

VitalMeals Week 73

"If you're afraid of butter, use cream." Julia Child

Day 1

Stuffed Poblano Peppers

Day 2

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Day 3

Chicken and Broccoli Stir Fry

Cauliflower Rice

Day 4

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Day 5

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Day 6

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Cauliflower Potato Salad

Day 7

Roasted Tomato Gazpacho

Low Carb Jalapeno Cheddar Muffins

Servings: 4



Stuffed Poblano Peppers

9 net carbs per serving

8 large poblano peppers	8 slices Monterey Jack cheese
4 eggs, separated	2 cups Mexican cheese blend
1 can enchilada sauce	2 cups olive oil



- 1 Set oven to broil setting.
- 2 Spray peppers with olive oil spray and place on baking sheet. Cook until charred on each side. You will need to turn during broiling.
- 3 Remove and place in bowl. Let cool for about 5 minutes and then remove skins.
- 4 Cut an opening down the center of the pepper and remove the seeds.
- 5 Stuff one Monterey Jack cheese slice inside each de-seeded pepper and fold pepper over cheese to close slit.
- 6 In a bowl, beat egg whites into soft peaks. Fold egg yolks into whites.
- 7 Heat a skillet on high heat with olive oil.
- 8 Dip each pepper into batter and coat generously and then immediately place into hot oil.
- 9 Fry peppers until golden brown and then flip.
- 10 Once both sides are cooked evenly, remove peppers and place side by side in a baking dish (almost like enchiladas). Cover with warm enchilada sauce and Mexican cheese.
- 11 Bake in oven for 10-15 minutes or until cheese is bubbly.
- 12 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Chicken Avocado Lettuce Wraps

6 net carbs per serving

8	romaine lettuce leaves	2	roma tomatoes
2	medium avocados	4	Tbsp red onion, chopped
1	lime	1/2	bell pepper, chopped
2	cups chicken breast, cooked, cut into chunks		salt and freshly ground black pepper to taste



- 1 Half avocado and remove pit. Scoop flesh into small mixing bowl and mash until smooth.
- 2 Half the lime and squeeze juice into avocado mash. Mix well.
- 3 Season with salt and pepper then add in chicken, roma tomato chunks, chopped onion and bell pepper.
- 4 Mix well. Then scoop mixture into each of the romaine leaves to serve. Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Chicken and Broccoli Stir Fry

6 net carbs per serving

1 lb	chicken breasts, boneless and skinless, cooked and cut into chunks	2 cloves	garlic, grated
		2 tsp	sesame oil
		2 Tbsp	olive oil
1/4 cup	almond flour	1 1/4 lb	broccoli (about 6 cups)
1 cup	chicken broth	1 small	onion, chopped
1/4 cup	soy sauce	12 oz	white button mushrooms, sliced
1/2 Tbsp	fresh ginger, peeled and grated		



- 1 In a bowl, toss chicken breast chunks with almond flour until evenly coated. Remove chicken but leave flour in the bowl for sauce.
- 2 To prepare sauce: mix together remaining almond flour, 1 cup chicken stock, 1/4 cup soy sauce, grated ginger, grated garlic, and 2 tsp sesame oil. Combine well until smooth.
- 3 Heat a skillet (or wok) on medium high heat and add 1 Tbsp olive oil. Once oil is heated thoroughly, add chicken. Stir fry for about 5 minutes then remove and set aside.
- 4 Add another 1 Tbsp of olive oil to the skillet or wok. Once thoroughly heated again, add broccoli, onions and mushrooms. Stir fry for 5 minutes. Then, top veggies with previously made sauce. Bring to a boil. Reduce heat to medium and stir well. Simmer for about 2 minutes to allow sauce to thicken then add chicken and cook for another minute.
- 5 Serve over hot cauliflower rice.

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Cauliflower Rice

4 net carbs per serving

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

Antipasto Kabobs

8 net carbs per serving

7 oz fresh mozzarella balls	1/2 bag romaine lettuce
4 oz prosciutto	kabob skewers (soak in water)
1/4 lb Genoa salami, sliced thin	
6 oz roasted red peppers	1 cup balsamic vinegar
3 oz black olives	



- 1 Prepare skewers by alternating all ingredients in any pattern you prefer. Add lettuce leaves after every two ingredients.
- 2 Drizzle skewers with balsamic vinegar.
- 3 No cooking required! Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Shrimp Cobb Salad

