

Vital Meals Week 1

Please make sure to check our Staple Items here

Canned vegetables

- 1 14.5 oz can Canned tomatoes

Cooking oils and shortening

- 2 Tbs Sesame oil
- 1/2 cup White wine

Dairy

- 2 oz Asiago cheese
- 8 oz Cheddar cheese
- 1 1/2 cups Grated parmesan cheese
- 3/4 cup Heavy whipping cream
- 24 ounces Mozzarella
- 1 large container Ricotta
- 1 16 oz container Sour cream

Deli and bakery

- 1 link Italian sausage
- 3 packages low carb tortillas
- 1 package Pepperoni

Drink mixes

- 1/3 cup Club soda

Fresh seafood

- 1 lb Shrimp (16-20), raw, peeled, deveined

Meat and poultry

- 2 lbs Beef, grass-fed, ground, raw
- 4 boneless, skinless breasts Chicken breast
- 3 lbs Chicken wing
- 2 slices Ham
- 1 rotisserie chicken

Produce

- 1 Avocados
- 4 Carrots
- 4 stalks Celery
- 5 garlic cloves
- 2 Tbs Ginger root
- 1 Green bell peppers
- 1-2 Jalapeno peppers
- 1 bunch Kale, raw
- 4 Lemons
- 1 bunch Mustard greens
- 2 medium Onions
- 2 Portabella mushrooms
- 1 Red bell peppers
- 2 small Red onions
- 1 bunch Scallions
- 2 16 oz bags slaw mix
- 1 medium Spaghetti squash
- 4 Tomatoes
- 3 medium Zucchini

Soups and gravies

- 1 can Soup, cream of chicken, canned, condensed, commercial

Unknown grocery aisle

- 5 cans low sugar tomato sauce