

VitalMeals Week 20

Bread

- 1 Slice Bread, healthy life (Roasted Tomato Gazpacho)

Canned vegetables

- 6 oz Roasted red bell peppers (Antipasto Kabobs)

Dairy

- 1 cup Blue cheese (Shrimp Cobb Salad)
- 1/2 cup Cheese, sharp cheddar (Low Carb Jalapeno Cheddar Muffins)
- 17 large Egg (Shrimp Cobb Salad) (Cauliflower Rice) (Low Carb Jalapeno Cheddar Muffins, Stuffed Poblano Peppers)
- 2 cups Mexican Cheese, shredded (Stuffed Poblano Peppers)
- 8 slices Monterey cheese (Stuffed Poblano Peppers)
- 7 balls Mozzarella, fresh (Antipasto Kabobs)

Fresh seafood

- 2 lbs Shrimp, peeled & deveined) (Shrimp Cobb Salad)

Meat and poultry

- 14 thick slices Bacon, nitrate free (Shrimp Cobb Salad) (Cauliflower Potato Salad)
- 2 cups Chicken breast, cooked (Chicken Avocado Lettuce Wraps)
- 1 lb Chicken breasts -- boned and skinned
- 4 oz Prosciutto, thinly sliced (Antipasto Kabobs)
- 1/4 lb Salami, genoa (Antipasto Kabobs)

Mexican food products

- 1 x can Enchilada sauce (Stuffed Poblano Peppers)

Nuts and seeds

- 1/4 cup Pine nuts (Roasted Tomato Gazpacho)

Produce

- 4 ea Avocados (Chicken Avocado Lettuce Wraps, Shrimp Cobb Salad)
- 1 lb Beef, grass-fed, ground, raw (Old Fashioned Hamburgers)
- 3 oz Black olives (Antipasto Kabobs)
- 1 1/4 lbs Broccoli florets (Chicken and Broccoli Stir Fry)
- 2 heads Cauliflower (Cauliflower Rice) (Cauliflower Potato Salad)
- 3 stalks Celery (Cauliflower Potato Salad)
- 2 cups Cilantro (Shrimp Cobb Salad)
- 1/2 Tbs Ginger root (Chicken and Broccoli Stir Fry)
- 1/2 medium Green bell peppers (Chicken Avocado Lettuce Wraps)
- 3 ea Jalapeno peppers (Shrimp Cobb Salad) (Low Carb Jalapeno Cheddar Muffins)
- 3 ea Limes (Chicken Avocado Lettuce Wraps, Shrimp Cobb Salad)
- 12 oz Mushrooms (Chicken and Broccoli Stir Fry)
- 3 small Onions (Chicken and Broccoli Stir fry) (Cauliflower rice) (Cauliflower Potato Salad)
- 8 large poblano peppers (Stuffed Poblano Peppers)
- 1 ea Red bell peppers (Roasted Tomato Gazpacho)
- 4 Tbs Red onions (Chicken Avocado Lettuce Wraps)
- 2 1/2 lbs roma tomatoes (Chicken Avocado Lettuce Wraps, Roasted Tomato Gazpacho)
- 16oz bag + 1 bunch Romaine lettuce (Antipasto Kabobs) (Chicken Avocado Lettuce Wraps, Shrimp Cobb Salad)
- 1/2 medium yellow onion (Roasted Tomato Gazpacho)

Soups and gravies

- 1 cup chicken broth, canned (Chicken and Broccoli Stir Fry)

Spices and seasonings

- 2 Tbs Creole seasoning (Shrimp Cobb Salad)

Picnic Supplies

- 1 x pkg wooden skewers (Antipasto Kabobs)