

VitalMeals Week 65

"Food is your body's fuel. Without fuel, your body wants to shut down." Ken Hill



Day 1

Mexican Pizza Cups

Day 2

Asian Chicken

Asian Cole Slaw

Day 3

Crock-Pot Stuffed Greek Chicken

Spinach Salad

Day 4

Zesty Pork Chops

Green Bean Bundles

Garlic Broccoli Rabe

Day 5

Blackened Tilapia

Tomato and Asparagus Salad

Day 6

Low Carb Salmon Burgers

Spicy Sweet Potato Chips

Day 7

Gazpacho

Cauliflower "Bread" Sticks

Servings: 4

Tips

When you are out of staple items, do you immediately put them on your shopping list? Keeping a shopping list on your refrigerator door or as a note in your smart phone makes it easy to stay well-stocked.

Mexican Pizza Cups

10 net carbs per serving (3 pizza cups)

- | | | |
|--------|---------------------------------------|-------------------|
| 6 | low carb tortillas | |
| 1 lb | lean ground beef, browned and drained | sour cream |
| 1 cup | salsa | tomatoes, chopped |
| 1 pkg | dry taco seasoning | black olives |
| 2 cups | mexican-style cheese blend, shredded | |



- 1 Preheat oven to 425 and spray 12 count muffin tin with non-stick olive oil spray.
- 2 In a skillet, over medium high heat, cook the ground beef until cooked through and browned. Drain.
- 3 While meat is cooking, lay each tortilla out and use an empty glass cup to cut 2 medium circles out of each wrap.
- 4 Place each "tortilla circle" into muffin tin--pressing it against the sides.
- 5 Mix together ground beef, salsa and taco seasoning. Stir well.
- 6 Scoop meat mixture into each wrap to fill and top with shredded cheese.
- 7 Bake for 12-15 minutes or until cheese is melted and bubbly.
- 8 Let rest for 5-10 minutes before removing. Top with any toppings of your choice!
- 9 1 serving equals 3 pizza cups.
- 10 Serve with a side salad to get some extra greens!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Asian Chicken

10 net carbs per serving

4	chicken breasts, boneless and skinless	2	tsp	ginger-root; fresh; minced
		2		green onions, minced
Marinade:		1/4	cup	soy sauce
	lemon juice	1/4	cup	teriyaki sauce
2 Tbsp	sesame seeds, toasted	1	tsp	honey
2 cloves	garlic, minced	2	tsp	sesame oil



- 1 Mix all marinade ingredients and pour into a ziplock bag. Add chicken. Allow to marinate for several hours (or overnight).
- 2 When you are ready to cook, grill over high heat for about 5 minutes per side (or until cooked through).
- 3 Enjoy!

Servings: 4

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Inactive Time: 3 hours

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.

Crock-Pot Stuffed Greek Chicken

4 net carbs per serving

4	chicken breasts	4	oz	feta cheese
3	cups chicken, boneless and skinless	1	Tbsp	oregano, chopped
2	roasted red peppers, chopped	1	tsp	garlic powder
1/4 cup	black olives, sliced	1.5	cups	chicken broth
1	cup artichoke hearts			salt and black pepper to taste



- 1 Mix together spinach, artichoke hearts, roasted red peppers, feta, oregano and garlic.
- 2 Sprinkle chicken with salt and pepper and then cut the center of the breast to create a pocket (do not cut all the way through the chicken).
- 3 Stuff spinach and pepper mixture into chicken breast and place in slow cooker.
- 4 Cover with chicken broth.
- 5 Cook on low for 4 hours or until chicken is cooked through.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 4 hours

Spinach Salad

5 net carbs per serving

3	eggs	2	tsp	Stevia or Truvia		
7	slices	thick cut	bacon	1/2	tsp	Dijon mustard
1	small	red	onion	1	dash	salt
1	pkg	mushrooms		8	oz	baby spinach - washed
3	Tbsp	red wine	vinegar			dried and stems removed



- 1 Place eggs in saucepan, cover water, bring to boil. Then turn off heat and allow them to sit in water for 20 minutes. Drain off water and add ice on top of eggs.
- 2 Fry bacon in skillet until crispy. Remove to a paper towel. Drain fat into bowl and reserve.
- 3 Slice red onion thinly and add to skillet. Cook slowly until onions are caramelized and reduced. Remove to plate and set aside.
- 4 Slice mushrooms and add to same skillet with a little bit of bacon fat if needed. Cook slowly until caramelized and brown. Remove to plate and set aside.
- 5 Chop bacon. Peel and slice the egg.
- 6 Make hot bacon dressing: Add 3 Tbsp of bacon fat, vinegar, Stevia/Tuvia, Dijon and salt to a small saucepan or skillet over medium-low heat. Whisk together and heat thoroughly until bubbly.
- 7 Add spinach to a large bowl. Arrange onions, mushrooms and bacon on top. Top with hot dressing and combine. Add eggs and serve.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Zesty Pork Chops

2 net carbs per serving

4 6 oz pork chops

1 tsp chili powder

Marinade:

1 tsp paprika

4 cloves garlic, crushed

1 lime

1 tsp cumin

salt and pepper to taste



- 1 Combine garlic, cumin, chili powder, paprika and salt and pepper in a bowl and then sprinkle evenly over pork chops.
- 2 Cut lime in half--first adding zest of the lime and then squeezing the juice from the limes on top of each chop.
- 3 Let sit and marinate for 15 minutes.
- 4 Place pork chops in a pan and broil for about 5 minutes on each side (or until cooked through).

