

VitalMeals Week 18

Canned vegetables

- 2 Tbs Tomato paste (Crockpot Beef Tacos)

Dairy

- 1/3 cup Feta (Simple Summer Salad)
- 1/2 cup greek yogurt, plain (Fish Taco Bowl)
- 1 1/2 cups Mexican cheese, shredded (Pepper Chicken Nachos)

Fresh seafood

- 4 filet Fish, tilapia, raw (Fish Taco Bowl)

Meat and poultry

- 2 lbs Beef chuck roast (Crockpot Beef Tacos)
- 1 lb Beef sirloin steak (Steak and Cilantro Kabobs)
- 4 breasts Chicken breast (Thai Chicken Salad)
- 12 ounces Chicken breast, cooked (to yield 3 cups)(Pepper Chicken Nachos) (Summer Chicken and Veggie Soup)
- 1 lb smoked sausage (Sausage and Zucchini Bake)

Mexican food products

- 1 pepper chipotle peppers in Adobo sauce (Crockpot Beef Tacos)
- 4 1 wrap low carb tortillas (Crockpot Beef Tacos)
- 1 cup Salsa (Pepper Chicken Nachos)

Oriental food products

- 1/4 cups + 1 Tbsp thai sweet chili sauce

Prepared foods

- 1/4 cup natural peanut butter (Thai Chicken Salad)

Produce

- 3 ea Avocados (Simple Summer Salad)
- 1 cup Baby zucchini (Summer Chicken and Veggie Soup)
- 1/4 cup Black olives (Pepper Chicken Nachos)
- 3 ea Carrots (Thai Chicken Salad) (Summer Chicken and Veggie Soup)
- 1 head Cauliflower (Cauliflower Rice)
- 1 1/2 bunches Cilantro (Thai Chicken Salad) (Steak and Cilantro Kabobs)
- 2 ea Cucumber (Thai Chicken Salad) (Simple Summer Salad)
- 1/4 cup Fresh basil (Summer Chicken and Veggie Soup)
- 2 cups grape tomatoes (Sausage and Zucchini Bake)
- 1 ea Green bell peppers (Steak and Cilantro Kabobs)
- 1 ea Leeks (Summer Chicken and Veggie Soup)
- 2 tsp Lemon peel (Summer Chicken and Veggie Soup)
- 1/4 head napa cabbage, raw (Thai Chicken Salad)
- 3 medium Onions (Sausage & Zucchini Bake) (Cauliflower Rice, Crockpot Beef Tacos)
- 1 lb peppers, sweet minis (Pepper Chicken Nachos)
- 2 ea Red bell peppers (Thai Chicken Salad) (Steak and Cilantro Kabobs)
- 1 medium Red onions (Steak and Cilantro Kabobs)
- 2 x hearts Romaine lettuce (Thai Chicken Salad)
- 12 ea Scallions (Pepper Chicken Nachos)
- 1 large bag slaw mix (Fish Taco Bowl)
- 2 cups Spinach (Summer Chicken and Veggie Soup)
- 1 medium squash, yellow (Sausage and Zucchini Bake)
- 1 ea Yellow bell peppers (Steak and Cilantro Kabobs)
- 1 ea Zucchini (Sausage and Zucchini Bake)

Snack foods

- 1/2 cup Peanuts (Thai Chicken Salad)

Soups and gravies

- 4 cups chicken broth, canned (Summer Chicken and Veggie Soup)
- 1 cup beef stock, canned, ready-to-serve (Crockpot Beef Tacos)

Spices and seasonings

- 1 Tbs Fresh dill weed (Simple Summer Salad)

Syrups and sauces

- 2 tsp Green pepper Tabasco sauce (Fish Taco Bowl)

Picnic Supplies

- 1 pkg wooden skewers (Steak and Cilantro Kabobs)