

VitalMeals Week 9

Day 1

Mexican Chicken

Day 2

Middle Eastern Chicken Skewers
String Beans with Shallots

Day 3

Mini Veggie Quiche

Day 4

Beef Tenderloin with Creamy Horseradish Sauce
Avocado Slaw

Day 5

Roasted Salmon with Fennel and Lemon
Spinach Salad

Day 6

Portobello Pizzas

Day 7

Low Carb Chicken Tortilla Soup

Servings: 4



Mexican Chicken

3 net carbs per serving

2	Tbsp	tomato paste	1	Tbsp	olive oil
1	tsp	black pepper	1	medium	onion
1	tsp	adobo seasoning	2		green bell pepper -- chopped
1	cup	chicken broth	2	lbs	boneless skinless chicken thighs
2	tsp	minced garlic			shredded cheese (optional)
1/2	tsp	chili powder			sour cream (optional)
1/3	tsp	chili flakes (or red pepper flakes)			
1/2	tsp	cumin			



- 1 Add first eleven ingredients (tomato paste through bell peppers) to slow cooker crock pot and mix well.
- 2 Add chicken thighs and stir well to coat chicken with seasonings. No need to stir.
- 3 Cover and cook on low for 8 hours. Before serving, stir thoroughly.
- 4 Serve with sour cream and cheddar cheese if desired.

Servings: 6

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 8 hours

Middle Eastern Chicken Skewers

2 net carbs per serving

1/2 tbsp cumin	1	tbsp mustard powder	
1/2 tbsp ground coriander	1/2	tbsp kosher salt	
1/2 tbsp turmeric	1-1/2	lb boneless, skinless chicken breast tenders	
1	tbsp cinnamon		
1	tbsp smoked paprika	2	tbsp olive oil



- 1 Place bamboo skewers in a shallow bowl of water.
- 2 In a large zip-close plastic bag, combine the cumin, coriander, turmeric, cinnamon, paprika, mustard powder and salt. Close the bag and shake to blend the seasonings. Set aside.
- 3 Place the chicken in the bag of spices, then add the olive oil. Close the bag, gently pressing out any air. Gently knead the chicken, working the seasonings and oil so it thoroughly coats all of the chicken.
- 4 Coat grill grates with oil or high-heat cooking spray. Preheat the grill on high.
- 5 Carefully place a chicken tender on each skewer. Place the skewers on the grill and cook for about 3 to 4 minutes per side, or until the meat reaches at least 165F on an instant read thermometer. Serve immediately

Servings: 4

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Total Time: 30 minutes

Tips

Could substitute regular paprika if smoked unavailable.

String Beans with Shallots

4.5 net carbs per serving (6 servings in entire recipe)

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



- 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.

Degree of Difficulty

Degree of Difficulty: Easy

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Mini Veggie Quiche

3 net carbs per serving

3	large	eggs	1/4 cup	diced onion
1	package	10 oz. frozen chopped spinach, defrosted, water squeezed out		salt to taste
3/4	cup	shredded Cheddar cheese		Hot pepper sauce, to taste
1/4	cup	diced red and green peppers		



- 1 Makes 12 mini-quiches - will need foil baking cups, muffin tin, cooking spray, oven
- 2 Heat oven to 350 degrees F
- 3 Line 12 cup muffin pan with foil baking cups, spray the cups with the cooking spray
- 4 Thaw and drain spinach - I wring it out well in my hand, which eliminates a lot of the "spinachy" taste for those who hate boiled spinach
- 5 In a medium size bowl, mix the spinach, egg, cheese, peppers, onions, hot pepper sauce and salt
- 6 Fill the foil cups with the mixture
- 7 Bake at 350F for 20 minutes, or until a knife inserted in the middle comes out clean
- 8 Remove from cups to serve

Yield: 12 mini quiche

Oven Temperature: 350°F

Cooking Times

Cooking Time: 20 minutes

Tips

Frozen, diced red & green peppers can be substituted for fresh.

Beef Tenderloin with Creamy Horseradish Sauce

4 net carbs per serving

Gremolata

4 large cloves garlic, minced
2 large orange zest
1 cup parsley, flat-leaf minced

½ tsp sea salt
¾ tsp fresh ground black pepper

Creamy Horseradish Sauce

Beef Tenderloin

2-3/4 lb beef tenderloin
1-1/2 Tbsp extra-virgin olive oil
1 Tbsp fresh thyme leaves, minced
1 Tbsp large clove garlic, minced

1 cup sour cream
¼ cup all-natural prepared horseradish
1 tsp Dijon mustard
1 tsp fresh lemon juice
¼ tsp sea salt



