

## VitalMeals Week 21

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### Bread

- 2 Slices Bread, healthy life (Broccoli Chicken Casserole)

### Canned vegetables

- 1/2 cup low sugar tomato sauce (Sweet and Sour Brisket)

### Dairy

- 1/3 cup 2% milk (Broccoli Chicken Casserole)
- 1/2 cup Cheddar cheese (Broccoli Chicken Casserole)
- 8 large Egg (Chicken and Egg Sweet Potato Hash) (Pizza Topping Bake)
- 1/2 cup Heavy whipping cream (Pizza Topping Bake)
- 8 oz Mozzarella (Pizza Topping Bake)

### Deli and bakery

- 8 oz Chicken,, cooked, rotisserie, (Chicken and Egg Sweet Potato Hash)

### Fresh seafood

- 1 lb Shrimp (Spicy Shrimp and Cashew Stir Fry)

### Meat and poultry

- 1-- 3 lb Beef brisket (Sweet and Sour Brisket)
- 1 lb Beef, grass-fed, ground, raw (Cabbage Enchiladas)
- 1 1/2 cups Chicken breast (can use rotisserie) (Broccoli Chicken Casserole)
- 1 lb Italian sausage (Pizza Topping Bake)
- 35 slices Pepperoni, nitrate free (Pizza Topping Bake)

### Mexican food products

- 1 can Enchilada Sauce (Cabbage Enchiladas)

### Nuts and seeds

- 3/4 cup Roasted cashews (Spicy Shrimp and Cashew Stir Fry)

### Produce

- 1 lb Broccoli florets (Broccoli Chicken Casserole)
- 8 leaves Cabbage (Cabbage Enchiladas)
- 1 lb Carrots (Summer Carrot Soup)
- 4 stalks Celery (Spicy Shrimp and Cashew Stir Fry)
- 1 tsp chives (Chicken and Egg Sweet Potato Hash)
- 1 inch Ginger root (Spicy Shrimp and Cashew Stir Fry)
- 1 1/2 Green bell peppers (Cabbage Enchiladas, Pizza Topping Bake)
- 8 oz Mushrooms (Pizza Topping Bake)
- 3 large Onions (Chicken and Egg Sweet Potato Hash) (Cabbage Enchiladas, Sweet and Sour Brisket)
- 1 head Red cabbage (Braised Cabbage)
- 2 small Red onions (Pizza Topping Bake) (Summer Carrot Soup)
- 3 ea Scallions (Spicy Shrimp and Cashew Stir Fry)
- 10 oz Sweet potato (Chicken and Egg Sweet Potato Hash)
- 1 medium Tomatoes (Cabbage Enchiladas)

### Soups and gravies

- 1/4 cup chicken broth, low sodium (Sweet and Sour Brisket)
- 1 x 10.5 oz can Cream of Broccoli Soup, condensed (Broccoli Chicken Casserole)
- 4 cups vegetable broth (Summer Carrot Soup)
- 1 Tbs chicken broth, canned (Braised Cabbage)

### Spices and seasonings

- 1 tsp Fennel seed (Braised Cabbage)
- 1/2 tsp Italian seasoning (Pizza Topping Bake)

### Vinegars

- 1 Tbs white cooking wine (Spicy Shrimp and Cashew Stir Fry)

### Spaghetti sauce

- 1/4 cup Pizza sauce (Pizza Topping Bake)