

## VitalMeals Week 11

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### Canned vegetables

- 4 oz Tomato sauce (Mexican Turkey Lettuce Wraps)
- 3 cups Tomatoes, canned diced (Tomato Basil Parmesan Soup)

### Dairy

- 2 cups Cheddar cheese (Mexican Turkey Lettuce Wraps, Chicken and Veggie Nachos)
- 1/2 cup Cheese, sharp cheddar (Low Carb Jalapeno Cheddar Muffins)
- 7 large Eggs (Salmon patties with Bacon) (Stuffed Zucchini) (Low Carb Jalapeno Cheddar Muffins)
- 1 5/8 cup Grated parmesan cheese (Italian Chicken Carbonara) ( Salmon patties with Bacon) (Tomato Basil Parmesan Soup)
- 2 cups Half and half (Tomato Basil Parmesan Soup)
- 1/2 cup Heavy whipping cream (Italian Chicken Carbonara)

### Fresh seafood

- 2 lbs Salmon (wild caught) (Salmon Patties with Bacon, Squash & Asparagus)

### Meat and poultry

- 1 lb bacon, nitrate free (Salmon Patties with Bacon, Squash & Asparagus)
- 1 1/2 cups Chicken breast (cooked--can use Rotisserie chicken) (Chicken and Veggie Nachos)
- 8 breasts Chicken breast (Italian Chicken Carbonara) (Thai BBQ chicken)
- 1 1/2 lbs Ground turkey, 93% lean, 7% fat, raw (Mexican Turkey Lettuce Wraps)
- 1 lb sausage, nitrate free (Stuffed Zucchini)

### Mexican food products

- 1 cup Salsa (Chicken and Veggie Nachos)

### Oriental food products

- 1/4 cup Canned coconut milk (Thai BBQ chicken)
- 3 Tbs Fish sauce (Thai BBQ chicken)

### Produce

- 1 bunch Asparagus (Salmon Patties with Bacon, Squash & Asparagus)
- 1 cup Carrots (chopped) (Tomato Basil Parmesan Soup)
- 1 cup Celery (chopped) (Tomato Basil Parmesan Soup)
- 1 bunch Cilantro (Thai BBQ chicken)
- 2 Tbs Ginger root (Asian Cole Slaw)
- 1 ea Green bell peppers (to yield 1/4c. + 2 Tbsp) (Mexican Turkey Lettuce Wraps, Stuffed Zucchini)
- 1 lb Green snap beans (String Beans with Shallots)
- 8 leaves Iceberg lettuce (Mexican Turkey Lettuce Wraps)
- 2 ea Jalapeno peppers (Low Carb Jalapeno Cheddar Muffins)
- 3 med Onions (to yield 1 whole + 1c. + 1/2c.) (Mexican Turkey Lettuce Wraps, Tomato Basil Parmesan Soup)
- 1 lb peppers, sweet minis (Chicken and Veggie Nachos)
- 3 ea Red chili peppers (Thai BBQ chicken)
- 1 small Red onions (Asian Cole Slaw)
- 1 can Roasted red bell peppers (Stuffed Zucchini)
- 2 bunches Scallions (to yield 1 bunch + 6 scallions) (Asian Cole Slaw, Chicken and Veggie Nachos)
- 3 large Shallots (String Beans with Shallots)
- 2--- 16 ounces bags slaw mix (Asian Cole Slaw)
- 2 small Spaghetti squash (Italian Chicken Carbonara)
- 12 oz Spinach, raw (Italian Chicken Carbonara)
- 2 medium squash, yellow (Salmon Patties with Bacon, Squash & Asparagus)
- 4 medium Zucchini (Stuffed Zucchini)

### Soups and gravies

- 4 cups chicken broth, canned (Tomato Basil Parmesan Soup)

### Spices and seasonings

- 1 tsp Italian seasoning (Italian Chicken Carbonara)