- 1 Prepare gremolata: In a small bowl, thoroughly combine garlic, orange zest and parsley. Cover and set aside until ready to serve.
- 2 Prepare beef tenderloin: Remove tenderloin from refrigerator 1-1/2 hours before cooking. Position rack in center of oven. Preheat oven to 400 degrees F. Line a large rimmed baking sheet or pan with aluminum foil to make cleanup easier. Place roasting rack on baking sheet (with 1-inch sides).
- 3 Rub oil all over tenderloin. In a small bowl, combine thyme, garlic, salt and pepper. Rub garlic mixture all over tenderloin. Place tenderloin on roasting rack in baking sheet or pan.
- 4 Roast tenderloin for 25 minutes, then check internal temperature using an instant-read meat thermometer. Remove tenderloin when internal temperature is 125 to 130 degrees for medium-rare or 130 to 140 degrees for medium doneness. Baking time will depend on your oven, weight of meat and desired level of doneness.
- 5 Transfer meat to carving board and tent with foil. Let meat rest for 10 minutes to allow juices to set. Carve across the grain into ½ inch thick slices. Serve, sprinkled generously with gremolata and top with horseradish sauce .

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Tips

Ask your butcher to provide you with a peeled, tied and roast-ready tenderloin of beef, which means the silverskin has been removed. If the butcher is willing, have the tapered end tucked under and tied so it is about the same thickness as the other end. This way the roast will cook evenly.

Avocado Slaw

3 net carbs per serving

4	small avocados, seeded, peeled and mashed	1	tsp	salt
		1/2	tsp	ground red pepper (cayenne)
3	tbsp			fresh lime juice
8	oz	8	cups	coleslaw
1	clove	1-1/2	cups	scallions, sliced
1/2	tsp	1	small	red pepper, minced



- 1 Chop one of the avocados coarsely and drizzle with 1 tbsp lime juice, tossing gently to coat. Cover and set aside. Chop and mash the other three avocados with the remainder of the lime juice. Add sour cream, garlic, cumin, salt and red chili pepper to the mashed avocados and combine well.
- 2 Put the coleslaw in a large bowl, top with the mashed avocado mixture and toss to combine evenly. Fold in the chunks of chopped avocado, the onion and red bell pepper, if using. Toss gently. Serve immediately or cover tightly with plastic wrap placed directly on the avocado slaw to prevent air from reaching it and refrigerate until ready to use.

Servings: 10

Cooking Times

Preparation Time: 20 minutes

Roasted Salmon with Fennel and Lemon

2 net carbs per serving

2	(1-1/2-pound) salmon tail-end fillets, about 1 inch thick	1	lemon, thinly sliced
4	tsps extra-virgin olive oil	2	tbsp chopped fresh dill
1/2	tsp salt		dill sprigs and lemon slices for garnish (optional)
1/2	tsp fresh-ground black pepper		
1	small fennel bulb, very thinly sliced		



- 1 Heat oven to 475 degrees F.
- 2 Rinse salmon and pat dry. Using your fingers or tweezers, remove any small bones from the fillets. Rub oil all over the fillets (skin included). Sprinkle each fillet with salt and pepper.
- 3 Place one fillet, skin side down, on a wire rack over a baking pan, then layer fennel, lemon, and dill across the surface of the fillet. Using kitchen twine, tie the halves of the fish together so they stay in place while cooking.
- 4 Roast salmon (on the rack over the baking pan) until the skin appears lightly browned and fish is cooked through, about 20 minutes. Remove string, transfer to a serving platter and serve hot.

Servings: 6

Yield: 8

Oven Temperature: 475°F

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Spinach Salad

5 net carbs per serving (entire recipe is 4 servings)

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
3	Tbsp	red wine	vinegar			dried and stems removed



- 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.

Degree of Difficulty

Degree of Difficulty: Very easy

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Low Carb Chicken Tortilla Soup

12 net carbs per serving

- | | | | |
|---|--|----------|--------------------------|
| 2 | chicken breasts, Remove skin & cut into strips | 1 bunch | cilantro, chopped |
| 1 | 28 oz can diced tomatoes | 2 Tbsp | Tomato paste |
| 1 | 32 oz organic chicken broth | 4 cloves | minced garlic |
| 1 | sweet onion, diced | 1 tsp | chili powder |
| 2 | jalapenos, remove seeds, dice | 1 tsp | cumin |
| | | | salt and pepper to taste |
| | | | olive oil |
| 2 | cups celery chopped | | |
| 2 | cups carrots, shredded | | |



- 1 Add olive oil to crock pot & place on medium high heat. Add about 1/4 cup of chicken broth. Add onions, garlic, jalepeno, salt, and pepper.
- 2 Once ingredients have softened, add remaining ingredients and 1-2 cups of water. Cover and cook on low for about 2 hours.
- 3 Once chicken has finished cooking, it should shred easily with a fork.
- 4 Top with fresh cilantro and enjoy!

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 2 hours