

VitalMeals Week 12

Bread

- 2 x Slice Bread, healthy life (Low Carb Salmon Burgers)

Canned vegetables

- 1 cup Artichoke hearts (Crockpot Stuffed Greek Chicken)

Dairy

- 1/2 cups Blue cheese (Tomato and Asparagus Salad)
- 2 cups cheese, mexican shredded (Mexican Pizza Cups)
- 6 large Eggs (Salmon Burgers) (Spinach Salad) (Cauliflower "Bread" Sticks)
- 4 oz Feta (Crockpot Stuffed Greek Chicken)
- 4 oz Sour cream (Mexican Pizza Cups)

Fresh seafood

- 4 filets Fish, tilapia, raw (Blackened Tilapia)
- 1 lb Salmon (Low Carb Salmon Burgers)

Meat and poultry

- 11 thick slices Bacon (Spinach Salad) (Green Bean Bundles)
- 1 lb Beef, grass-fed, ground, raw (Mexican Pizza Cups)
- 8 breasts Chicken breast (Asian Chicken, Crockpot Stuffed Greek Chicken)
- 4 x 6oz Pork chops (Zesty Pork Chops)

Mexican food products

- 6 wraps low carb tortillas (Mexican Pizza Cups)
- 1 cup Salsa (Mexican Pizza Cups)

Produce

- 1 lb Asparagus (Tomato and Asparagus Salad)
- 1 Avocados (Low Carb Salmon Burgers)
- 1--- 4.25oz can Black olives (Mexican Pizza Cups, Crockpot Stuffed Greek Chicken)
- 1 x large bunch broccoli rabe (Garlic Broccoli Rabe)
- 1 head Cauliflower (Cauliflower "Bread" Sticks)
- 6 cups Cherry tomatoes (Tomato and Asparagus Salad)
- 1 medium Cucumber (Gazpacho)
- 1 cup Fresh basil (Tomato and Asparagus Salad)
- 8 tsp Ginger root (Asian Cole Slaw, Asian Chicken)
- 1 lb Green snap beans (Green Bean Bundles)
- 1 ea Lemons (Blackened Tilapia)
- 1 ea Limes (Zesty Pork Chops)
- 1 x 8 oz Mushrooms (Spinach Salad)
- 2 ea Red bell peppers (to yield one whole & 1/4c) (Low Carb Salmon Burgers) (Gazpacho)
- 1 small Red onions (Gazpacho)
- 2 Roasted red bell peppers (Crockpot Stuffed Greek Chicken)
- 1 large Scallions (reserve 2 for Asian Chicken) (Asian Cole Slaw, Asian Chicken)
- 2---- 16oz bags slaw mix (Asian Cole Slaw)
- 1---- 16oz bag Spinach (Low Carb Salmon Burgers)
- 2 ea Sweet potato (Spicy Sweet Potato Chips)
- 5 ea Tomatoes (Mexican Pizza Cups, Gazpacho)
- 1/4 cup Yellow bell peppers (Low Carb Salmon Burgers)

Soups and gravies

- 1 1/2 cups chicken broth, canned (Crockpot Stuffed Greek Chicken)

Spices and seasonings

- 2 tsp Celery seed (Blackened Tilapia)
- 2 Tbs Sesame seeds (Asian Chicken)
- 1 packet Taco seasoning mix (Mexican Pizza Cups)