

VitalMeals Week 64

"Food should be fun." Thomas Keller

Day 1

Mexican Turkey Lettuce Wraps

Day 2

Thai BBQ Chicken

Asian Cole Slaw

Day 3

String Beans with Shallots

Italian Chicken Carbonara

Day 4

Stuffed Zucchini

Day 5

Salmon Patties with Bacon, Squash and Asparagus

Day 6

Chicken and Veggie Nachos

Day 7

Tomato Basil Parmesan Soup

Low Carb Jalapeno Cheddar Muffins

Servings: 4



Mexican Turkey Lettuce Wraps

4 net carbs per serving (1 serving = 2 lettuce wraps)

1.5 lbs	lean ground turkey	2	tbsp	bell pepper, chopped
1	tsp	garlic powder	4	oz can tomato sauce
1	tsp	cumin	3/4	cup water
1	tsp	paprika	8	large iceberg lettuce leaves
1	tsp	oregano	1/2	cup cheddar cheese, shredded
1	tsp	chili powder		
1/2	small	onion, chopped		



- 1 Brown turkey meat in skillet. Once it is cooked through, add all the spices. Mix well.
- 2 Add onion, bell pepper, water and tomato sauce. Let simmer for about 20 minutes.
- 3 Wash lettuce and lay out on plates as "taco shells" for the meat.
- 4 Fill leaves with meat and top with cheese and other toppings such as: sour cream, guacamole, tomatoes, etc.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Thai BBQ Chicken

5 net carbs per serving

4	chicken breast, boneless and skinless	1	tsp	ground turmeric
		1	tsp	curry powder
1	bunch fresh cilantro, chopped	1	Tbsp	Stevia or Truvia
3	cloves garlic	3	Tbsp	fish sauce
3	red hot chile peppers, seeded and chopped	1/4	cup	coconut milk



- 1 In a food processor, combine cilantro, garlic, chile peppers, turmeric, curry powder, Stevia and 1 pinch of salt.
- 2 Food process until it is the consistency of a paste.
- 3 Then pour in fish sauce and blend until smooth.
- 4 Place chicken in a greased baking dish and rub with the paste you just made.
- 5 It is ideal to marinate in fridge for several hours; however, if you are preparing last minute, let it sit for 5-10 minutes.
- 6 Then place on a pre-heated, lightly greased grill grate. Brush chicken with coconut milk and grill for about 10-12 minutes on each side until cooked through. (Juices should run clear.)
- 7 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Asian Cole Slaw

8 net carbs per serving

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



- 1 Separate the scallion whites.
- 2 Toss the coleslaw mix, red onions and scallions together in a large bowl til thoroughly mixed.
- 3 Stir dressing ingredients together in a small bowl until blended.
- 4 Mix dressing with coleslaw within 1 hour of serving.

Servings: 12

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Recipe Type: Side Dish

Tips

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, make dressing and toss.

String Beans with Shallots

4.5 net carbs per serving

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



- 1 Blanch string beans in a large pot of boiling salted water for 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

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Italian Chicken Carbonara

10 net carbs per serving

4	chicken breasts, boneless and skinless	1/2 cup	heavy cream
		1 Tbsp	butter
8	pieces bacon	1	onion, diced
2	small spaghetti squash		Italian seasoning
12	oz bag spinach		garlic powder
1	bunch asparagus		
1/2	cup Parmesan cheese, grated		



- 1 Preheat oven to 400.
- 2 Remove seeds from spaghetti squash and place on baking dish. Cook for roughly 30 minutes.
- 3 While spaghetti squash is cooking, cut the chicken in half lengthwise.
- 4 In skillet over high heat, add asparagus, a small amount of water and cook until asparagus softens. Then add 1 Tbsp of butter.
- 5 Remove asparagus from pan. Add bacon to same pan and cook until crispy.
- 6 Remove bacon. Cook chicken in same skillet - sprinkling with salt, pepper, garlic powder and Italian seasoning to taste.
- 7 Once chicken is fully cooked, remove.
- 8 Add onion to same skillet and cook until softened. Then add spinach until wilted.
- 9 Finally add the cream to top of spinach mixture and top with about 1/4 tsp of garlic powder and Italian seasoning for added spice.
- 10 Remove spaghetti squash from oven and string out insides with a fork (should be like spaghetti noodles).
- 11 Serve spaghetti squash topped with spinach mixture, chicken, bacon and asparagus on top. Finally sprinkle Parmesan cheese on top to finish.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Stuffed Zucchini

9 net carbs per serving

4	medium zucchini	3	eggs, beaten
1	lb ground sausage		oregano
1	can roasted red peppers		basil
1/4	green pepper, chopped		garlic
1/4	onion, chopped		chili powder



