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Say hello to new flavors and fresh inspiration

Virta, your fully covered weight loss and diabetes, has partnered with Chef Joel, founder of Homemade—the world’s largest livestream cooking community—to bring you easy, flavorful meals you can feel good about

Whether you're looking for new ideas or just want to shake up your routine, these recipes are here to help you love what’s on your plate and reach your health goals!



Scan the QR code to join Virta today and access more tips and meal inspiration





Prep Time	Total Time	Yield
15 min	30 min	2 servings

Nutrition Info Per Serving

Serving Size ½ dish	Carbohydrates 6 grams
Protein 40 grams	Fat 18 grams
Calories 348	

Beef and Broccoli



The entire family will love this better-than-takeout dish

Ingredients

- 1 tbsp avocado oil
- ¾ lb flank steak (or sirloin), thinly sliced against the grain
- 2 cups broccoli florets
- 2 tbsp beef broth (or chicken)
- 2 tbsp soy sauce
- ½ tsp red pepper flakes (optional)
- ½ tsp sesame oil
- 1 tsp white vinegar
- 2 cloves garlic, minced
- 1 tsp freshly grated ginger

Instructions

- 01 Heat oil in a large skillet or wok over high heat. Add the beef in a single layer and sear for about 1–2 minutes per side until browned, but not overcooked. Remove from the pan and set aside.
- 02 In the same pan, stir-fry broccoli for a couple minutes until tender-crisp. Add the beef or chicken broth to steam slightly. Reduce heat to medium-low.
- 03 Stir in soy sauce, chili flakes, sesame oil, and white vinegar. Stir to combine. Add garlic and ginger, stirring for 30 seconds. Return the beef to the pan, toss with the sauce, and cook for another minute or until the sauce is reduced to your liking.
- 04 Serve on its own or over cauliflower rice for a complete meal. Garnish with chopped green onions or sesame seeds.



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“Kitchen Sink” Frittata

Packed with flavor and perfect for using up whatever is in your fridge

Ingredients

- 1/2 lb ground italian sausage (pork or chicken)
- 1/2 red bell pepper, diced
- 1 cup chopped kale (stems removed)
- 1/2 tsp salt
- 1/2 tsp pepper
- 6 large eggs
- 1/4 cup heavy cream
- 1/2 cheddar cheese, shredded (or cheese of choice)
- 2 stalks green onion (optional)

Instructions

- 01 Set your oven to 350°F (190°C).
- 02 Heat a large oven-safe skillet (like cast iron) over medium heat. Add the sausage and cook, breaking it up, until browned and cooked through. Remove excess grease if needed.
- 03 Push the sausage to one side of the pan and toss in the kale and red bell pepper. Cook for 2–3 minutes until softened.
- 04 In a bowl, whisk together the eggs, heavy cream, and half of the cheese.
- 05 Pour the egg mixture into the skillet over the sausage and veggies. Use a spatula to gently distribute everything evenly. Sprinkle the remaining cheese, a generous pinch of salt and pepper and some sliced green onions on top.
- 06 Transfer the skillet to the oven and bake for 10–15 minutes, or until the eggs are set and the top is slightly golden.
- 07 Let it cool for a few minutes before slicing. Serve warm with a dollop of sour cream or avocado if you like.

Prep Time	Total Time	Yield
10 min	30 min	4 servings

Nutrition Info Per Serving

Serving Size 1/4 frittata	Carbohydrates 5 grams
Protein 22 grams	Fat 35 grams
Calories 426	



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Shrimp and Cauliflower Grits

A healthy twist on a classic that's perfect for a weeknight dinner

Ingredients

- 2 cups cauliflower rice
- 2 tbsp chicken stock (or broth)
- 2 tbsp cream cheese
- 1/4 cup white cheddar cheese, shredded
- 1/4 tsp garlic powder
- 1/4 tsp black pepper
- 1/2 lb large shrimp, peeled and deveined
- 1/2 tsp smoked paprika
- 1/2 tsp salt
- 1 tbsp avocado oil
- 1/3 cup stock of choice (or water)
- 1 tbsp unsalted butter (or olive oil)
- 1 tbsp lemon juice
- 2 tbsp chives, chopped

Instructions

- 01 Heat a saucepan over medium heat, add cauliflower rice and a splash of stock. Cover and let steam for about 3–4 min. Once the cauliflower is nicely warmed through and fluffy, toss in the cream cheese, white cheddar cheese, salt and stir until melted and combined. Cover and keep warm while cooking the shrimp.
- 02 Heat a skillet over medium-high heat. Place the shrimp into a mixing bowl and add the smoked paprika, garlic powder, salt, and avocado oil. Toss to coat the shrimp in the seasonings. Add the shrimp to the skillet and sear for about 1–2 minutes per side until pink and opaque. Add the stock or water and stir to deglaze the pan. Simmer gently for 1–2 minutes until the liquid has reduced slightly. Remove the pan from the heat and stir in the butter (or olive oil) until it's melted. Squeeze lemon juice over the shrimp.
- 03 Divide the cauliflower "grits" into two bowls. Top with shrimp and drizzle the sauce from the pan. Garnish with fresh chives and more lemon juice for a pop of flavor.

Prep Time	Total Time	Yield
15 min	35 min	2 servings

Nutrition Info Per Serving

Serving Size	Carbohydrates
1/2 dish	10 grams
Protein	Fat
34 grams	23 grams
Calories	
348	



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5-ingredient Cabbage Steak

Only five ingredients, but tastes like so much more

Ingredients

- 4 bacon (uncured, no sugar), diced
- 1 small cabbage (~650g), cut into 1-inch thick rounds
- 1/2 cup sour cream
- 2 tbsp chives, finely chopped
- 1 lemon, cut into wedges

Instructions

- 01 Heat a large skillet over medium heat. Add the cubed bacon and cook, stirring occasionally, until crispy and browned. Use a slotted spoon to transfer the bacon to a plate, leaving the fat in the pan.
- 02 Increase heat to medium-high. Season the cabbage steaks with a pinch of salt and pepper on each side. Place the cabbage rounds in the skillet and sear undisturbed for 3–4 minutes per side, until deeply golden and tender. Tip the pan and baste the top of the cabbage steaks with the excess bacon fat.
- 03 Meanwhile, mix sour cream with chives and a pinch of salt.
- 04 Spread a generous spoonful of chive sour cream onto each plate and smooth it into an even layer. Place a cabbage steak on top, sprinkle with crispy bacon, and serve with a lemon wedge for squeezing.

Prep Time	Total Time	Yield
5 min	30 min	2 servings

Nutrition Info Per Serving

Serving Size 1/2 dish	Carbohydrates 22 grams
Protein 12 grams	Fat 16 grams
Calories 268	



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