

## VitalMeals Week 67

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"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world." J.R.R. Tolkien



**Day 1**

Southwest Chicken Salad

**Day 2**

Black Pepper Citrus Chicken  
Balsamic Roasted Brussels Sprouts  
Parmesan Creamed Spinach

**Day 3**

Indian Curry  
Cauliflower Rice

**Day 4**

Steak and Herbs  
Tomato and Asparagus Salad

**Day 5**

Lemon Lime Salmon  
Cauliflower "Mashed Potatoes"

**Day 6**

Jalapeno Chicken Burgers  
Baked Eggplant Fries

**Day 7**

Cream of Cauliflower Soup  
Low Carb Jalapeno Cheddar Muffins

Servings: 4

## Southwest Chicken Salad

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11 net carbs per serving

4	chicken breasts	1/4 cup	cheddar cheese, shredded
6 cups	romaine lettuce	4 slices	bacon, nitrate free (cooked and crumbled)
1	tomato, sliced	1 pinch	salt
1 large	avocado	1 pinch	pepper
1/2 cup	corn, canned	2	jalepeno (optional)
1/2 cup	black beans		
1/4 cup	red onion, sliced		



- 1 Layer salad with romaine lettuce, tomato and avocado. Top with corn, black beans, onion and cheese. Finish with chicken breast slices, crumbled bacon bits, and jalapenos if you choose!
- 2 Serve with ranch or bleu cheese dressing and enjoy!

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: 10 minutes

## Black Pepper Citrus Chicken

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2 net carbs per serving

2	Tbsp	olive oil	1	cup	onion, sliced	
1	1/4	tsp	black pepper, freshly ground	2	tsp	garlic, minced
1/4	tsp	salt	1/4	cup	white wine	
4		chicken breasts, boneless, skinless	2	Tbsp	juice from an orange	
			1	Tbsp	juice from a lemon	



- 1 Heat 1 Tbsp olive oil in large skillet over medium high heat.
- 2 Season chicken breasts with salt and pepper. Place in pan.
- 3 Cook on each side for about 2-3 minutes.
- 4 Remove from pan.
- 5 Add the other Tbsp of olive oil to pan and then add onion and garlic. Sauté for about 2-3 minutes then add wine. Cook for another minute.
- 6 Place chicken back in pan and top with a little more pepper and juice from the orange and lemon.
- 7 Cover, reduce heat to low, and simmer for about 5 minutes.

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: 15 minutes

## Balsamic Roasted Brussels Sprouts

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*4 net carbs per serving*

1 1/2 lbs	Brussels sprouts	1 pinch	kosher salt
4 oz	pancetta, diced	1 pinch	black pepper
1/4 cup	olive oil	1 Tbs	balsamic vinegar



- 1 Preheat oven to 400.
- 2 Place Brussels sprouts on pan and add pancetta, olive oil, salt and pepper. Toss with your hands and spread out evenly across pan.
- 3 Roast for 20-30 minutes until they are tender and nicely browned and pancetta is cooked. Toss once during roasting.
- 4 Remove from oven and immediately drizzle with balsamic vinegar and toss again.
- 5 Serve hot.

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 2 minutes

Cooking Time: 30 minutes

## Parmesan Creamed Spinach

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2 net carbs per serving

2 cups	almond milk, unsweetened	2 10 oz pkg	spinach, frozen, chopped, thawed and drained
2 Tbsp	butter, unsalted		Kosher salt
2 Tbsp	almond flour		ground black pepper
1/2 tsp	pumpkin pie spice		
1/4 cup	Parmesan cheese, grated		



- 1 Warm milk in small sauce pan over medium heat.
- 2 Melt the butter in a separate small sauce pan over medium heat.
- 3 Whisk the almond flour into the butter and cook for about 2 minutes (making a roux).
- 4 Whisk in the warm milk a little at a time to avoid lumps. Cook until sauce begins to thicken (2-3 minutes). Then add pumpkin pie spice, pinch of salt and pepper.
- 5 Turn the heat to low, stir in cheese and let it melt. Then stir in spinach and cook another 2-3 minutes until heated through.

Servings: 6

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 2 minutes

Cooking Time: 10 minutes

## Indian Curry

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3 net carbs per serving

1 lb	chicken breasts, boneless, skinless, cooked and cubed into 3/4 inch cubes	1 Tbsp	olive oil
1/2 tsp	mustard seeds, crushed	1/4 tsp	ground turmeric
1/4 tsp	cumin seeds, crushed	1/4 tsp	ground red chili
1 cup	diced tomato, drained	1/4 tsp	salt
		3/4 cup	coconut milk, unsweetened



- 1 Heat a large skillet on medium heat.
- 2 Add mustard and cumin seeds and cook for about 2 minutes (seeds will become fragrant). Stirring often.
- 3 Meanwhile, in a small bowl, combine olive oil and tomato then add to the seed mixture. Cook for 1 minute, stirring continuously.
- 4 Then add turmeric, salt and red chili. Cook for another minute.
- 5 Finally, add the already cooked and diced chicken breast and sauté for about 1 minute. Add in coconut milk and cover.
- 6 Simmer on low heat for about 10 minutes.
- 7 Serve on top of cauliflower rice.

