

VitalMeals Week 6

When choosing beef, try to purchase grass-fed if your budget allows. Second choice would be a hormone-free brand such as "Laura's Lean" . The third option would be to purchase the leanest ground beef choice possible such as 93 or 97% . .

Canned vegetables

- 4 oz Canned mushrooms (Spinach and Beef Casserole)
- 1 can (6oz) Tomato paste (Stuffed Peppers)
- 1 can (14oz) Tomato sauce ("Spaghetti" and Meatballs)

Dairy

- 8 oz Cheddar cheese, shredded (Spinach and Beef Casserole)
- 2 large eggs (Spinach and Beef Casserole)
- 2 oz Heavy whipping cream (Scallops and Cauliflower Mash)

Fresh seafood

- 12 large Scallops (Scallops and Cauliflower Mash)

Frozen vegetables

- 1 pkg (10oz) Frozen spinach (Spinach and Beef Casserole)

Meat and poultry

- 2 lbs beef stew meat (Hearty Beef Stew)
- 3 lbs Beef, grass-fed, ground, raw (Spinach and Beef Casserole, Stuffed Peppers)
- 1 1/2 lbs Chicken breast (Chicken and Asparagus Stir Fry)
- 1 lb Pork (Stuffed Peppers)
- 2 lbs Pork shoulder (Pork Carnitas)
- 1 lb Sausage, Italian ("Spaghetti" and Meatballs)

Pickles

- 2 Tbs Pepper relish, hot ("Spaghetti" and Meatballs)

Produce

- 1 bunch Asparagus (Chicken and Asparagus Stir Fry)
- 1 bag Carrots (to yield 1 cup grated + 1 whole carrot) (Stuffed Peppers, Hearty Beef Stew)
- 1 1/2 heads Cauliflower (to yield 9 cups) (Stuffed Peppers, Scallops and Cauliflower Mash)
- 3 stalks Celery (Hearty Beef Stew)
- 4 ea Green bell peppers (Stuffed Peppers)
- 1 ea Jalapeno pepper (Pork Carnitas)
- 3 1/2 medium Onions (Pork Carnitas, Spinach and Beef Casserole, Stuffed Peppers, Hearty Beef Stew)
- 1 small orange (Pork Carnitas)
- 1 medium Spaghetti squash ("Spaghetti" and Meatballs)
- 4 bunches Spinach (Scallops and Cauliflower Mash)

Soups and gravies

- 1 cup Soup, chicken broth, canned (could substitute reduced sodium broth) (Stuffed Peppers)
- 1/2 cup Soup, chicken broth, canned, less/reduced sodium (can substitute regular) (Chicken and Asparagus Stir Fry)

Spices and seasonings

- 2 tsp Italian seasoning ("Spaghetti" and Meatballs)