

VitalMeals Week 69

"After a good dinner one can forgive anybody, even one's own relations."
Oscar Wilde



Day 1

Cheesy Pepper Enchiladas

Day 2

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Day 3

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Day 4

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Day 5

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Day 6

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Garlic Greens

Day 7

Ginger Carrot Soup

Cauliflower "Bread" Sticks

Servings: 4

Cheesy Pepper Enchiladas

7 net carbs per serving

2	green bell peppers	1/3 cup	cilantro
2	red bell peppers	2 cloves	garlic, minced
2	zucchini, cut into small pieces	1 tsp	salt
1	28 oz can enchilada sauce	1/2 tsp	black pepper
1	15 oz can black beans, drained and rinsed	1 tsp	cumin
1	red onion, diced	1 tsp	smoked paprika
		1	lime



- 1 Preheat oven to 400.
- 2 Half bell peppers, remove seeds and place in bowl with 1/2 inch water. Microwave for about 3 minutes to soften peppers.
- 3 In a large bowl, combine zucchini, beans, cilantro, onion, juice of 1 lime, garlic, cumin, paprika, salt and pepper.
- 4 Place softened peppers in a baking dish with open side up and fill each pepper with veggie mixture above.
- 5 Top with enchilada sauce and then with shredded cheese. Cover with aluminum foil and bake for 30 minutes or until cheese is bubbly.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Chicken Marsala

2 net carbs per serving

4	chicken breasts, boneless, skinless	1/2 tsp salt
		1/4 cup dry Marsala wine
3 cups	mushrooms, sliced	1 tsp corn starch
2 Tbsp	green onions, sliced	
2 Tbsp	water	



- 1 Flatten chicken filets.
- 2 Heat large skillet over medium heat and add 1 Tbsp olive oil. Then add chicken- cooking for about 3 minutes per side.
- 3 Move chicken to a plate.
- 4 Add mushrooms, onion, water and salt to skillet and cook for another 3 minutes (or until most of the water is evaporated).
- 5 Combine Marsala wine and cornstarch in small bowl and then add to skillet mixture to thicken. Stir continuously and then spoon over the top of each chicken breast to serve.

Servings: 4

Balsamic Roasted Brussels Sprouts

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

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 2 minutes

Cooking Time: 30 minutes

Greek Chicken Salad

6 net carbs per serving

5	tomatoes, chopped	2 oz	feta cheese, crumbled
1	clove garlic, chopped	1 Tbsp	olive oil
1	cucumber	2 Tbsp	vinegar
3	scallions or green onions	4	chicken breasts, boneless, skinless
16	green olives, pitted		



- 1 Slice up each chicken breast into strips and set aside.
- 2 Build salad: Place tomatoes in a bowl that has been rubbed with garlic cloves and then add cucumber, peppers, onions, olives and feta. Top with chicken and sprinkle with olive oil and vinegar. Salt and pepper salad to taste. Stir thoroughly.

Servings: 4

Cooking Times

Preparation Time: 10 minutes

Turkey Casserole

4 net carbs per serving

2 cups turkey breast, cooked and cut into 1x2x1-inch cubes	1/4 cup canned pimento, chopped
2 cups celery, diced	1/2 cup almonds, sliced
5 Tbsp scallions, minced	1 cup Monterey Jack cheese, grated
1 cup mayonnaise	1/2 cup plain pork rinds, crushed
1 Tbsp lemon juice	



- 1 Preheat oven to 350.
- 2 In a large bowl, combine turkey, celery, scallions, mayonnaise, lemon juice and pimento.
- 3 In a separate bowl, mix together almonds, grated cheese and pork rinds.
- 4 Grease a 2 quart casserole dish and spoon turkey mixture into the dish topping with cheese mixture evenly.
- 5 Bake until completely cooked through and cheese is bubbly (about 25-30 minutes).

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Green Bean Bundles

4 net carbs per serving

1 lb green beans, trim the ends salt and black pepper to
4 slices bacon, halved taste
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

Zucchini Noodles and Garlic Shrimp

4 net carbs per serving (makes 4 servings)

3 tsp	olive oil	2	medium	zucchini, spiralized
1 tsp	crushed red pepper flakes	1	tsp	salt
8 oz	shrimp, peeled and deveined	1	tsp	black pepper
		1/2		lemon
4	cloves garlic, chopped	1/2	cup	grape tomatoes, halved



- 1 Heat a large skillet on medium high heat. Add 1.5 tsp of olive oil and crushed red pepper. Next add shrimp, salt and pepper; cooking for about 3 minutes.
- 2 Add half of the garlic and cook for another minute or until shrimp is thoroughly cooked.
- 3 Remove from skillet and set aside.
- 4 Add remaining olive oil and garlic to pan and cook for 30 seconds, then add zucchini noodles and cook for another 2 minutes.
- 5 Finally add shrimp and tomatoes on top of "noodles" and squeeze lemon on top.
- 6 Remove from heat and serve.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Tomato Basil Pork Chops

5 net carbs per serving

4	pork chops	1 large	onion, chopped
1	Tbsp olive oil	2 tsp	oregano
5	cloves garlic, finely chopped	1 tsp	sage
1 1/2	cups fresh tomatoes, diced	1 tsp	basil



- 1 Heat large skillet over medium-high heat.
- 2 Add olive oil.
- 3 Once oil is heated, place pork chops in skillet for about 1 minute per side, browning on each side.
- 4 Reduce heat to medium-low and add onions. Cook pork chops with onion for another 2 minutes per side.
- 5 Then add tomatoes, garlic and spices. Simmer until sauce has thickened, about 5-10 minutes.

Servings: 4

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Garlic Greens

7 net carbs per serving

1	onion, sliced	1	bunch	mustard greens	
8	cloves	garlic, whole	1	bunch	kale
1/2	tsp	paprika	1	pinch	salt
3	Tbsp	olive oil			



- 1 Cook 1 sliced onion, 8 whole garlic cloves and 1/2 tsp of paprika in a large pot with 3 Tbsp olive oil, for about 2 minutes.
- 2 Add the entire bunch of mustard greens and kale, 2 cups water, pinch of salt and Stevia.
- 3 Simmer covered, until tender, about 15 minutes.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Recipe Type: Side Dish

Ginger Carrot Soup

12 net carbs per serving

2	Tbsp	coconut oil	1	tsp	sea salt
2		green onions, chopped	1/4	tsp	ground cinnamon
2	cloves	garlic, minced	1/2	tsp	ground turmeric
1	inch	piece of ginger, peeled and grated	4	cups	water
1	pinch	red pepper flakes	1/4	cup	plain yogurt
1	1/2 lbs	carrots, sliced 1/2 inch thick			pepper to taste



- 1 Place skillet over medium high heat with olive oil. Add green onions, garlic, minced ginger and red pepper flakes for 1-2 minutes.
- 2 Add carrots, salt, cinnamon, turmeric and cook another 1-2 minutes, stirring occasionally.
- 3 Add water, bring to a boil. Reduce heat and simmer for about 25 minutes or until carrots are soft.
- 4 Puree soup in a blender (or using immersion blender).
- 5 Divide between 4 bowls and top with a spoonful of yogurt.

Servings: 6

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Tips

You can also refrigerate for 3-4 hours or overnight and serve cold for a more "refreshing" option.

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