

VitalMeals Week 68

"One cannot think well, love well, sleep well, if one has not dined well.
Virginia Woolf



Day 1

Cilantro Lime Rice and Chicken Bowl

Day 2

Caprese Chicken
Broccoli Salad

Day 3

Low Carb Meatloaf
Cauliflower "Mashed Potatoes"

Day 4

Strawberry and Avocado Spinach Salad

Day 5

Tuna Kabobs
Cauliflower Rice

Day 6

Southwest Turkey Burger
Coleslaw
Garlic Broccoli Rabe

Day 7

Pizza Soup

Servings: 4

Tips

Have a busy week coming up? Or just wanting to "play" on the weekend instead of cook? Consider doubling the meatloaf recipe, baking both and keeping one in the freezer for future use.

Cilantro Lime Rice and Chicken Bowl

7 net carbs per serving

6 cups	lettuce	2	limes
1 lb	chicken breasts, boneless, skinless, cooked and shredded	Toppings:	
1 medium	cauliflower head	1 cup	tomato, diced
1 Tbsp	olive oil	1/2 cup	onion, diced
1/2 cup	fresh cilantro, chopped	1/2 cup	guacamole
2 cloves	garlic, chopped	1/2 cup	greek yogurt, plain
2	scallions, diced	1/4 cup	fresh cilantro chopped



- 1 Make the rice by coarsely chopping the cauliflower into florets and placing half into the food processor. Pulse until the consistency of rice. Set aside and repeat with the other 1/2 of cauliflower.
- 2 In a large pan over medium heat, sauté olive oil, scallions and garlic for about 3 minutes.
- 3 Raise the heat and add cauliflower. Cover and cook approximately 5 more minutes stirring frequently.
- 4 Remove from heat and season with salt, pepper, cilantro and lime juice.
- 5 To make burrito bowls: stack lettuce, rice, shredded chicken and veggies and toppings as desired.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Caprese Chicken

3 net carbs per serving

4	chicken breasts, boneless, skinless	6 oz	fresh mozzarella
2	cloves garlic, minced	4 Tbsp	balsamic vinegar
1	large tomato, sliced	3 Tbsp	olive oil
4	large basil leaves		



- 1 Preheat oven to 400.
- 2 Heat a grill pan over medium heat and brush with olive oil. Grill chicken on both sides for about 2 minutes then transfer chicken into oven and cook for another 10 minutes. In the last 2 minutes, add mozzarella to each chicken breast.
- 3 When chicken is done cooking, place basil leaf and tomato slice on top of cheese. Drizzle with balsamic vinegar to finish.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Broccoli Salad

6 net carbs per serving

1	Tbsp	white wine vinegar	6	oz	cherry or grape tomatoes, halved
1		lemon, zested			
1	Tbsp	lemon juice	3	oz	pecans or hazelnuts, coarsely chopped
2	tsp	Dijon mustard			
1	tsp	kosher salt	2	Tbsp	basil
		pepper			
1/4	cup	olive oil			
1	lb	broccoli, rinsed, trimmed, and sliced thinly on mandolin			



- 1 Whisk together the vinegar, zest, lemon juice, mustard, salt and pepper in a medium bowl. While whisking constantly, gradually add olive oil. Then add broccoli and toss to coat.
- 2 Cover and set in refrigerator for 1 hour.
- 3 Stir in the tomatoes, nuts and basil.
- 4 Cover and allow to sit at room temp (or in refrigerator) for another 15 minutes before serving.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Inactive Time: 1 hour

Low Carb Meatloaf

8 net carbs per serving

2 lbs	lean ground beef	1/4 tsp	pepper
1/2 medium	onion	1/8 tsp	nutmeg
1 clove	garlic, minced	2 slices	healthy life bread, toasted lightly and cut into coarse bread crumbs
3 Tbsp	fresh parsley	2 Tbsp	reduced sugar ketchup
1	egg	2 Tbsp	water
1/4 cup	half and half		
1 tsp	dry mustard		
1/4 tsp	salt		



- 1 Preheat oven to 350.
- 2 In a large bowl, mix meat with onion, garlic and parsley.
- 3 In another bowl, whisk egg for about a minute and then add half-and-half, salt, pepper, mustard and nutmeg. Blend well. Add breadcrumbs and let sit for about 5 minutes.
- 4 Pour egg mixture into meat mixture until thoroughly mixed.
- 5 Pour into a 9x5 loaf pan that is coated with olive oil. Mix water and ketchup and lightly top the meat mixture.
- 6 Bake for about 80-90 minutes or until thoroughly cooked.

