

VitalMeals Week 71

"The only time to eat diet food is while you're waiting for the steak to cook."
Julia Child



Day 1

Crockpot Beef Tacos

Day 2

Thai Chicken Salad

Day 3

Sausage and Zucchini Bake
Cauliflower Rice

Day 4

Steak and Cilantro Kabobs
Simple Summer Salad

Day 5

Fish Taco Bowl

Day 6

Pepper Chicken Nachos

Day 7

Summer Chicken and Veggie Soup

Servings: 4

CrockPot Beef Tacos

4 net carbs per serving

2	Tbsp	olive oil, divided	2	Tbsp	tomato paste
2	lbs	beef (recommend boneless chuck roast)	1		chipotle pepper, minced
2	tsp	chili powder	1	small	white onion
1	tsp	cumin	5	cloves	garlic
1/2	tsp	smoked paprika	4		low carb tortilla wraps
1	cup	beef stock			



- 1 Mix together chili powder, cumin, paprika and rub mixture on beef thoroughly.
- 2 Heat 1 Tbsp olive oil in skillet over high heat and place beef on skillet to sear each side (about 2 minutes per side). Remove beef and place in slow cooker.
- 3 Add remaining 1 Tbsp olive oil and onion to skillet. Sauté for 4 minutes Add garlic for another minute. Add beef stock, stirring well. Then add tomato paste and minced chipotle pepper--whisking until well combined.
- 4 Bring to a boil, reduce heat and simmer for 5 minutes.
- 5 Pour sauce in slow cooker on top of beef. Cover and cook on high for 4 hours (or low for 8 hours). When it is ready, beef should shred easily.
- 6 When ready to eat, assemble taco! Top low carb tortilla with shredded beef and topping of your choice: guacamole, sour cream, cheese, lettuce, tomato, onion, cilantro, lime zest, etc. Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Inactive Time: 4 hours

Thai Chicken Salad

13 net carbs per serving

Marinade:

1/4 cup olive oil
1 Tbsp rice vinegar
1 Tbsp Truvia
1/2 clove garlic, minced
1/4 bunch cilantro, chopped
1 lime
4 boneless and skinless chicken breasts

Salad:

2 heart of romaine, chopped
1/4 large head napa cabbage, chopped
1 cucumber peeled, seeded and chopped
1 carrots, shredded
1 red bell pepper, chopped

3 green onions, chopped
1/2 bunch cilantro, chopped
1/2 cup peanuts, salted

Dressing:

1/4 cup rice vinegar
1/4 cup Thai sweet red chili sauce
1 tsp sesame oil
1/2 tsp Truvia
salt and black pepper to taste

Peanut Sauce:

1/4 cup natural peanut butter
2 Tbsp soy sauce
1 Tbsp rice vinegar
1 Tbsp Thai sweet red chili sauce
2 Tbsp water



- 1 Combine all ingredients for chicken marinade in a ziplock bag and place chicken inside as well. Let marinate in refrigerator ideally for 4 hours but at least 10-15 minutes.
- 2 When ready to cook the chicken, grill for about 8 minutes per side, or until thoroughly cooked through.
- 3 Let rest and then slice into strips.
- 4 Combine all salad ingredients, with the exception of the peanuts, in a bowl. Add chicken.
- 5 Mix all dressing ingredients together and pour generously over salad. Toss well.
- 6 Mix all ingredients for peanut sauce together and top each salad with peanut sauce and peanuts.
- 7 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Sausage and Zucchini Bake

7 net carbs per serving

1	Tbsp	olive oil	1	yellow squash, cut into 1/2 inch cubes
1/2	cup	onion, diced		
1	tsp	garlic, minced	2	cups grape tomatoes, sliced in half
1	lb	smoked sausage, cut into 1/2 inch cubes	1	tsp oregano
1		zucchini, cut into 1/2 inch cubes	1/2	tsp red pepper flakes
			1/2	tsp salt



- 1 Heat olive oil in skillet over medium heat; add diced onions and sauté for about 5 minutes.
- 2 Next add in garlic and let simmer for about a minute. Add sausage and cook until brown--roughly 5-6 minutes.
- 3 Add in veggies and additional spices/seasonings. Sauté for an additional 10 minutes.
- 4 Serve over cauliflower rice.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 20 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

Steak and Cilantro Kabobs

8 net carbs per serving

1 lb sirloin steak
1 red onion
1 red bell pepper
1 yellow bell pepper
1 green bell pepper
olive oil
salt and pepper to taste
wooden skewers (soaked in water for 30 minutes before grilling)