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Green Bean Bundles

4 net carbs per serving

1 lb green beans, trim the ends salt and black pepper to taste
4 slices bacon, halved
1/8 tsp garlic powder



- 1 Blanch the green beans for 3-4 minutes and let dry on paper towel.
- 2 Preheat oven to 400 and spray baking sheet with olive oil.
- 3 Form 8 bundles of green beans and wrap each bundle with one half slice of bacon. Secure with toothpick.
- 4 Place on baking sheet, spray tops with extra olive oil and season with salt pepper and garlic powder.
- 5 Bake for about 15 minutes

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes
Cooking Time: 20 minutes

Garlic Broccoli Rabe

1 net carb per serving

1 large bunch	broccoli rabe	crushed red pepper
4 cloves	garlic, crushed	flakes (optional)
2 Tbsp	olive oil	
	salt and black pepper	
	to taste	



- 1 Preheat oven to 400.
- 2 Boil a pot of water. Once boiling, add broccoli for one minute and sprinkle with salt.
- 3 Remove and drain well.
- 4 Place broccoli on cookie sheet and cover with garlic, olive oil, salt, pepper and crushed red pepper flakes if desired.
- 5 Bake for 20 minutes (or until crispy).

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Blackened Tilapia

1 net carb per serving

4 filets tilapia	1 tsp	black pepper
1 lemon	1 tsp	cayenne pepper
1 Tbsp olive oil	1 tsp	dried oregano
Spice Mixture	1 tsp	dried thyme
3 Tbsp paprika	1/2 tsp	celery seed
1 Tbsp onion powder	1 Tbsp	kosher salt
1 pinch garlic powder		



- 1 Coat fish with spice mixture.
- 2 Heat skillet on high heat and add olive oil. Heat until hot.
- 3 Cook fillets for about 2-3 minutes per side.
- 4 Remove and top with pan juices and a squeeze of lemon.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 6 minutes

Tomato and Asparagus Salad

7 net carbs per serving

1 lb	asparagus, trimmed and cut into 1-inch pieces	1/4 cup	olive oil
		2 tsp	lemon juice
6 cups	cherry tomatoes halved	2 tsp	Dijon mustard
1/2 cup	blue cheese, crumbled	1/2 tsp	kosher salt
1	ripe avocado	1/2 tsp	pepper
1 cup	basil leaves, sliced		



- 1 Boil asparagus in a large pot of salted water for about 2 minutes. Drain and then rinse with cold water.
- 2 Combine asparagus with tomatoes, cheese, avocado and remaining ingredients. Stirring well to coat.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Low Carb Salmon Burgers

8 net carbs per serving

1/4 cup	red bell pepper, diced	1/2 Tbsp	soy sauce, reduced sodium
1/4 cup	yellow bell pepper diced	1 tsp	lemon juice
2 slices	low carb bread (healthy life recommended)-- for bread crumbs	1/4 tsp	kosher salt
		4 cups	baby spinach
		4 oz	avocado, sliced
1 clove	garlic, minced		
1 lb	wild caught salmon		
1 large	egg, beaten		



- 1 Remove skin from salmon and place salmon in food processor or chop finely into small pieces. Set aside.
- 2 Place 2 pieces of bread into food processor to make bread crumbs.
- 3 In a bowl, combine salmon with bell peppers, 6 Tbsp of bread crumbs and garlic.
- 4 In another bowl, combine egg, soy sauce, lemon juice and salt. Then add to salmon mixture. Mix well.
- 5 Form into 4 patties. Ideally you want to let them sit in the fridge for about an hour to allow the burgers to hold together well.
- 6 Heat grill to medium high heat and spray with olive oil spray. Cook about 4 minutes per side.
- 7 Place spinach on plate and top with salmon burger.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Inactive Time: 1 hour

Spicy Sweet Potato Chips

15 net carbs per serving

2 sweet potatoes, washed and dried 1/2 tsp salt
2 Tbsp olive oil 1/2 tsp pepper
1 tsp cayenne pepper



- 1 Preheat oven to 450.
- 2 Line 2 baking sheets with parchment paper.
- 3 Cut potatoes into 1/4 inch thick slices.
- 4 In large bowl, add oil and seasoning. Toss potato slices to coat.
- 5 Place single layer on baking sheets and bake until lightly browned and crisp on both sides. Roughly 15 minutes per side.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Gazpacho

7 net carbs per serving

- | | | | |
|----------|---|--------|--------------------------------|
| 4 large | tomatoes peeled, seeded and diced | 2 tsp | red wine vinegar |
| | | 4 tsp | olive oil |
| 1 medium | cucumber peeled, seeded and cut into pieces | 4 Tbsp | red onion, chopped |
| | | | salt and black pepper to taste |
| 1 | red bell pepper, cut into pieces | | |
| 2 cloves | garlic, chopped | | |



- 1 Put tomatoes, cucumber, bell pepper, garlic, salt, pepper and vinegar into blender and blend until smooth.
- 2 Chill in refrigerator for 30 minutes.
- 3 Pour into bowls and top with 1 tsp olive oil and 1 Tbsp chopped red pepper per bowl.
- 4 Flavor with salt and pepper as needed.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Inactive Time: 30 minutes

Cauliflower "Bread" Sticks

< 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

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 30 minutes