

VitalMeals Week 23

Bread

- 2 Tbs Bread crumbs (preferably made from Healthy Life bread) (Almond- Parmesan Tilapia)

Condiments

- 1/4 tsp Hot sauce (Mexican Breakfast Skillet)

Dairy

- 10 large Egg (Harvest Brussels) (Spinach Salad, Mexican Breakfast Skillet)
- 4 oz goat cheese (Harvest Brussels) (Strawberry and Tomato Gazpacho)
- 1/2 cup Grated parmesan cheese (Almond- Parmesan Tilapia)
- 1 cup Mozzarella (Portobello Pizza)

Fresh seafood

- 4 filets Fish, tilapia, raw (Almond- Parmesan Tilapia)

Meat and poultry

- 17 thick slices Bacon---nitrate free(Spinach Salad) (Harvest Brussels) (Fennel Cabbage Slaw)
- 1 lb breakfast sausage--nitrate free (Mexican Breakfast Skillet)
- 6 breasts Chicken breast (Kung Pao Chicken) (Bruschetta Chicken)
- 4--- 4 oz Pork chops (Pork Chop and Peaches)

Nuts and seeds

- 1/4 cup Almonds, slivered (Almond- Parmesan Tilapia)
- 4 Tbs Peanuts, dry roasted, ground (Kung Pao Chicken)
- 1/2 cup Pecans (Harvest Brussels)

Oriental food products

- 2 tsp Hoisin sauce (Kung Pao Chicken)

Produce

- 1 ea Avocados (Mexican Breakfast Skillet)
- 5 cups Brussels sprouts (shaved) (Harvest Brussels)
- 1 bunch Cilantro (Mexican Breakfast Skillet)
- 1 ea Cucumber (Strawberry and Tomato Gazpacho)
- 1 bulbs Fennel (Fennel Cabbage Slaw)
- 1 bunch Fresh basil (Bruschetta Chicken)
- 1 bunch Fresh mint (Strawberry and Tomato Gazpacho)
- 2 tsp Fresh thyme (Pork Chop and Peaches)
- 2 tsp Ginger root (Kung Pao Chicken)
- 4 ea Jalapeno peppers (Strawberry and Tomato Gazpacho)
- 4 ea Limes (use zest from 2 limes) (Strawberry and Tomato Gazpacho)
- 8 oz pkg Mushrooms (Spinach Salad)
- 1 lrg Onion (Portobello Pizza)
- 2 medium Peaches (Pork Chop and Peaches)
- 8 ea Portabella mushrooms (Portobello Pizza)
- 1 ea Red bell peppers (Kung Pao Chicken)
- 1 1/2 small Red onions (Spinach Salad, Bruschetta Chicken)
- 1 cup Red/ purple cabbage (Fennel Cabbage Slaw)
- 9 Tbs Scallions (Kung Pao Chicken) (Fennel Cabbage Slaw)
- 2 Tbs Shallots (Pork Chop and Peaches)
- 8 oz Spinach, fresh (Spinach Salad)
- 1 pkg Strawberries (Strawberry and Tomato Gazpacho)
- 2 ea Sweetpotato (Mexican Breakfast Skillet)
- 18 small Tomatoes (Strawberry and Tomato Gazpacho, Bruschetta Chicken)
- 4 medium Zucchini (Kung Pao Chicken)

Soups and gravies

- 1/2 cup chicken broth, low sodium, canned (Pork Chop and Peaches)

Spices and seasonings

- 1/8 tsp Celery salt (Almond- Parmesan Tilapia)
- 1 tsp seasoning, old bay (Almond- Parmesan Tilapia)

Alcoholic beverages

1/2 cup White wine (Pork Chop and Peaches)