Pesto:

1 bunch cilantro
1 lemon (juiced)
olive oil
salt and black pepper to taste



- 1 Cut steak, onion, and peppers into cubes that are all of similar sizes.
- 2 After you have soaked skewers in water, start to assemble your kabobs- rotating meat, onions and peppers.
- 3 Brush kabobs with olive oil and top with salt and pepper.
- 4 Place on grill for 3-5 minutes per side, or until desired doneness.
- 5 To prepare the pesto: place cilantro in food processor and pulse until reduced- then add olive oil, juice of 1 lemon and salt and pepper. Process until pureed.
- 6 Top kabobs with pesto.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Simple Summer Salad

3 net carbs per serving

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|---------|------------------------------|---------|--------------------------------|
| 1 | cucumber, seeded and chopped | 1/3 cup | feta cheese, crumbled |
| 3 large | avocados, pitted and chopped | 1 Tbsp | fresh dill, chopped |
| 1 | lemon (juiced) | | salt and black pepper to taste |



1 Combine cucumber, avocado, juice of 1 lemon, feta and dill. Mix well and season with salt and pepper.

2 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Fish Taco Bowl

6 net carbs per serving

4 filets tilapia
4 tsp olive oil, divided
salt and black pepper
to taste
1 tsp ground cumin
1/2 tsp chili powder
1 large bag coleslaw mix
1/2 cup green onions, sliced

Dressing:

1/2 cup plain Greek yogurt
2 Tbsp fresh squeezed lime
juice
2 tsp green tabasco sauce
salt to taste



- 1 Use 2 tsp of olive oil to coat fish. Then rub with salt and pepper, cumin and chili powder.
- 2 Heat skillet on medium-high heat. Add 2 tsp of olive oil. Add fish and cook for about 4 minutes per side. You could also do on the grill if weather is good!
- 3 While fish is cooking, prepare your dressing by mixing together the greek yogurt, lime juice, tabasco sauce, and salt.
- 4 Add green onions to coleslaw mix and dress with dressing.
- 5 When fish is cooked, let it cool for 5 minutes then shred it using a fork.
- 6 Fill bowl with 1/4-1/2 of cabbage mixture and then top with fish. Drizzle a little extra dressing on top.
- 7 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Pepper Chicken Nachos

10 net carbs per serving

1	tsp	olive oil	1	cup	salsa
2	cloves	garlic, minced	1	lb	mini bell peppers
6		green onions	1 1/2	cups	Mexican-style cheese blend, shredded
1 1/2	cups	chicken, cooked and shredded	1/4	cup	black olives
1	tsp	chili powder			salt and pepper to taste



- 1 Preheat oven to 350.
- 2 Heat a skillet on medium-high heat. Add olive oil. Add garlic and green onions for about a minute. Then add chicken and chili powder. Stir well for about 2 minutes- until chili powder coats all ingredients. Remove from heat. Add salsa and season with salt and pepper.
- 3 Slice tops off bell peppers and slice in half length-wise. Remove seeds and place each pepper with cut side up on large baking sheet lined with foil and sprayed with olive oil.
- 4 Spoon skillet chicken mixture into each pepper half. Top with black olives and cheese.
- 5 Bake "nachos" for about 10 minutes or until cheese is bubbly.
- 6 Feel free to top with tomatoes, cilantro, lime zest, sour cream, etc. as you prefer. Enjoy!

Servings: 4

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Summer Chicken and Veggie Soup

9 net carbs per serving

2 Tbsp	butter	2 tsp	lemon zest
1 Tbsp	olive oil	2 Tbsp	lemon juice
1	leek, white only, sliced	1/4 cup	basil, chopped
2	carrots, peeled and diced	2 cups	spinach
2 cloves	garlic, minced		salt and pepper to taste
4 cups	chicken stock		
1 cup	baby zucchini, diced		
2	chicken breasts, boneless, skinless, cooked, shredded (you can use rotisserie chicken)		



- 1 Heat a large pot over medium heat. Add butter and olive oil then add leek and diced carrots. Sauté for about 5 minutes. Add garlic, salt and pepper. Stir well.
- 2 Next warm chicken stock in microwave until hot and then add to pot. Bring to a simmer, cover with lid, and simmer for about 20 minutes.
- 3 Turn off heat, add diced zucchini, spinach, chicken cubes, lemon zest and lemon juice.
- 4 Serve soup topped with fresh basil and lemon juice.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 30 minutes