

VitalMeals Week 8

Day 1

Mexican Meat Loaf
Cauliflower "Mashed Potatoes"

Day 2

Creamy Chicken Bake
Broccoli Salad

Day 3

Parmesan Pork
String Beans with Shallots

Day 4

Curried Chicken
Cauliflower Rice

Day 5

Macadamia Encrusted Mahi Mahi
Spinach Salad (with goat cheese and walnuts)

Day 6

Pizza Frittata

Day 7

Vegetable Soup
Cauliflower "Bread" Sticks

Servings: 4



Mexican Meat Loaf

4 net carbs per serving

- | | |
|--|--|
| 2 lbs lean ground beef (preferably grassfed) | 1 cup grated cheddar cheese |
| 1 egg | 1 pkg pork rinds (ground fine in food processor to flour like consistency) |
| 1 cup chunky salsa | |
| 1 pkg taco seasoning | |



- 1 Preheat oven to 350.
- 2 Mix egg, hamburger, seasoning and pork rind flour with 1/2 container of salsa (about 1 cup) until thoroughly mixed.
- 3 Press half of meat mixture in a standard bread pan. Cover with 1/2 cheese. Then press remaining meat mixture over cheese layer
- 4 Bake for one hour or until meat starts to shrink from pan sides.
- 5 Pour out any excess liquids around edges of dish.
- 6 Add rest of cheese and cook for 5 mins more (or until cheese is bubbly)
- 7 Let rest for 10 mins and serve.
- 8 Feel free to top with sour cream, guacamole, shredded lettuce, onions, or tomato
- 9 Makes one 2lb meatloaf-- so plenty of leftovers!

Servings: 8

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 1 hour

Cauliflower "Mashed Potatoes"

4 net carbs per serving

1 medium head of cauliflower 1/2 tsp minced garlic
1 Tbsp cream cheese 3 Tbsp unsalted butter
1/4 cup grated parmesan cheese



- 1 Boil a pot of water over high heat
- 2 Clean & cut cauliflower into small pieces and cook in boiling water for about 6 mins (or until well done). Drain well- do not let cool. Pat dry between several layers of paper towels).
- 3 In a bowl with an immersion blender or in a food processor, puree the hot cauliflower with the cream cheese, parmesan, garlic & a little salt & pepper
- 4 Feel free to add other things to taste: cheese, chives, even rosemary.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Creamy Chicken Bake

5 net carbs per serving

2	Tbsp	olive oil	1	cup	shredded cheddar cheese
6		boneless and skinless chicken breasts	3		green onions, chopped
1/2	cup	teriyaki marinade	3	oz	bacon bits
1/2	cup	ranch dressing			



- 1 Preheat oven to 350.
- 2 In large skillet, heat oil over medium high heat. Add chicken breasts and sauté 4-5 mins per side (until lightly brown)
- 3 Place chicken in a 9x13 baking dish. Brush with teriyaki sauce and then spoon on salad dressing. Sprinkle with cheese, green onions, and bacon bits
- 4 Bake for 25-35 mins until chicken is no longer pink.
- 5 Left overs for lunch tomorrow!

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 35 minutes

Broccoli Salad

6 net carbs per serving

1	Tbsp	white wine vinegar	6	oz	cherry or grape tomatoes (halved)
1		lemon (zested)			
1	Tbsp	lemon juice	3	oz	coarsely chopped pecans or hazelnuts
2	tsp	dijon mustard			
1	tsp	kosher salt	2	Tbsp	basil
		pepper			
1/4	cup	olive oil			
1	lb	broccoli (rinsed, trimmed, and sliced thinly on mandolin)			



- 1 Whisk together the vinegar, zest, lemon juice, mustard, salt and pepper in a medium bowl. While whisking constantly, gradually add olive oil. Then add broccoli & toss to coat.
- 2 Cover and set in refrigerator for 1 hour.
- 3 Stir in the tomatoes, nuts and basil.
- 4 Cover and allow to sit at room temp (or in refrigerator) for another 15 mins before serving.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Inactive Time: 1 hour

Parmesan Pork

1 net carb per serving

2 14 oz pork tenderloin 2 Tbsp Ground cumin
3/4 cup grated Parmesan cheese



- 1 Preheat oven to 375
- 2 Sprinkle the pork with salt and pepper
- 3 Mix cheese, cumin, and pepper together and coat the pork thoroughly with it
- 4 Place pork on baking sheet or roasting pan & bake for 10-12 mins.
- 5 Flip the pork and bake for another 10 minutes until it is slightly pink in center.
- 6 Let rest for 5 minutes before cutting to serve.
- 7 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 22 minutes

String Beans with Shallots

4.5 net carbs per serving

- | | | | |
|--------|---|---------|------------------------------|
| 1 lb | french string beans
(haricots verts), remove
ends | 3 | large shallots (diced large) |
| 2 Tbsp | unsalted butter | 1/2 tsp | pepper |
| 1 Tbsp | olive oil | | kosher salt |



- 1 Blanch string beans in a large pot of boiling salted water for 1.5 mins only
- 2 Drain immediately and immerse in a bowl of ice water.
- 3 Heat the butter and oil in a very large sauté pan or large pot and sauté the shallots on medium heat for 5-10 mins, tossing occasionally, until lightly browned.
- 4 Drain the string beans and add to the shallots with 1/2 tsp salt and pepper. Toss well.
- 5 Heat only until beans are hot.
- 6 Blanch beans for about 3 mins until they are crisp and tender.