Servings: 6

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 1 hour and 30 minutes

Cauliflower "Mashed Potatoes"

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

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Strawberry and Avocado Spinach Salad

8 net carbs per serving

1	16 oz bag	spinach	1/2 cup	coarsely chopped
2	cups	strawberries, sliced		pecans
2		avocados, diced	1 lb	steak (rib eye, strip,
8	slices	bacon, cooked and crumbled		filet mignon), grilled and sliced into strips
1/2	cup	blue cheese, crumbled		



Assemble all the ingredients on a bowl or plate; add grilled steak to complete. Enjoy!!!

Servings: 4

Tuna Kabobs

6 net carbs per serving

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| 1 lb tuna steak- cut into 16 one
inch thick cubes | 8 cherry tomatoes |
| 1 green pepper, cut into strips | 2 Tbsp olive oil |
| 1 red pepper, cut into strips | 2 Tbsp lime juice |
| 1 red onion, cut into wedges | 1 Tbsp Dijon mustard |



- 1 In a small bowl, combine olive oil, lime juice and Dijon mustard.
- 2 Add fish cubes to marinade to coat. Let marinate in refrigerator for about 15 minutes.
- 3 Meanwhile, cut all veggies and remove all seeds.
- 4 Stack skewers with veggies, 4 pieces of fish per skewer and brush with left over marinade.
- 5 Place on grill for about 7 minutes or until desired doneness.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Cauliflower Rice

4 net carbs per serving

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| 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

Southwest Turkey Burger

6 net carbs per serving

1 lb	ground turkey	1 medium	avocado
1 tsp	cumin	4 Tbsp	sour cream
1/2 tsp	garlic powder	8 large	lettuce leaves washed and dried
2 tsp	olive oil		



- 1 Preheat oven to 350.
- 2 Combine ground turkey, cumin and garlic in a bowl. Combine well. Form 4 patties and lightly coat in olive oil.
- 3 Heat a skillet to medium high heat and place burger patties in skillet for about 4 minutes. Transfer burgers to oven and bake 5 more minutes (or until desired doneness).
- 4 Let cool for about 5 minutes and then place each burger on a piece of lettuce, top with a few avocado slices, a Tbsp of sour cream, and finish with one more lettuce leaf (to make a bun).

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Tips

You can also grill turkey burgers if you prefer.

Coleslaw

2 net carbs per serving

1/3 cup mayonnaise	1 tsp onion powder
2/3 cup sour cream	1/8 tsp paprika
2 Tbsp lemon juice	1/4 tsp salt
2 Tbsp Stevia or Truvia	1 lb cabbage, shredded
1 tsp garlic powder	



Mix all dressing ingredients together and then mix in cabbage. Balance the lemon juice and sweetener to your own taste.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 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

Pizza Soup

11 net carbs per serving

1	Tbsp	olive oil	14	oz	chicken broth
1	cup	mushrooms, sliced	1	cup	water
1	cup	green bell pepper, chopped	3	oz	sliced pepperoni
1/2	cup	onion, chopped	1	tsp	dried oregano leaves
1	15-oz can	pizza sauce	1	cup	mozzarella cheese, shredded



- 1 Heat olive oil in large skillet over medium heat. Add mushrooms, peppers and onion.
- 2 Cook, stirring frequently for about 5-10 minutes or until vegetables are tender.
- 3 Add pizza sauce, chicken broth, water, oregano and pepperoni slices until soup comes to a boil.
- 4 Reduce heat and simmer for about 5 minutes.
- 5 Serve topped with cheese

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes