

VitalMeals Week 15

Bread

- 2 Slices Bread, healthy life (Low Carb Meatloaf)

Condiments

- 2 Tbs Catsup, reduced sugar (Low Carb Meatloaf)

Dairy

- 1/2 cup Blue cheese (Strawberry and Avocado Spinach Salad)
- 1 Tbs Cream cheese (Cauliflower "Mashed Potatoes")
- 1 large Egg (Low Carb Meatloaf)
- 1/4 cup Grated parmesan cheese (Cauliflower "Mashed Potatoes")
- 1/2 cup greek yogurt, plain (Cilantro Lime Rice and Chicken Bowl)
- 1/4 cup Half and half (Low Carb Meatloaf)
- 10 oz Mozzarella (Caprese Chicken) (Pizza Soup)
- 8 oz Sour cream (SW Turkey Burgers) (Coleslaw)

Fresh seafood

- 1 lb Tuna (Tuna Kabobs)

Meat and poultry

- 8 Slices bacon, nitrate free (Strawberry and Avocado Spinach Salad)
- 1 lb Beef, cooked, (ribeye, strip, filet mignon) (Strawberry and Avocado Spinach Salad)
- 2 lbs Beef, grass-fed, ground, raw (Low Carb Meatloaf)
- 4 breasts Chicken breast (Caprese Chicken)
- 1 lb Chicken breast, cooked & shredded (Cilantro Lime Rice and Chicken Bowl)
- 1 lb Ground turkey (Southwest Turkey Burger)
- 3 oz Pepperoni (Pizza Soup)

Nuts and seeds

- 5 oz Pecans (Broccoli Salad) (Strawberry and Avocado Spinach Salad)

Pasta

- 1 can (15 oz) Pizza sauce (Pizza Soup)

Produce

- 3 ea Avocados (Strawberry & Avocado Spinach Salad) (Southwest Turkey Burger)
- 1 lb Broccoli (Broccoli Salad)
- 1 large bunch broccoli rabe (Garlic Broccoli Rabe)
- 1 lb Cabbage, shredded (slaw mix okay) (Coleslaw)
- 3 heads Cauliflower (Cauliflower Mashed Potatoes) (Cauliflower Rice, Cilantro Lime Rice and Chicken Bowl)
- 12 oz Cherry tomatoes (reserve 8 for kabobs) (broccoli Salad) (Tuna Kabobs)
- 3/4 cup Cilantro (Cilantro Lime Rice and Chicken Bowl)
- 1 pkg Fresh basil (need 4 lrg leaves +2 Tbsp) (Broccoli Salad) (Caprese Chicken)
- 2 ea Green bell peppers (Tuna Kabobs) (Pizza Soup)
- 1/2 cup Guacamole (Cilantro Lime Rice and Chicken Bowl)
- 1 large head Iceberg lettuce (reserve 8 leaves for SW turkey burgers) (Cilantro Lime rice & Chicken Bowl) (Southwest Turkey Burger)
- 1 ea Lemon pepper (Broccoli Salad)
- 2 ea Limes (Cilantro Lime Rice and Chicken Bowl)
- 1 cup Mushrooms (Pizza Soup)
- 4 small Onions (Low Carb Meatloaf) (Cauliflower Rice) (Cilantro Lime Rice and Chicken Bowl, Pizza Soup)
- 3 Tbs Parsley (Low Carb Meatloaf)
- 1 ea Red bell peppers (Tuna Kabobs)
- 1 medium Red onions (Tuna Kabobs)
- 2 ea Scallions (Cilantro Lime Rice and Chicken Bowl)
- 1 16oz bag Spinach (Strawberry and Avocado Spinach Salad)
- 2 cups Strawberries (Strawberry and Avocado Spinach Salad)
- 2 large Tomatoes (Cilantro Lime Rice and Chicken Bowl, Caprese Chicken)

Soups and gravies

1 can (14oz) Chicken broth , canned (Pizza Soup)