

VitalMeals Week 66

"It is difficult to think anything but pleasant thoughts while eating a homegrown tomato." Lewis Grizzard



Day 1

Mexican Salmon
Cauliflower Rice

Day 2

Chicken and Broccoli Bake

Day 3

Jerk Pork Roast
String Beans with Shallots

Day 4

Strawberry Chicken Salad

Day 5

Thai Shrimp Burgers
Asian Cole Slaw

Day 6

Philly Cheesesteak Bake

Day 7

Meatball Soup

Servings: 4

Mexican Salmon

6 net carbs per serving

4	filets salmon	1	Jalapeno pepper, seeded and finely chopped
Spice Mixture:			
1	Tbsp olive oil	1/2	red bell pepper, seeded and chopped
1	tsp coriander	1/2	yellow bell pepper, seeded and chopped
1	tsp cumin	2	Tbsp cilantro
1	tsp paprika	Juice Mixture:	
1	tsp onion powder	3	Tbsp olive oil
1	tsp pepper	2	limes
1	tsp salt	1	tsp salt
Avocado Salsa Ingredients:			
1	avocado, peeled and sliced		
1/2	red onion, thinly sliced		



- 1 Coat salmon with olive oil.
- 2 Mix all the spices in a small bowl and then season the "meat side" of the salmon (not skin side) with the mixture.
- 3 Refrigerate for 20-30 minutes.
- 4 While salmon is in fridge, you can make the avocado salsa.
- 5 Mix 3 Tbsp olive oil, juice from 2 limes and salt in a bowl.
- 6 In a separate bowl, combine avocado, red onion, red and yellow bell pepper and cilantro; top with the above juice mixture.
- 7 Place salsa in refrigerator.
- 8 At this point, you are ready to grill your fish. Fire up grill and cook salmon for about 5 minutes per side.
- 9 Top salmon with salsa and enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Cauliflower Rice

4 net carbs per serving

- | | |
|---|--------------------------|
| 1 small head cauliflower, chopped
coarsely | 2 Tbsp coconut oil |
| 1 small onion, finely chopped | salt and pepper to taste |
| 2 Tbsp butter | |



- 1 After chopping cauliflower, place in food processor and pulse until almost the size of rice.
- 2 Then, melt butter and coconut oil in a skillet over medium heat and sauté onions until softened.
- 3 Add chopped cauliflower to the skillet and mix well with onions and butter and oil.
- 4 Finish with salt and pepper to taste.

Servings: 4

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Chicken and Broccoli Bake

7 net carbs per serving

3	cups	chicken breast, shredded	garlic powder to taste
16oz	bag	frozen broccoli	pepper to taste
1	can	cream of mushroom soup	
1	cup	cheddar cheese, shredded	



- 1 Heat oven to 350.
- 2 Mix all ingredients in a bowl and pour into a 9x9 baking dish.
- 3 Bake for 25 minutes covered and then uncover and bake for another 5 minutes (or until cheese is bubbly).
- 4 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Tips

You can use any kind of shredded chicken. You can cook chicken breasts in Crock-pot and shred yourself, or just shred off pieces from a rotisserie chicken!

Jerk Pork Roast

2 net carbs per serving

3 lbs	pork tenderloin	1/2 tsp	ground nutmeg
1 Tbsp	onion flakes	1/2 tsp	ground cinnamon
1 Tbsp	onion powder	2 tsp	Splenda
2 tsp	thyme	1 tsp	black pepper
2 tsp	salt	1 tsp	cayenne pepper
1 tsp	ground allspice		



- 1 Preheat oven to 350.
- 2 Pat off excess liquid from roast with paper towel. Mix all seasonings together and coat the pork generously.
- 3 Place in pan and roast for 50-60 minutes, or until desired doneness.
- 4 Let rest 10 minutes before serving.
- 5 Should be plenty left over for tomorrow!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 1 hour

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

Strawberry Chicken Salad

6 net carbs per serving

4 chicken breasts, boneless, skinless 1 package strawberries
4 oz feta cheese
16 oz bag spinach
1/2 cup pine nuts



- 1 Season chicken with olive oil, salt and pepper and bake for 45 minutes.
- 2 Take out of the oven and let cool somewhat.
- 3 Place pine nuts on baking sheet and bake for about 5-10 minutes, until starting to brown.
- 4 While pine nuts are roasting, divide the bag of spinach onto 4 plates and top with feta cheese and strawberry slices.
- 5 Shred or slice chicken and place on top of salad.
- 6 Finally, sprinkle with toasted pine nuts.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 50 minutes

Tips

I suggest serving with olive oil and vinegar dressing, however, bleu cheese or balsamic vinaigrette are great choices as well.