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 4 minutes

Cooking Time: 15 minutes

## Cauliflower Rice

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*4 net carbs per serving*

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|---|--------------------------|
| 1 small head cauliflower, chopped<br>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

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Preparation Time: 5 minutes

Cooking Time: 10 minutes

## Steak and Herbs

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*1 net carb per serving*

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|------------------------------------|--------------------------|
| 1 24 oz rib eye (2-3 inches thick) | 2 Tbsp fresh oregano     |
| 1 cup basil leaves                 | 2 cloves garlic, minced  |
| 1 cup parsley leaves               | 1 cup olive oil divided  |
| 1 Tbsp fresh rosemary              | salt and black pepper to |
| 1 Tbsp fresh thyme                 | taste                    |
| 1 Tbsp fresh tarragon              |                          |



- 1 On a cutting board, chop all herbs and garlic together. Then transfer to a small bowl and mix together. Add in 3/4 cup of olive oil and salt and pepper to taste. Cover and set aside for 30 minutes ideally.
- 2 Season the steak with salt and pepper and 2 Tbsp olive oil.
- 3 Cook steak over medium high heat; grill until cooked to desired doneness (roughly 12-15 minutes for medium).
- 4 Once steak is cooked, place on a platter and let rest for about 5 minutes.
- 5 Then, slice steak into pieces and top generously with herb sauce.

Servings: 4

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 20 minutes



## Tomato and Asparagus Salad

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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

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 10 minutes

## Lemon Lime Salmon

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*1 net carb per serving*

4 filets salmon	2 Tbsp butter, room temperature
1/2 tsp lemon zest, grated	2 Tbsp olive oil
1/2 tsp lime zest, grated	salt and pepper to taste



- 1 Combine lemon zest, lime zest and butter then pour onto a piece of plastic wrap. Roll plastic wrap into a 1 inch cylinder and refrigerate (or freeze) while you cook fish.
- 2 Preheat oven to 400 and coat fish with salt, pepper and olive oil.
- 3 Place salmon skin-side down on foil lined baking sheet and cook for about 15 minutes (or until salmon flakes easily with fork).
- 4 Top each fish with slices of lemon lime butter.

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: 15 minutes

## Cauliflower "Mashed Potatoes"

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*4 net carbs per serving*

1	medium	head of cauliflower	1/2	tsp	garlic, minced
1	Tbsp	cream cheese	3	Tbsp	butter, unsalted
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

## Jalapeno Chicken Burgers

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5 net carbs per serving

1.5 lbs	chicken, ground	2	tsp	jalapeno, chopped
1/2 cup	onion, peeled and chopped	1/3	cup	cheddar cheese, shredded salt and black pepper to taste
1/4 cup	fresh cilantro, chopped			
2	cloves	1	cup	guacamole (optional)
1	tsp	1	cup	sour cream (optional)
1	tsp	1	cup	salsa (optional)



- 1 In a large bowl, mix together ground chicken, onion, cilantro, garlic, jalapeno, ground cumin, paprika, cheese, salt and pepper.
- 2 Form mixture into 4 patties and grill over medium heat for about 5-6 minutes per side (or until desired doneness).
- 3 Serve each patty topped with guacamole, sour cream and salsa if 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

## Baked Eggplant Fries

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14 net carbs per serving

1	medium	eggplant, cut into 1/4 inch thick "fries"	1/4	cup	Parmesan cheese, grated
1/2	cup	almond flour	1	tsp	Italian seasoning
2		eggs, lightly beaten			salt and pepper to taste
2	slices	healthy life bread (for breadcrumbs)			



- 1 Preheat oven to 425.
- 2 First, make breadcrumbs by food processing up 2 pieces of healthy life bread.
- 3 Then, in a small bowl, mix bread crumbs, Parmesan cheese, Italian seasoning and salt.
- 4 Dip eggplant slices in flour, then in egg, and then in the above breadcrumb mixture.
- 5 Place slices on a baking sheet and bake for about 10 minutes or until crispy and golden brown.

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: 10 minutes

## Cream of Cauliflower Soup

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6 net carbs per serving

3 Tbsp	butter	1	10 oz pkg	cauliflower, frozen
3/4 cup	onion, diced	1/2	cup	half-and-half
3/4 cup	celery, diced			salt and pepper to
1 quart	chicken broth			taste



- 1 Melt butter in skillet over medium-low heat and sauté onions and celery for about 5 minutes.
- 2 In a large pot, combine the above veggies with broth and cauliflower and simmer until cauliflower becomes tender.
- 3 With a slotted spoon, spoon out veggies from pot and place into a blender. Puree until smooth.
- 4 Pour pureed mixture back into pan and then add half-and-half, salt and pepper. Simmer on low for about 5 more minutes.
- 5 Top with shredded cheese if you prefer.

Servings: 4

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 10 minutes

## Low Carb Jalapeno Cheddar Muffins

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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

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 30 minutes

Recipe Type: Bread