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Curried Chicken

1 net carb per serving

3	Tbsp	unsalted butter	1/4	tsp	crushed red pepper flakes
2	lbs	chicken breasts, cut into 1 inch strips	4		garlic cloves, finely chopped
1	tsp	ground cumin	1/2	cup	chicken stock
1/2	tsp	dried coriander	1/3	cup	heavy cream
1/2	tsp	dried ginger	1	Tbsp	chopped fresh cilantro



- 1 Heat butter in heavy casserole over medium heat. Add chicken strips and cook until browned.
- 2 Add cumin, coriander, ginger, red pepper flakes, garlic and cook- stirring for about 2 mins.
- 3 Add chicken stock and bring to boil. Reduce heat to medium, simmer, stirring occasionally- about 5 mins.
- 4 Slowly add heavy cream and simmer until heated through. Transfer chicken and sauce to serving plate. Garnish with cilantro.

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Cauliflower Rice

5 net carbs per serving

1 head cauliflower



- 1 Chop cauliflower head into smaller pieces and place in food processor.
- 2 "Rice" cauliflower in food processor.
- 3 Place in skillet over medium-high heat and cook for about 5-10 mins until hot.
- 4 Add salt, pepper, and butter as desired

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Macadamia Encrusted Mahi Mahi

2 net carbs per serving

1/2 cup macadamia nuts 4 fillets mahi mahi
1 Tbsp coconut oil, melted



- 1 Preheat oven to 350.
- 2 Grease baking dish with coconut oil.
- 3 In food processor, crush macadamia nuts until formed into small crumbs. Don't over process
- 4 Put crumbs in bowl.
- 5 Brush mahi mahi with melted coconut oil and press the top of each into macadamia crumbs.
- 6 Place filets in baking dish and bake 20 mins.
- 7 Turn oven on broil for 5 mins at the end, until nuts are golden and toasty.
- 8 Serve over a bed of cauliflower rice!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Spinach Salad (with goat cheese and walnuts)

4 net carbs per serving

- | | | | | | |
|-----|------|--|-----|-----|--|
| 1 | Tbsp | red wine vinegar | 1/2 | cup | whole or chopped toasted walnuts |
| 1 | Tbsp | red onion | | | |
| 2 | tsp | dijon-style mustard | 1/3 | cup | crumbled goat cheese (sub bleu cheese or feta depending on what you like!) |
| 1/4 | tsp | kosher salt | | | |
| | | pepper | | | |
| 8 | cups | baby spinach- washed dried and stems removed | | | |



- 1 In a small bowl, combine vinegar, onion, mustard, salt and pepper. Gradually whisk in oil to make a creamy dressing.
- 2 Put all but a large handful of spinach in a large bowl and toss with more dressing.
- 3 Add remaining spinach and toss until well coated.
- 4 Serve immediately topped with walnuts and cheese

Servings: 4

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 10 minutes

Pizza Frittata

7 net carbs per serving

12	eggs	3	Tbsp	grated onion
1	cup	1/2	tsp	dried oregano
1/2	cup	1/4	cup	dry red wine
1	tsp	1	cup	crushed tomatoes
	salt and pepper to taste	6	oz	Mozzarella cheese
1/4	cup			shredded
1/4	lb			Basil leaves
2				
	cloves garlic, chopped			



- 1 Preheat oven to 400.
- 2 Beat eggs, half and half, parmigiano-reggiano, hot sauce and salt and pepper in bowl to combine.
- 3 In large, over-proof skillet, heat 2 Tbsp EVOO on medium-high heat and add egg mixture stirring continuously. As eggs firm up, transfer to oven. Bake about 10 mins.
- 4 While that is cooking, in another skillet, heat the remaining 2 Tbsp EVOO on medium high heat and add pepperoni, garlic, onion, and oregano for about 2-3 mins. add wine and reduce (about 1 minute). Add tomatoes and simmer about 10 mins to thicken.
- 5 Remove frittata from oven and top with tomato sauce and mozzarella. Bake about 10 more mins to melt cheese and top with basil.
- 6 Enjoy!

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Vegetable Soup

9 net carbs

4	plum tomatoes, halved	3	Tbs	Olive Oil
2	small eggplant, peeled and cut into 1/4-inch slices	2	cans	reduced sodium chicken broth
6	green onions, green and white parts included, chopped	1	cup	heavy cream
		3/4	tsp	salt
4	cloves garlic	1/2	tsp	black pepper



- 1 Preheat oven to 400.
- 2 Toss tomatoes, eggplants, green onions, and garlic in olive oil and roast for 30-40 mins (until tender)
- 3 Scoop "insides" of eggplants into a large pot and add all other vegetables. Add broth and bring to a boil.
- 4 Reduce heat, simmer 30 minutes.
- 5 Let cool and then puree in blender (may need to separate into batches).
- 6 Return soup to pot and add cream, salt, and pepper. Reheat and serve.
- 7 Enough left over to eat for lunch tomorrow!

Servings: 8

Degree of Difficulty

Degree of Difficulty: Easy

Oven Temperature: 400°F

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 1 hour

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 mins.
- 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 mins 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