

VitalMeals Week 22

Canned vegetables

- 1/4 cup beans, black, canned (Mexican Chicken and Sweet Potato Bake)
- 1 1/2 lbs green beans (Spicy Green Beans and Kale)
- 1 can Tomato paste (Low Carb Meatloaf)
- 4 oz tomato paste (Low Carb Meatloaf)

Dairy

- 5 oz cheese, pepper jack (Mexican Chicken and Sweet Potato Bake)
- 8 1/2 oz Cream cheese (Summer Vegetable Egg Bake) (Cauliflower "Mashed Potatoes")
- 8 large Egg (Summer Vegetable Egg Bake) (Low Carb Meatloaf)
- 1/2 cup Grated parmesan cheese (Spicy Green Beans and Kale) (Cauliflower "Mashed Potatoes")
- 1/4 cup Heavy whipping cream (Summer Vegetable Egg Bake)
- 2 cups Swiss cheese (Summer Vegetable Egg Bake)

Fresh seafood

- 4--- 6oz fillets Salmon (Garlic Dijon Salmon)

Meat and poultry

- 12 Slice bacon, nitrate free (Bacon Wrapped Butternut Squash Bites)
- 2 1/2 lbs Beef chuck (Super Simple Pot Roast)
- 1 1/2 lbs Beef, grass-fed, ground, raw (Low Carb Meatloaf)
- 4---- 6oz Chicken breast (Rosemary Chicken and Mushrooms)
- 1 lb chicken breast, shredded (can use rotisserie) (Mexican Chicken and Sweet Potato Bake)

Produce

- 2 ea Avocados (Avocado Gazpacho Soup)
- 1 cup Baby carrots (Super Simple Pot Roast)
- 2 cups Butternut squash (Bacon Wrapped Butternut Squash Bites)
- 2 heads Cauliflower (Cauliflower "Mashed Potatoes")
- 2 cups Celery (Super Simple Pot Roast)
- 1/4 cup Cilantro (Avocado Gazpacho Soup)
- 1/4 cup + 3 Tbs Fresh basil (Avocado Gazpacho Soup) (Summer Vegetable Egg Bake)
- 8 sprigs Fresh rosemary (Rosemary Chicken and Mushrooms)
- 5 large Green tomatoes (heirloom if possible) (Avocado Gazpacho Soup)
- 1 bunch Kale, raw (Spicy Green Beans and Kale)
- 1 lime (Avocado Gazpacho Soup)
- 28 oz Mushrooms (Rosemary Chicken and Mushrooms) (Summer Vegetable Bake) (Spicy Green Beans and Kale)
- 4 medium Onions (Summer Vegetable Bake) (Super Simple Pot Roast) (Cauliflower Rice (Mexican Chicken and Sweet Potato Bake, Spicy Green Beans and Kale)
- 2 Tbs Parsley (Super Simple Pot Roast)
- 2 ea Red bell peppers (Summer Vegetable Egg Bake)
- 1 medium Red onions (Garlic Dijon Salmon)
- 1 ea Serrano chilis (Avocado Gazpacho Soup)
- 8 medium Shallots (Rosemary Chicken and Mushrooms)
- 2 ea Sweet potato (Mexican Chicken and Sweet Potato Bake)
- 5 fresh tarragon leaves (Avocado Gazpacho Soup)
- 4 ea Tomatoes (Mexican Chicken and Sweet Potato Bake)
- 3 medium Zucchini (Summer Vegetable Egg Bake)

Snack foods

- 1 individual sized bag Snacks, pork skins, plain (Low Carb Meatloaf)

Spices and seasonings

- 1 Tbs garlic pepper (Low Carb Meatloaf)
- 1 Tbs Garlic salt (Low Carb Meatloaf)
- 1 tsp tarragon, dried (Garlic Dijon Salmon)

Alcoholic beverages

- 1 cup Red wine (Super Simple Pot Roast)
- 1/4 cup White wine (Spicy Green Beans and Kale)