

VitalMeals Week 25

Bread

- 4 slices Bread, healthy life (Chilled Spanish Tomato Soup)

Canned seafood

- 2 cans Tuna (Avocado Tuna Salad)

Canned vegetables

- 1 can (14oz) Tomatoes, canned diced (Mexican Crockpot Chicken)

Condiments

- 1/4 cup buffalo wing sauce (Buffalo Chicken Crockpot)

Dairy

- 1/2 cup Blue cheese ((Buffalo Chicken Crockpot)
- 1 cup Cheese, sharp cheddar (Buffalo Chicken Crockpot) (Low Carb Jalapeno Cheddar Muffins)
- 11 large Eggs ((Low Carb Sausage Quiche) (Chilled Spanish Tomato Soup) (Low Carb Jalapeno Cheddar Muffins)
- 1 cup Feta (Greek Salad with goat cheese and walnuts) (Spinach Salad (with goat cheese and walnuts))
- 1 cup Grated parmesan cheese (Low Carb Sausage Quiche) (Garlic Chicken Wings) (Buffalo Chicken Crockpot)
- 2 Tbsp Heavy (whipping) cream (Low Carb Sausage Quiche)
- 1 cup Sour cream (Mexican Crockpot Chicken)

Meat and poultry

- 3 1/2 lbs Chicken breast (Greek Chicken Crockpot) (Mexican Crockpot Chicken, Buffalo Chicken Crockpot)
- 4 lbs Chicken wings (Garlic Chicken Wings)
- 12 oz Pork sausage, nitrate free (Low Carb Sausage Quiche)
- 1 lb Pork tenderloin (Spice Rubbed Pork Tenderloin)
- 1 cup Prosciutto (Chilled Spanish Tomato Soup)

Nuts and seeds

- 1/2 cup Salted cashews (Greek Salad)
- 1 cup Walnuts (Spinach Salad) with goat cheese and walnuts) (Avocado Tuna Salad)

Pickles

- 1/2 cup Kalamata olives (Greek Salad)
- 1 Tbs pickle juice (Avocado Tuna Salad)

Produce

- 1/2 medium Apples (Avocado Tuna Salad)
- 2 ea Avocados (Greek Salad) (Avocado Tuna Salad)
- 1 ea Carrots (Buffalo Chicken Crockpot)
- 1 head Cauliflower (Cauliflower Rice)
- 4 cup Celery (Avocado Tuna Salad) (Buffalo Chicken Crockpot)
- 9 ea Cherry tomatoes (Low Carb Sausage Quiche) (Chilled Spanish Tomato Soup)
- 1/2 ea Cucumber (Greek Salad)
- 1 Eggplant (Low Carb Sausage Quiche) (Balsamic Grilled Veggies)
- 1/2 cup grape tomatoes (Greek Salad)
- 1 ea Green bell peppers (Greek Chicken Kabobs)
- 2 ea Jalapeno peppers (Low Carb Jalapeno Cheddar Muffins)
- 1 1/2 small Onions (Cauliflower Rice, Chilled Spanish Tomato Soup)
- 2 Tbs Parsley (Low Carb Sausage Quiche)
- 1 ea Portabella mushrooms (Balsamic Grilled Veggies)
- 2 ea Red bell peppers (Greek Chicken Kabobs) (Balsamic Grilled Veggies)
- 2 1/2 medium Red onions (Greek Chicken) (Greek Salad) (Spinach Salad) (Balsamic Grilled Veggies) (Avocado Tuna Salad)
- 1 large Roma tomatoes (Balsamic Grilled Veggies)
- 1 head Romaine lettuce (Greek Salad)
- 2 ea Scallions (Buffalo Chicken Crockpot)

Produce

- 8 cups Spinach (Spinach Salad (with goat cheese and walnuts))
- 1/2 medium squash, yellow (Balsalmic Grilled Veggies)
- 1 ea Yellow bell peppers (Balsalmic Grilled Veggies)
- 1/2 Zucchini (Balsalmic Grilled Veggies)

Soups and gravies

- 20 oz chicken broth (Mexican Crockpot Chicken, Buffalo Chicken Crockpot)

Spices and seasonings

- 1 tsp Dried dill weed (Avocado Tuna Salad)
- 1 packet Taco seasoning mix (Mexican Crockpot Chicken)

Picnic Supplies

- 1 pkg wooden skewers (Greek Chicken Kabobs)