

## VitalMeals Week 72

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"Tis an ill cook that cannot lick his own fingers." William Shakespeare

**Day 1**

Mexican Pizza

**Day 2**

Fried Green Tomato Salad

**Day 3**

Grilled Chicken and Veggies

**Day 4**

Pork Kabobs

Cauliflower Rice

**Day 5**

Low Carb Crab Cakes

Asian Cole Slaw

**Day 6**

Balsamic Grilled Steak

Loaded Sweet Potato Skins

**Day 7**

Coconut Chicken Soup

Servings: 4



## Mexican Pizza

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18 net carbs per pizza

4	low carb tortillas	8 Tbsp	salsa
4	Tbsp olive oil, divided	1	tomato, diced
1	lb lean ground beef	1 can	black olives, sliced
1	Tbsp cumin	2 cups	Mexican blend cheese, grated
1	Tbsp chili powder	4 Tbsp	taco sauce
1	Tbsp oregano		sour cream (optional)
	salt and black pepper to taste		guacamole (optional)
3/4 cup	water		



- 1 Preheat oven to 400.
- 2 Brush low carb wraps with olive oil and place in oven for about 5 minutes per side. They should get golden brown but not burned. They also may puff up some.
- 3 In a medium skillet, thoroughly cook ground beef until browned. Add cumin, chili powder, oregano, salt and pepper to taste. Then add water. Simmer for a few minutes until thickened and then remove from heat.
- 4 Assemble pizzas: place four tortillas down on non-stick baking sheet. Top with 2 Tbsp salsa, 2 Tbsp taco sauce, 1/4 of the meat, and 1/4 cup of cheese (or until well covered). Top with diced tomatoes and olives.
- 5 Once you have assembled all 4 pizzas, place back in the oven until cheese is melted and bubbles.
- 6 Top with guacamole and sour cream if you wish! Enjoy!

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: 15 minutes

## Fried Green Tomato Salad

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8 net carbs per serving

4	green tomatoes	1/2 cup	almond flour
1/4 cup	coconut flour	1/4 cup	olive oil
1/2 tsp	salt	8 cups	romaine lettuce
1/2 tsp	black pepper	1	tomato, diced
2	eggs	1/2 cup	Mozzarella cheese, shredded
1/2 cup	Parmesan cheese		



- 1 Slice tomatoes into 1/2 inch thick slices.
- 2 Whisk together coconut flour, salt and pepper then use mixture to coat tomato slices.
- 3 In a separate bowl, beat eggs together.
- 4 In another separate bowl, combine almond flour with Parmesan cheese.
- 5 Heat oil in skillet over medium-high heat.
- 6 Dredge the tomatoes (now covered in coconut flour mixture) in egg and then into the almond and Parmesan mixture. Coat thoroughly.
- 7 Place in skillet and fry until golden brown.
- 8 Assemble salad on each plate using 2 cups romaine lettuce, diced tomatoes and 1/8 cup cheese. Top with fried tomato slices.

Servings: 4

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 10 minutes

## Grilled Chicken and Veggies

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9 net carbs per serving

4	chicken breasts, boneless, skinless	6	Tbsp	olive oil
		2	cloves	garlic, minced
1	medium eggplant, sliced 1/4 inch thick	1	tsp	oregano, divided
		2	tsp	salt, divided
1	medium zucchini, sliced 1/4 inch thick	2	tsp	cracked black pepper, divided
1	red bell pepper, sliced in 1/2 inch strips	1/2	cup	feta cheese, crumbled



- 1 Heat grill.
- 2 Toss chicken breasts in olive oil, 1/2 tsp of oregano, 1 tsp salt and 1 tsp of pepper.
- 3 Grill until thoroughly cooked through (about 5-7 minutes per side).
- 4 Meanwhile, lay veggies on grill and cook until charred on edges (about 3-4 minutes per side).
- 5 Remove veggies, chop into 1/2 inch pieces and place in large bowl.
- 6 Add olive oil, garlic, remaining oregano, salt and pepper. Coat well. Finish with sprinkle of feta cheese.
- 7 Serve chicken breast on top of veggie mixture for a delicious combination.

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 7 minutes

Cooking Time: 15 minutes

## Pork Kabobs

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5 net carbs per serving

### Marinade:

1 orange  
1 Tbsp tomato paste  
1 clove garlic, chopped  
1 Tbsp cumin  
1/8 tsp cinnamon  
4 Tbsp olive oil  
1 1/2 lbs boneless pork loin, cut into 2 inch cubes  
1 small eggplant, cut into 1 inch cubes

1 small red onion, cut into 1 inch slices  
salt and pepper to taste  
skewers

### Optional:

1 small container tzatziki sauce  
4 low carb tortillas



- 1 Preheat grill.
- 2 In a bowl, whisk together tomato paste, juice from 1 orange, garlic, cumin, cinnamon, 2 Tbsp olive oil and salt and pepper (about 1 tsp each). Add pork and thoroughly cover. Let marinate (overnight is ideal, but at least 20 minutes).
- 3 While pork is marinating, in a separate bowl combine eggplant, onion, 2 Tbsp olive oil, salt and pepper.
- 4 Once pork is finished marinating, cut into cubes, then begin assembling skewers - alternating pork, eggplant and onion.
- 5 Place on grill and cook until pork is cooked to desired doneness and veggies are charred.
- 6 You could serve on low carb wrap or with tzatziki sauce if you prefer! (Just add about 6 extra carbs to carb count.)

