	sea salt
3 cloves	garlic	1 15-oz	can diced tomatoes
1 lb	ground beef, preferably grass fed	2 medium	sweet potatoes, peeled and cut into 1-inch cubes



- 1 Melt coconut oil in large soup pot.
- 2 Chop onion and mince garlic. Add to pot. Sauté until softened.
- 3 Add the ground beef and cook until brown.
- 4 Add curry powder and stir well.
- 5 Peel and dice sweet potatoes and add to pan.
- 6 Then add canned tomatoes (including liquid) and bring to a full boil.
- 7 Reduce and simmer for 20 minutes until potatoes are soft.

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 20 minutes

### Tips

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Feel free to add other spices to taste including: ginger, turmeric, cinnamon and pepper.

If you are looking to lessen carbs, you can always cut back on sweet potato amount. This is the majority of the carbs in this recipe.

## Asian Salmon Crock-Pot

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7 net carbs per serving (4 servings in entire recipe)

4	salmon filets, recommend wild caught	1	orange
		1 cup	almonds, slivered
1/2 cup	green onions, chopped	1 cup	cucumber, thinly sliced
2 Tbsp	low sodium soy sauce	8 Tbsp	Annie's Asian sesame ginger dressing
2 heads	romaine lettuce		



- 1 Coat the bottom of Crock-Pot with olive oil and place salmon filets on top.
- 2 In a saucepan, boil 1 cup water, 1/4 cup green onions, soy sauce, garlic, salt and pepper.
- 3 Pour mixture over salmon. Cook on low for 4 hours. Salmon should be flaky
- 4 Arrange romaine lettuce on a serving platter and top with orange slices, slivered almonds, cucumber and remaining green onions. Place cooked salmon on top.
- 5 Drizzle each salmon with 1-2 Tbsp of dressing.

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 4 hours

## Cajun Turkey Burgers with Sweet Potato Fries

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12 net carbs per serving

1 lb	ground turkey	1/2 tsp	onion powder
1	egg	1/2 tsp	cayenne pepper
1 Tbsp	Worcestershire sauce	2-3 slices	healthy life bread
1/2 tsp	salt	2	sweet potatoes, sliced into thin strips like fries
1/2 tsp	garlic powder		



- 1 In a large mixing bowl combine egg, Worcestershire sauce, salt, garlic powder, onion powder and cayenne pepper.
- 2 Food process 2-3 slices of healthy life bread-- should equal about 1/2 cup of fine bread crumbs.
- 3 Add bread crumbs and ground turkey to above mixture and combine well.
- 4 Shape into 6 patties
- 5 Place patties on grill and grill for 7-8 minutes or until no pink remains.
- 6 While grilling the burgers, place sweet potatoes slices seasoned with olive oil and salt and pepper in oven at 400 degrees. Bake 10-15 minutes or until crispy.
- 7 Recommend eating the patty without a bun or between two pieces of lettuce.

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: 15 minutes

## Southwestern Taco Soup

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6 net carbs per serving

1	lb	lean ground beef, preferably grassfed	8	oz	cream cheese, softened
1/2	cup	onion, chopped	2	10 oz cans	Rotel tomatoes (do not drain)
2	cloves	garlic, minced			
1	Tbsp	cumin	2	14.5 oz cans	beef broth
1	tsp	chili powder	1/2	cup	heavy cream



- 1 Brown ground beef with onion and garlic in a large pot then drain.
- 2 Add spices and cook 4-5 minutes.
- 3 Add cream cheese in small sections into meat mixture and work into meat until well combined.
- 4 Stir in remaining ingredients until heated thoroughly
- 5 This makes about 8 cups so there should be plenty of left overs!

Servings: 8

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 15 minutes