- 1 Boil zucchinis in a large pot of water for about 10 minutes. Do not peel prior to boiling.
- 2 While that is boiling, heat 2 Tbsp of olive oil in skillet and add peppers and onions. Cook for 5 minutes then add eggs and scramble. Set aside.
- 3 In the same skillet, cook sausage until browned.
- 4 Remove zucchinis and cut in half lengthwise. Scoop out the seeds.
- 5 Preheat oven to 350.
- 6 Place zucchini on baking sheet lined with aluminum foil for easy clean up.
- 7 Add egg mixture, sausage and roasted red peppers. Stir well.
- 8 Stuff zucchini with meat and veggie mixture and top with cheese.
- 9 Bake for 30 minutes until cheese bubbles.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 45 minutes

Salmon Patties with Bacon, Squash and Asparagus

8 net carbs per serving

2	lbs	salmon, wild caught (fresh or frozen)	1	egg
			2	tsp Dijon mustard
1	lb	bacon	1	bunch asparagus
1/4	cup	onion, finely chopped	2	yellow squash
1/4	cup	bell pepper, chopped	1	onion, chopped
2	cloves	garlic, minced		
3	Tbsp	Parmesan cheese		



- 1 Preheat oven to 350.
- 2 Cook salmon in skillet until flaky then remove and set aside.
- 3 Dice onion, garlic and bell pepper. Mix with salmon once it has cooled. Once well mixed, add egg, parmesan cheese, mustard, and salt and pepper to taste.
- 4 Cut each piece of bacon in half and lay on greased cookie sheet.
- 5 Roll salmon mixture into a ball and wrap bacon around the mixture. Use a toothpick to secure.
- 6 Place cookie sheet with bacon wrapped salmon into oven and cooked about 20 minutes. Bacon should be crispy.
- 7 While cooking the salmon patties, peel and slice the squash and sauté in pan with onion and 1 Tbsp olive oil. Add salt, pepper, and garlic to taste.
- 8 Boil asparagus in a pot for 2-3 mins and then toss with butter and salt.
- 9 Serve patties with squash and asparagus and enjoy!

Servings: 12

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Chicken and Veggie Nachos

7 net carbs per serving

1	tsp	olive oil	1	tsp	chili powder
2	cloves	garlic, minced	1	cup	salsa
6		green onions, chopped	1	lb	mini bell peppers
1.5	cups	chicken, shredded (already cooked)	1 1/2	cups	cheddar cheese, grated



- 1 Preheat oven to 350.
- 2 Heat oil in skillet over medium heat. Add garlic and white sections of green onions. Sauté for 1 minute then add shredded chicken and chili powder. Cook for about 2 more minutes.
- 3 Remove from heat. Add salsa. Season with salt and pepper as desired.
- 4 Cut off the tops of mini bell peppers and slice in half. Remove seeds and lay each half facing upward on baking sheet.
- 5 Top each pepper with chicken mixture and then with cheese. (Feel free to top with jalapenos or olives as desired.)
- 6 Bake "nachos" for about 10 minutes or until cheese is bubbly.
- 7 Remove and top with anything of your choice - sour cream, cilantro, tomatoes, etc.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Tomato Basil Parmesan Soup

15 net carbs per serving

3	cups	canned diced tomatoes with juices	1/4	tsp	pepper
			1/4	cup	olive oil
1	cup	celery, finely chopped	1	Tbsp	dried basil
1	cup	carrot, finely chopped	1/2		bay leaf
1	cup	onion, finely chopped	1/2	cup	butter
1	tsp	dried oregano	2	cups	half and half
4	cups	chicken broth	1	tsp	salt
1/2	cup	almond flour			
1	cup	Parmesan cheese, grated			



- 1 Heat olive oil in large soup pot. Add celery, onion and carrots. Cook for about 5 minutes then add basil, oregano, bay leaf, tomatoes and chicken broth.
- 2 Bring all to a boil then reduce heat and simmer for another 12-15 minutes.
- 3 While soup is simmering, melt butter over low heat and add almond flour-- whisking constantly for about 7 minutes. Slowly add 1 cup of hot soup to flour mixture. Then continue adding 3 more cups.
- 4 Return all to soup pot and simmer another 5 minutes or until soup begins to thicken.
- 5 Add Parmesan cheese and stir briskly until it mixes in well. Then add warmed half and half, salt and pepper.
- 6 Simmer an additional 15 minutes over low heat and enjoy!
- 7 Plenty left over for lunch tomorrow!

Servings: 8

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 35 minutes

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	almond milk, unsweetened
1/2 tsp	salt	1/2 cup	cheddar cheese, shredded
1 Tbsp	raw honey	1-2	jalapenos, chopped
3	large eggs		



- 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 minutes.

Servings: 8

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Recipe Type: Bread