

VitalMeals Week 19

Canned vegetables

- 1 Tbs Tomato paste (Pork Kabobs)

Condiments

- 1 small container tzatziki sauce (Pork Kabobs)

Dairy

- 4 Tbs sour cream (Loaded Sweet Potato Skins)
- 3 cups Cheese, Mexican, blend (Mexican Pizza, Loaded Sweet Potato Skins)
- 3 large Egg (Fried Green Tomato Salad) (Low Carb Crab Cakes)
- 1/2 cup Feta (Grilled Chicken and Veggies)
- 1/2 cup Grated parmesan cheese ("Fried Green Tomato" Salad)
- 1/4 cup Half and half (Loaded Sweet Potato Skins)
- 1/2 cup Mozzarella, shredded ("Fried Green Tomato" Salad)
- 4 oz Sour cream (Mexican Pizza)

Deli and bakery

- 1 lb Chicken -- rotisserie, original seasoning (Coconut Chicken Soup)

Fresh seafood

- 1 cup lump crab meat (Low Carb Crab Cakes)

Meat and poultry

- 4 slices bacon, nitrate free (Loaded Sweet Potato Skins)
- 1 lb Beef sirloin, steak, (Balsamic Grilled Steak)
- 1 lb Beef, grass-fed, ground, raw (Mexican Pizza)
- 4 breasts Chicken breast (Grilled Chicken and Veggies)
- 1 1/2 lbs pork, boneless cubed (Pork Kabobs)

Mexican food products

- 8 wraps low carb tortillas (Mexican Pizza, Pork Kabobs)
- 4 Tbs Red Taco Sauce (Mexican Pizza)

Oriental food products

- 2 Tbs Fish sauce (Coconut Chicken Soup)

Produce

- 1 can Black olives (Mexican Pizza)
- 1 head Cauliflower (Cauliflower Rice)
- 2 cups Cherry tomatoes (Balsamic Grilled Steak)
- 3 Tbs Cilantro (Coconut Chicken Soup)
- 2 Eggplant (Grilled Chicken and Veggies) (Pork Kabobs)
- 3 Tbs Ginger root (Asian Cole Slaw) (Coconut Chicken Soup)
- 4 large Green tomatoes ("Fried Green Tomato" Salad)
- 4 oz Guacamole (Mexican Pizza)
- 1 Tbs lemongrass, dried (Coconut Chicken Soup)
- 8 oz Mushrooms (Coconut Chicken Soup)
- 1 small Onions (Cauliflower Rice)
- 1 ea Oranges (Pork Kabobs)
- 2 Tbs Parsley (Low Carb Crab Cakes)
- 1 ea Red bell peppers (Grilled Chicken and Veggies)
- 2 small Red onions (Pork Kabobs) (Asian Cole Slaw)
- 8 cups Romaine lettuce ("Fried Green Tomato" Salad)
- 1 bunch Scallions (Asian Cole Slaw)
- 2 16 ounces bags slaw mix (Asian Cole Slaw)
- 2 small sweet potato (Loaded Sweet Potato Skins)
- 2 ea Tomatoes (Mexican Pizza, "Fried Green Tomato" Salad)
- 1 medium Zucchini (Grilled Chicken and Veggies)

Soups and gravies

- 6 cups chicken broth canned (Coconut Chicken Soup)

Spices and seasonings

- 2 tsp seasoning, old bay (Low Carb Crab Cakes)

Syrups and sauces

- 1/4 cup Barbecue sauce (Balsamic Grilled Steak)
- 8 Tbs Salsa (Mexican Pizza)

Organic

- 3/8 cup coconut flour ("Fried Green Tomato" Salad, Low Carb Crab Cakes)
- 2 cups coconut milk, unsweetened (Coconut Chicken Soup)

Picnic Supplies

- 1 x pkg wooden skewers (Pork Kabobs)