

VitalMeals Week 7

Day 1

Huevos Rancheros

Day 2

Rosemary Ranch Chicken Kabobs
Spinach Salad

Day 3

Avocado Chicken Salad

Day 4

Pork and Mushroom Stir Fry

Day 5

Fish Cakes
Spicy Sweet Potato Chips

Day 6

Low Carb Lasagna Crockpot

Day 7

Tomato and Blue Cheese Soup

Servings: 4



Huevos Rancheros

8 net carbs per serving

1	tbsp	butter	1	clove	garlic
10		eggs, beaten	4	oz	can of chopped green chilies, drained
1	cup	cream	10	oz	can red enchilada sauce
8	ounces	mexican blend cheese (shredded)	4	oz	sharp cheddar cheese, grated
1/2	tsp	pepper	8		low carb tortillas
1/4	tsp	chili powder			



- 1 Grease Crock pot with butter
- 2 Combine eggs, cream, mexican cheese, pepper, and chili powder
- 3 Add garlic and chilies. Stir.
- 4 Pour into crockpot & cook on low for 3 hrs and 45 mins
- 5 Remove lid and top with enchilada sauce and cheddar cheese
- 6 Replace lid and cook until sauce is warm and cheese is melted (about 15 mins)
- 7 Top tortillas with eggs and serve!

Servings: 8

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 4 hours

Rosemary Ranch Chicken Kabobs

2 net carbs per serving

1/2 cup	olive oil	1 tsp	white wine vinegar
1/2 cup	ranch dressing	1/4 tsp	ground black pepper
3 Tbsp	worcestershire sauce	5	boneless skinless chicken
1 Tbsp	minced fresh rosemary		breasts, cut into 1-inch
2 tsp	salt		pieces
1 tsp	lemon juice		



- 1 In a medium bowl, stir together olive oil, ranch dressing, worchestshire sauce, rosemary, salt, lemon juice, white vinegar and pepper.
- 2 Let stand for 5 mins.
- 3 Place chicken in the bowl and stir to coat with marinade.
- 4 Cover and refrigerate for 30 mins.
- 5 Preheat grill to medium high heat & thread chicken onto skewers. Discard marinade.
- 6 Lightly oil grill. Grill skewers for 8-12 mins or until no longer pink.
- 7 Enjoy!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 50 minutes

Cooking Time: 10 minutes

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 dried and stems removed
3	Tbsp red wine vinegar			



- 1 Place eggs in saucepan, cover water, bring to boil. Then turn off heat and allow them to sit in water for 20 mins. 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/truvia, 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

Avocado Chicken Salad

1 net carb per serving

2 cups	cooked chicken, shredded	1/4 cup	thinly sliced green onion
2 medium	avocados, diced	1/2 cup	finely chopped cilantro
2 Tbsp	lime juice	2 Tbsp	Mayonnaise
	salt to taste		



- 1 Shred chicken. Dice avocados and mix with lime juice & salt to taste. Slice green onion & cilantro.
- 2 Mix mayo and another 1 Tbsp of lime juice to make dressing.
- 3 Put chicken in a bowl & add green onions and dressing. Toss to coat.
- 4 Add avocado & lime juice to mixture. Then add cilantro.
- 5 Serve immediately.

Servings: 4

Cooking Times

Preparation Time: 10 minutes

Pork and Mushroom Stir Fry

4 net carbs per serving

- | | |
|---|-------------------------------|
| 1 Tbsp olive oil | 1 large onion (slivered) |
| 2 Tbsp butter | 8 oz fresh mushrooms (sliced) |
| 1 lb pork shoulder, cut into bite size strips | |



- 1 In large skillet or wok, heat oil and butter over medium high heat.
- 2 Add pork and onions.
- 3 Stir fry until well browned and pork is done. Add mushrooms and cook until tender
- 4 Season as desired.
- 5 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Fish Cakes

5 net carbs per serving

2 cups cauliflower puree	1 Tbsp scallions, chopped
2 cups cooked, flaked white fish (like tilapia)	1 large egg
2 tsp old bay seasoning	1 cup ground pork rinds
1 Tbsp fresh cilantro, chopped	2 Tbsp butter



- 1 Combine first 6 ingredients in medium bowl. Stir gently.
- 2 Chill for 1/2 hour.
- 3 Remove from fridge and form into 6 patties.
- 4 Dip patties into pork rind crumbs and sprinkle them on top of patties.
- 5 Melt butter in skillet over medium heat.
- 6 Cook patties for about 4 mins per side, until puffed and cooked through.
- 7 Enjoy!

Servings: 6

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 10 minutes

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 & seasoning and toss potato slices to coat
- 5 Place single layer on baking sheets and bake until lightly browned & crisp on both sides. (roughly 15 mins per side)

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Low Carb Lasagna Crockpot

5 net carbs per serving

1 pound	lean ground beef	3 cups	spinach
1 jar	pizza sauce	2 cups	cottage cheese
1 Tbs	garlic powder	3 cups	shredded mozzarella cheese
2 Tbs	parsley		
1	zucchini, slice lengthwise to resemble noodles	1/2 cup	Parmesan cheese



- 1 Cook hamburger thoroughly in skillet. Drain excess grease. Then mix hamburger with 1 cup pizza sauce.
- 2 Pour thin layer of pizza sauce in bottom of crockpot then 1/2 hamburger mixture.
- 3 Add garlic powder & parsley
- 4 Layer 1/2 zucchini and spinach over hamburger.
- 5 Top with 1/2 cottage cheese (1 cup) and 1 cup of mozzarella cheese.
- 6 Add the other 1/2 hamburger mixture.
- 7 Top with remaining zucchini and spinach.
- 8 Then again add 1/2 cottage cheese (1 cup) and remaining mozzarella and parmesan.
- 9 Cook on low around 4 hours.
- 10 Enjoy!
- 11 This is a great recipe to freeze the remaining portions & pull out on a busy night.

Servings: 8

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 4 hours

Tomato and Blue Cheese Soup

10 net carbs per serving

2 Tbs	Olive oil	1 1/2 cups	chicken stock
1 medium	red onion, chopped	3/4 cup	heavy cream
	fine	2 Tbs	siracha (optional)
	kosher salt	1 Tbs	Oregano leaves
4 cloves	garlic, sliced	1/2 cup	blue cheese
1 28 oz can	tomatoes		crumbles



- 1 Heat olive oil in large pot on medium heat. Once it is hot, add onion & pinch of salt. Let simmer for about 2 minutes.
- 2 Add garlic and simmer another 2 minutes.
- 3 Add tomatoes (including juice) and the chicken stock. Once simmering, add in cream, siracha (if you like spicy!), and oregano.
- 4 Simmer for about 40-45 minutes.
- 5 Pour soup in a blender, add blue cheese and blend until a creamy consistency. (You may need to separate into several different batches)

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 45 minutes