Servings: 4

### Degree of Difficulty

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Degree of Difficulty: Very easy

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 15 minutes

Inactive Time: 20 minutes

## Cauliflower Rice

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*4 net carbs per serving*

- |   |                          |
|---|--------------------------|
| 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

## Low Carb Crab Cakes

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4 net carbs per serving

1 cup	lump crab meat	2	tsp	Old Bay seasoning
1	egg	2	Tbsp	parsley
2 tsp	Dijon mustard	1 1/2	Tbsp	coconut flour
1 Tbsp	fresh lemon juice	2	Tbsp	coconut oil



- 1 In a small bowl, combine whisk egg and combine with lemon juice and Dijon mustard.
- 2 In a separate bowl, combine Old Bay seasoning, parsley and coconut flour. Mix well.
- 3 Ensure crab meat has no shells or cartilage and then add to egg mixture. Once well mixed, add dry mixture.
- 4 Heat coconut oil in a skillet over medium heat.
- 5 Form 8 patties of crab meat and place in oil-- frying for about 3 minutes per side.
- 6 Remove and dab excess oil with paper towel. Top with lemon juice, salt and pepper as desired.

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: 6 minutes

## Asian Cole Slaw

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8 net carbs per serving

1	bunch	scallions or green onions, chopped	1/4 cup	lemon juice
			1/4 cup	olive oil
2	16 oz bags	coleslaw mix	2	Tbsp fresh ginger, grated
1	small	red onion, chopped	2	Tbsp white vinegar
<b>Dressing:</b>			2	Tbsp Stevia brown sugar
1/4	cup	soy sauce	2	Tbsp Asian sesame oil



- 1 Separate the scallion whites.
- 2 Toss the coleslaw mix, red onions and scallions together in a large bowl til thoroughly mixed.
- 3 Stir dressing ingredients together in a small bowl until blended.
- 4 Mix dressing with coleslaw within 1 hour of serving.

Servings: 12

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 5 minutes

Recipe Type: Side Dish

### Tips

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You can make the slaw (minus the dressing) up to a day in advance as long as it is refrigerated. Before serving, simply bring slaw back to room temperature, make dressing and toss.



## Balsamic Grilled Steak

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10 net carbs per serving

1/4 cup balsamic vinegar	1 lb sirloin steak, cut into 1 inch cubes
1/4 cup barbecue sauce	
1 tsp Dijon mustard	2 cups cherry tomatoes



- 1 Mix together balsamic vinegar, barbecue sauce and Dijon mustard in a bowl. Remove 1/2 cup for basting but use the rest to marinate the steak.
- 2 Assemble skewers: alternating steak and tomatoes then place them on the grill over medium heat until desired doneness of steak.
- 3 Use 1/2 cup of reserve liquid to baste skewers for the last 2-3 minutes of cooking for extra moistness.

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

## Loaded Sweet Potato Skins

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12 net carbs per serving

2	small	sweet potatoes	1	cup	Mexican blend cheese
1	Tbsp	olive oil	4	strips	bacon, cooked and crumbled
1/4	cup	half and half			sour cream, (optional)
1/4	tsp	salt			
1/4	tsp	black pepper			



- 1 Preheat oven to 400. Wrap sweet potatoes in aluminum foil and pierce several times with fork or knife. Bake for 45 minutes to an hour, until soft.
- 2 Allow potatoes to cool then slice lengthwise.
- 3 Scoop out sweet potato "insides" from the skin and place in a bowl.
- 4 Place the skins on a baking sheet lined with foil, drizzle with olive oil and bake for 5-10 minutes.
- 5 Meanwhile, combine sweet potato flesh with half and half, salt and pepper.
- 6 Remove skins from oven and fill with flesh mixture. Top with cheese. Bake for another 10-15 minutes, until cheese melted and bubbly. Top with bacon crumbles and sour cream if desired!
- 7 Enjoy!

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: 1 hour and 10 minutes

## Coconut Chicken Soup

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4 net carbs per serving

1 Tbsp	olive oil	1/2 tsp	red pepper flakes
1 inch piece	ginger, peeled and sliced thin	1 lb	rotisserie chicken, shredded
1 Tbsp	dried lemongrass	2 cups	unsweetened coconut milk
8 ounces	mushrooms sliced	2 Tbsp	Asian fish sauce
6 cups	chicken stock	3 Tbsp	fresh cilantro leaves
3 Tbsp	lime juice		



- 1 Heat olive oil in skillet over medium heat. Add ginger and lemon grass. Let toast for about 2 minutes and then add mushrooms. Cook for another 2-3 minutes.
- 2 Then add chicken stock, lime juice and red pepper flakes. Simmer for 10 minutes. Then add chicken and cook for another 5 minutes.
- 3 Finally, whisk in coconut milk, fish sauce and cilantro. At this point, you want to lower heat and let soup cook for another 10 minutes. Salt and pepper to taste.

Servings: 8

### Degree of Difficulty

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Degree of Difficulty: Easy

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 30 minutes