

## VitalMeals Week 24

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### **Bread**

- 2 Slices Bread, healthy life (Feta Chicken)

### **Canned vegetables**

- 4 oz Canned green chili peppers (Turkey Taco Salad)

### **Dairy**

- 1 1/2 cups Cheddar cheese (Cheddar Waffles with Fried Eggs)
- 14 large Egg (Low Carb Zucchini Fries) (Cheddar Waffles with Fried Eggs)
- 4 oz Feta (Feta Chicken)
- 1/2 cup Grated parmesan cheese (Low Carb Zucchini Fries)
- 3 cups greek yogurt, plain (Chilled Cucumber Soup)
- 1/4 cup Heavy whipping cream (Onion Bacon Pork Chops)

### **Fresh seafood**

- 20 large Scallops (Grilled Scallops)

### **Meat and poultry**

- 6 Slices Bacon--nitrate free (Onion Bacon Pork Chops)
- 4 breasts Chicken breast, boneless, skinless (Feta Chicken)
- 1 1/2 lbs Ground turkey, lean (Turkey Taco Salad)
- 4 chops Pork chops, bone-in (Onion Bacon Pork Chops)

### **Mexican food products**

- 1 1/2 cups Salsa (Turkey Taco Salad)

### **Nuts and seeds**

- 1/2 cup Almonds (Low Carb Zucchini Fries)

### **Produce**

- 2 Avocados (Turkey Taco Salad)
- 1 head Cabbage (Roasted Cabbage)
- 3 stalks Celery (Spaghetti Squash Chow Mein)
- 1/2 bunch Cilantro (Turkey Taco Salad)
- 4 large Cucumber (Chilled Cucumber Soup)
- 1/2 cup Fresh dill weed (Chilled Cucumber Soup)
- 2 tsp Ginger root (Spaghetti Squash Chow Mein)
- 1 bunch Kale, raw (Kickin' Kale Chips)
- 3 medium Onions (Spaghetti Squash Chow Mein) (Onion Bacon Pork Chops)
- 1/2 cup Parsley (Chilled Cucumber Soup)
- 1/2 large poblano peppers (Turkey Taco Salad)
- 2 ea Red bell peppers (Turkey Taco Salad)
- 4 heads Romaine lettuce (Turkey Taco Salad)
- 2 cups slaw mix (Spaghetti Squash Chow Mein)
- 1 medium Spaghetti squash (Spaghetti Squash Chow Mein)
- 2 ea Zucchini (Low Carb Zucchini Fries)

### **Soups and gravies**

- 1/2 cup chicken broth, canned (Onion Bacon Pork Chops)

### **Spices and seasonings**

- 1 tsp Fennel seed (Roasted Cabbage)
- 1 1/2 tsp Garlic salt (Roasted Cabbage)
- 1/2 tsp Italian seasoning (Low Carb Zucchini Fries)
- 1 1/2 Tbs Lemon-pepper seasoning (Grilled Scallops)

### **Organic**

- 1 cup flax seed, ground (flax seed meal) (Cheddar Waffles with Fried Eggs)
- 1/4 cup whey protein, unflavored (Cheddar Waffles with Fried Eggs)