

VitalMeals Week 17

Canned vegetables

- 1 x can (15oz) beans, black, canned (Low Carb Burrito Bowls)
- 1 1/2 cups Tomato sauce (Low Carb Pepperoni and Mushroom Pizza)

Dairy

- 1 Tbs Cream cheese (Cauliflower "Mashed Potatoes")
- 2 large Egg (Low Carb Pepperoni and Mushroom Pizza)
- 3/8 cup Grated parmesan cheese (reserve 2 Tbsp for Pizza) (Cauliflower "Mashed Potatoes", Low Carb Pepperoni and Mushroom Pizza)
- 1 cup greek yogurt, plain (Cucumber Dill Salad)
- 1 cup Mexican cheese, shredded (Low Carb Burrito Bowls)
- 3 cups Mozzarella (Low Carb Pepperoni and Mushroom Pizza)

Fresh seafood

- 4 filet Salmon (Grilled Salmon with Avocado Salsa)

Meat and poultry

- 4--- 8oz Beef ribeye (Sun-dried Tomato and Garlic Ribeye)
- 3 lbs Chicken breast , boneless, skinless(Almond Basil Chicken Lettuce Wraps) (Lime Cilantro Chicken Kabobs)
- 1/2 cup Pepperoni (Low Carb Pepperoni and Mushroom Pizza)

Mexican food products

- 1 jar Salsa (Low Carb Burrito Bowls)

Nuts and seeds

- 1/4 cup Dry roasted almonds, sliced (Almond Basil Chicken Lettuce Wrap)
- 1/4 cup Peanuts (Thai Slaw)
- 1 Tbs Sesame seeds (Thai Slaw)

Oriental food products

- 2 Tbs Hoisin sauce (Almond Basil Chicken Lettuce Wrap)

Produce

- 1 ea Avocados (Grilled Salmon with Avocado Salsa)
- 1/2 head Cabbage (Thai Slaw)
- 1 large Carrots (Thai Slaw)
- 1 head Cauliflower (Cauliflower "Mashed Potatoes")
- 2 1/8 cups Cilantro (reserve 2 Tbsp for Grilled Salmon) (Thai Slaw) (Low Carb Burrito Bowls, Lime Cilantro Chicken Kabobs, Grilled Salmon with Avocado Salsa)
- 2 ea Cucumber (Cucumber Dill Salad)
- 1/2 cup Fresh basil (Almond Basil Chicken Lettuce Wrap)
- 1 tsp Fresh dill sprigs (Cucumber Dill Salad)
- 2 Tbs Fresh rosemary (Sun-dried Tomato and Garlic Ribeye)
- 2 large Green bell peppers (Low Carb Burrito Bowls) (Lime Cilantro Chicken Kabobs)
- 2 ea Jalapeno peppers (Low Carb Burrito Bowls)
- 2 ea Limes (Grilled Salmon with Avocado Salsa)
- 1/2 cup Mushrooms (Low Carb Pepperoni and Mushroom Pizza)
- 3 med Onions (Almond Basil Chicken Lettuce Wraps) (Lime Cilantro Chicken Kabobs, Summer Squash Soup)
- 1/8 cup Parsley (Thai Slaw)
- 2 ea Red bell peppers (Almond Basil Chicken Lettuce Wraps) (Lime Cilantro Chicken Kabobs)
- 1/4 head Red cabbage (Thai Slaw)
- 2 1/2 Red onions (Grilled Salmon with Avocado Salsa) (Low Carb Burrito Bowls, Cucumber Dill Salad)
- 1 bunch Romaine lettuce (Almond Basil Chicken Lettuce Wrap)
- 9 ea Scallions (Low Carb Burrito Bowls, Thai Slaw)
- 2 Spaghetti squash (Low Carb Burrito Bowls)
- 2 Tbs Sun-dried tomatoes (Sun-dried Tomato and Garlic Ribeye)
- 1 1/2 lbs Zucchini (or any summer squash) (Summer Squash Soup)

Soups and gravies

- 3 cup vegetable broth, commercial (Summer Squash Soup)

Picnic Supplies

- 1 pkg Wooden skewers (soaked in water for 30 minutes prior to assembly) (Lime Cilantro Chicken Kabobs)