

VitalMeals Week 10

Bread

- 2 slices Bread, healthy life (if desired) (Cajun Turkey Burgers with Sweet potato fries)

Canned vegetables

- 1 15 oz Tomatoes, canned diced (Beef and Sweet Potato Curry)
- 2 10 oz tomatoes, rotel, canned (Southwestern Taco Soup)

Dairy

- 3 cups Cheddar cheese (Low Carb Jalepeno & Cheese Chicken, "Spaghetti" Squash with Cheese and Sausage Bake)
- 16 oz Cream cheese (Low Carb Jalepeno & Cheese Chicken, Southwestern Taco Soup)
- 1 large Egg (Cajun Turkey Burgers with Sweet potato fries)
- 1 1/8 cups Grated parmesan cheese (Low Carb Jalepeno & Cheese Chicken, "Spaghetti" Squash with Cheese and Sausage Bake)
- 1/2 cup Heavy whipping cream (Southwestern Taco Soup)

Fresh seafood

- 4 filets Salmon (Asian Salmon Crockpot)

Meat and poultry

- 13 slices bacon, nitrate free (Low Carb Jalepeno & Cheese Chicken, Chicken, Bacon, Apple Crock Pot)
- 2 lbs Beef, grass-fed, ground, raw (Southwestern Taco Soup)
- 10 Chicken breast (Low Carb Jalepeno & Cheese Chicken, Chicken, Bacon, Apple Crock Pot)
- 1 lb Ground turkey (Cajun Turkey Burgers with Sweet potato fries)
- 4 links Sausage, Italian, sweet, links ("Spaghetti" Squash with Cheese and Sausage Bake)

Nuts and seeds

- 1 cup Almonds, slivered (Asian Salmon Crockpot)

Produce

- 2 small Apples (Chicken, Bacon, Apple Crock Pot)
- 1 cup Cucumber (Asian Salmon Crockpot)
- 1/4 cup Jalapeno peppers (Low Carb Jalepeno & Cheese Chicken)
- 1 3/4 cups Onions (Low Carb Jalepeno & Cheese Chicken, Southwestern Taco Soup)
- 1 ea Oranges (Asian Salmon Crockpot)
- 2 heads Romaine lettuce (Asian Salmon Crockpot)
- 1/2 cup Scallions (Asian Salmon Crockpot)
- 5 1/2 cups Spaghetti squash (2 small or 1 large squash cooked) ("Spaghetti" Squash with Cheese and Sausage Bake)
- 4 cups Spinach, raw ("Spaghetti" Squash with Cheese and Sausage Bake)
- 4 ea Sweetpotato (Cajun Turkey Burgers with Sweet potato fries)

Salad dressings

- 8 Tbs Annie's sesame ginger dressing (Asian Salmon Crockpot)
- 1/2 cup Mayonnaise (Low Carb Jalepeno & Cheese Chicken)

Snack foods

- 1 bag pork rinds (Low Carb Jalepeno & Cheese Chicken)

Soups and gravies

- 2 cups beef broth, canned (Southwestern Taco Soup)
- 1 cup chicken broth, canned ("Spaghetti" Squash with Cheese and Sausage Bake)

Diabetic Foods or Dressings

- 1 cup BBQ sauce, low carb (such as Walden's Farm brand) (Chicken, Bacon, Apple Crock Pot)