9 net carbs per serving

2 lbs	medium shrimp, peeled and de-veined	Dressing:	
4 Tbsp	olive oil, divided	2 cups	cilantro, stems removed
2 Tbsp	creole seasoning	2	limes
8 slices	bacon, diced	1	jalapeno peppers
4 large	eggs	4 cloves	garlic
10 cups	romaine lettuce, chopped	4 Tbsp	olive oil
2	avocados, seeded, peeled, and diced	4 Tbsp	apple cider vinegar
1 cup	blue cheese, crumbled		salt and black pepper to taste



- 1 Start by making your dressing: combine cilantro, juice from the limes, jalapeno and garlic in a food processor. Season with salt and pepper and start food processor. While it is running, add in olive oil and apple cider vinegar slowly until emulsified.
- 2 Preheat oven to 400 and line baking sheet with aluminum foil.
- 3 Place shrimp on baking sheet and drizzle with olive oil and creole seasoning. Toss well to combine. Bake in oven for about 5 minutes. Remove.
- 4 Heat a large skillet over medium-high heat and cook bacon until crispy. Then transfer to a paper towel to cool. After bacon has cooled, dice into small chunks for salad.
- 5 Place eggs in a large saucepan and cover with cool water. Bring water to a boil and boil for one minute. Then cover pan with lid and remove from heat. Allow it to sit for about ten minutes. Then, remove eggs and allow to cool. Once cooled, peel the shell and dice eggs for the salad.
- 6 Build your salad: on a bed of romaine lettuce, add baked shrimp, bacon bits, eggs, avocado and bleu cheese. Top with dressing and enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Old Fashioned Hamburgers

1 net carb per serving

1 lb lean ground beef, ideally grassfed
1 Tbsp Worcestershire sauce
2 tsp garlic, minced

1/2 tsp salt
1/4 tsp pepper



- 1 Heat grill to medium-high heat and spray with cooking spray.
- 2 In a large bowl, combine beef, Worcestershire, garlic, salt and pepper. Mix well and form into 4 patties.
- 3 Place burger patties on grill and cook for about 5 minutes per side (or until desired doneness).
- 4 Serve burgers alone with toppings of your choice (mustard, mayo, cheese, pickles, tomato) or in between two lettuce "buns".

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 8 minutes

Cooking Time: 10 minutes

Cauliflower Potato Salad

9 net carbs per serving

1 head cauliflower	1 cup mayonnaise
6 hard-boiled eggs, chopped	1 Tbsp mustard
3 stalks celery, chopped	salt and black pepper to taste
1 small onion, chopped	
6 slices bacon, cooked and chopped	



- 1 Boil cauliflower until tender (about 15-20 minutes).
- 2 Remove from heat and mix all ingredients together.
- 3 Let sit in the fridge for at least 3 hours prior to serving.

Servings: 4

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Inactive Time: 3 hours

Roasted Tomato Gazpacho

10 net carbs per serving

1.5 lbs	roma tomatoes	1	Tbsp	sherry vinegar
1/2	yellow onion, sliced into large pieces	1/4	cup	pine nuts, toasted
1	small red bell pepper	1	slice	healthy life (low carb) bread- toasted
3	cloves garlic			salt and black pepper to taste
2	Tbsp olive oil			



- 1 Heat outdoor grill to medium heat. Dry roast whole tomatoes, onion slides, red pepper and garlic (still in its paper) directly on the grill and rotate every few minutes. You are looking for nice black char marks all over. Remove each as they are done.
- 2 Let all veggies cool to room temperature.
- 3 Remove skin and seeds from peppers. Core the tomatoes (do this over a bowl so you can save the juice that comes out).
- 4 Remove garlic from paper and place in food processor. Add tomatoes, onion, pepper, olive oil, sherry vinegar, salt and pepper.
- 5 Blend until pureed. Add pine nuts and bread and blend again. Add salt and pepper as needed.
- 6 Chill at least one hour before serving.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Inactive Time: 1 hour

Low Carb Jalapeno Cheddar Muffins

4 net carbs per muffin

2 cups	almond flour	4 Tbsp	coconut oil melted, divided
1 tsp	baking powder	1/2 cup	almond milk, unsweetened
1/2 tsp	salt	1/2 cup	cheddar cheese, shredded
1 Tbsp	raw honey	1-2	jalapenos, chopped
3	large eggs		



- 1 Preheat oven to 325.
- 2 Mix the almond flour, baking powder and salt in large bowl. Set aside.
- 3 Add honey, eggs, 3 Tbsp. coconut oil and almond milk to a separate bowl and whisk.
- 4 Add wet ingredients into large bowl with cheese and chopped jalapenos. Mix just until incorporated.
- 5 Pour batter into 8 greased (use 1 tbsp of coconut oil) muffin cups and bake for 25-30 minutes.

Servings: 8

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Recipe Type: Bread