

VitalMeals Week 14

Beverages

- 1/4 cup White wine (Black Pepper Citrus Chicken)

Bread

- 2 Slices Bread, healthy life (Baked Eggplant Fries)

Canned vegetables

- 1/2 cup beans, black, canned (Southwest Chicken Salad)
- 1/2 cup Canned yellow corn (Southwest Chicken Salad)

Dairy

- 1/2 cup Blue cheese (Tomato and Asparagus Salad)
- 3/4 cup Cheddar cheese (1/4c. + 1/3c.) (Southwest Chicken Salad, Jalapeno Chicken Burgers)
- 1/2 cup Cheese, sharp cheddar (Low Carb Jalapeno Cheddar Muffins)
- 1 Tbs Cream cheese (Cauliflower "Mashed Potatoes")
- 5 large Eggs (Baked Eggplant Fries) (Low Carb Jalapeno Cheddar Muffins)
- 3/4 cup Grated parmesan cheese (Cauliflower "Mashed Potatoes") (Low Carb Shepherds Pie") (Baked Eggplant Fries)
- 1/2 cup Half and half (Cream of Cauliflower Soup)
- 1 cup Sour cream (Jalapeno Chicken Burgers)

Fresh seafood

- 4 filet Salmon (Lemon Lime Salmon)

Frozen vegetables

- 1--- 10oz pkg Frozen cauliflower (Cream of Cauliflower Soup)

Meat and poultry

- 4 Slices bacon, nitrate free (Southwest Chicken Salad)
- 24 oz Beef ribeye (2-3 inches thick) (Steak and Herbs)
- 8 breasts Chicken breast (Southwest Chicken Salad, Black Pepper Citrus Chicken)
- 1 lb Chicken breast (cooked) & cubed (Indian Curry)
- 1 1/2 lbs ground chicken (Jalapeno Chicken Burgers)
- 4 oz pancetta/bacon (Balsamic Roasted Brussel Sprouts)

Mexican food products

- 1 cup Salsa (Jalapeno Chicken Burgers)

Oriental food products

- 3/4 cup coconut milk, unsweetened (Indian Curry)

Produce

- 1 lb Asparagus (Tomato and Asparagus Salad)
- 2 Avocados (Southwest Chicken Salad, Tomato and Asparagus Salad)
- 1 1/2 lbs Brussels sprouts (Balsamic Roasted Brussel Sprouts)
- 2 heads Cauliflower (Cauliflower Rice) (Cauliflower "Mashed Potatoes")
- 3/4 cup Celery (diced) (Cream of Cauliflower Soup)
- 6 cups Cherry tomatoes (Tomato and Asparagus Salad)
- 1/4 cup Cilantro (Jalapeno Chicken Burgers)
- 1 medium Eggplant (Baked Eggplant Fries)
- 2 cups Fresh basil (Steak & Herbs) (Tomato and Asparagus Salad)
- 2 Tbs Fresh oregano (Steak and Herbs)
- 1 Tbs Fresh rosemary (Steak and Herbs)
- 1 Tbs Fresh tarragon (Steak and Herbs)
- 1 Tbs Fresh thyme (Steak and Herbs)
- 2--- 10oz pkgs Frozen spinach (Parmesan Creamed Spinach)
- 1 cup Guacamole (Jalapeno Chicken Burgers)
- 4 ea Jalapeno peppers (Low Carb Jalapeno Cheddar Muffins, Southwest Chicken Salad)
- 1/2 tsp Lemon peel (Lemon Lime Salmon)
- 1/2 tsp Lime peel (Lemon Lime Salmon)
- 4 medium Onions (Black Pepper Citrus Chicken) (Cauliflower Rice) (Jalapeno Chicken Burger) (Cream of Cauliflower Soup)

Produce

- 2 Tbs Orange juice (Black Pepper Citrus Chicken)
- 1 cup Parsley (Steak and Herbs)
- 1/4 cup Red onions (Southwest Chicken Salad)
- 6 cups Romaine lettuce (Southwest Chicken Salad)
- 2 ea Tomatoes (Southwest Chicken Salad, Indian Curry)

Soups and gravies

- 1 quart Chicken broth, canned/box (Cream of Cauliflower Soup)

Spices and seasonings

- 1/4 tsp Cumin seed (Jalapeno Chicken Burgers)
- 1 tsp Italian seasoning (Baked Eggplant Fries)
- 1/4 tsp Spices, red chili, ground (Indian Curry)
- 1/2 tsp Yellow mustard seed (Indian Curry)