

VitalMeals Week 13

Canned vegetables

- 1 14.5oz can Tomatoes, canned diced (Meatball Soup)

Dairy

- 1 cup Cheddar cheese (Chicken and Broccoli Bake)
- 1 large Egg (Meatball Soup)
- 4 oz Feta (Strawberry chicken salad)
- 1 pkg Swiss cheese (Philly Cheesesteak Bake)

Fresh seafood

- 4 filets Salmon (Mexican Salmon)
- 1 1/2 lbs Shrimp (Thai Shrimp Burgers)

Frozen vegetables

- 1 cup Frozen broccoli (Chicken and Broccoli Bake)

Meat and poultry

- 1 lb Beef, grass-fed, ground, raw (Meatball Soup)
- 3 cups Chicken breast (cooked & shredded) (Strawberry chicken salad)
- 2---- 6oz pkgs Hormel all natural sliced beef (Philly Cheesesteak Bake)
- 3 lbs Pork tenderloin (Jerk Pork Roast)

Nuts and seeds

- 3/4 cup coconut milk, unsweetened (Thai Shrimp Burgers)
- 1/2 cup Pine nuts (Strawberry chicken salad)

Oriental food products

- 1 tsp chili sauce, bottled, (Thai Shrimp Burgers)
- 2 tsp Fish sauce (Thai Shrimp Burgers)

Packaged foods

- 1 Tbs Peanut butter, natural (Thai Shrimp Burgers)

Produce

- 1 ea Avocados (Mexican Salmon)
- 1 Carrot (Meatball Soup)
- 1 small head Cauliflower (Cauliflower Rice)
- 2 stalks Celery (Meatball Soup)
- 1 large bunch Cilantro (to yield 1/4c. + 2 Tbs) (Mexican Salmon) (Thai Shrimp Burgers)
- 2 Tbs Ginger root (Asian Cole Slaw)
- 3 ea Green bell peppers (Philly Cheesesteak Bake)
- 1 lb Green snap beans (String Beans with Shallots)
- 1 ea Jalapeno peppers (Mexican Salmon)
- 1/2 tsp Lime peel (Thai Shrimp Burgers)
- 2 ea Limes (Mexican Salmon)
- 1 large box Mushrooms (Philly Cheesesteak Bake)
- 6 small Onions (5 large & 1 small) (Cauliflower Rice) (Philly Cheesesteak Bake) (Meatball Soup)
- 1/4 cup Parsley (Meatball Soup)
- 1/2 ea Red bell peppers (Mexican Salmon)
- 2 small Red onions (to yield 1 + 1/2) (Mexican Salmon) (Asian Cole Slaw)
- 8 large leaves Romaine lettuce (Thai Shrimp Burgers)
- 1 large bunch Scallions (reserve 2 scallions for Thai Shrimp Burgers) (Asian Cole Slaw)
- 4 Shallots (String Beans & Shallots) (Thai Shrimp Burgers)
- 2----- 16 oz bag slaw mix (Asian Cole Slaw)
- 1----- 16 oz bag Spinach (Strawberry chicken salad)
- 1 pkg Strawberries (Strawberry chicken salad)
- 1/2 ea Yellow bell peppers (Mexican Salmon)
- 1 cup Zucchini (chopped) (Meatball Soup)

Snack foods

- 1/4 cup Peanuts (Thai Shrimp Burgers)

Soups and gravies

- 3 cups chicken broth, canned (Meatball Soup)
- 1 can Soup, cream of mushroom, canned, condensed (Chicken and Broccoli Bake)

Spices and seasonings

- 1 Tbs Italian seasoning (Philly Cheesesteak Bake)
- 1 Tbs Onions flakes (Jerk Pork Roast)