Thai Shrimp Burgers

5 net carbs per serving

1.5 lbs	shrimp, peeled and deveined, chopped into large pieces	1 Tbsp	soy sauce
		1 tsp	chili sauce (optional)
		1 Tbsp	natural peanut butter
2 cloves	garlic	1/4 cup	carrots, julienne
1 small	shallot	2	green onions, sliced
2 tsp	fish sauce	1/4 cup	cilantro
1/2 tsp	lime zest	1/4 cup	peanuts, toasted and chopped
2 Tbsp	cilantro	8 large	romaine lettuce leaves (for buns)
3/4 cup	coconut milk, unsweetened		
1	juice of 1 lime		
2 Tbsp	Splenda brown sugar		



- 1 Mince 1/3 of the shrimp in a food processor with garlic, shallot, fish sauce, lime zest and cilantro.
- 2 Mix the minced shrimp into the chopped shrimp to form 4 patties and let sit in refrigerator for about 30 minutes.
- 3 Heat grill to medium-high heat and cook each patty about 4 minutes per side.
- 4 Heat coconut milk, lime juice, brown sugar, soy sauce and peanut butter in a pot over medium heat until peanut butter melts and sauce thickens. Set aside to cool.
- 5 Mix the carrots, green onion, cilantro and toss into above sauce.
- 6 Place shrimp patties between two large pieces of romaine lettuce leaves and top with sauce and chopped peanuts. Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Inactive 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.

Philly Cheesesteak Bake

4 net carbs per serving

2 Tbsp	coconut oil	2 6 oz	packages of beef slices (recommend Hormel all natural beef slices)
3	medium onions, sliced		
3	bell peppers, sliced		
1 tsp	garlic	1 large pkg	mushrooms, sliced
1 tsp	salt	1 package	swiss cheese slices
1 Tbsp	italian seasoning		



- 1 Preheat oven to 375.
- 2 Melt coconut oil in skillet over medium heat. Add onions, bell peppers, mushrooms, garlic, salt, pepper and beef. Sauté for 5-10 minutes.
- 3 Then pour skillet contents into a 9x13 pan and top with Swiss cheese slices.
- 4 Bake for 10-15 minutes until cheese melts.

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Meatball Soup

8 net carbs per serving

Meatballs:			
1 lb	lean ground beef	1	carrot, peeled and diced
2 cloves	garlic, minced	2 stalks	celery, chopped
1 tsp	ground cumin	3 cups	chicken broth
1 tsp	dried oregano	3 cups	water
1/4 cup	parsley, chopped	1 14.5 oz can	diced tomatoes
1	egg, beaten	1/2 tsp	oregano, diced
1/2 tsp	salt	1/4 tsp	ground cumin
1/4 tsp	pepper	1 cup	zucchini, chopped
Soup:		1 Tbsp	lemon juice
1 Tbsp	olive oil		salt and pepper to taste
1 large	onion, chopped		
2 cloves	garlic, minced		



Meatballs:

- 1 Mix ingredients in a large bowl and shape into 1 inch balls. Keep them in refrigerator until ready to add to soup.

Soup:

- 1 In a large pot, heat olive oil, add onions. Sauté until soft then add garlic, chopped carrots and celery. Stir continuously. Cook for about 5 minutes. Add chicken broth, water and diced tomatoes then stir in oregano and cumin. Bring to a boil, reduce heat to low, simmer for about 5 minutes.
- 2 Add meatballs to soup and stir gently. Cover and simmer for another 10 minutes. Add zucchini and cook another 10 minutes. Finally, add lemon juice and season with salt and pepper. Enjoy!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 30 minutes