

## VitalMeals Week 26

---

### Baking products

- 2 tsp erythritol (Low Carb French Toast Casserole)

### Beverages

- 1/4 cup White wine (Grilled Snapper)

### Bread

- 1 loaf Bread, healthy life (Low Carb French Toast Casserole)

### Canned vegetables

- 1/2 cup Artichoke hearts (Italian Vegetables)
- 1/2 cup Roasted red bell peppers (Italian Vegetables)
- 14 1/2 oz Tomatoes, canned diced (Chicken Fajita Soup)

### Condiments

- 2 Tbs Capers (Grilled Snapper)
- 2 Tbs Dijon mustard (Mustard Crusted Pork)
- 2 Tbs mustard, stone ground (Mustard Crusted Pork)

### Dairy

- 1/2 lb Brie (Chicken Cordon Bleu)
- 8 large Egg (Low Carb Carbonara) (Low Carb French Toast Casserole) (Cauliflower "Bread" Sticks)
- 2 large Egg yolk (Low Carb Carbonara)
- 1 cup Grated parmesan cheese (Low Carb Carbonara)

### Fresh seafood

- 4 filet fish, red snapper (Grilled Snapper)

### Meat and poultry

- 4 x Slice bacon, nitrate free (Low Carb Carbonara)
- 5 lbs Chicken breast (Chicken Cordon Bleu) (Chicken Fajita Soup, Chicken Avocado Soup)
- 4 oz pancetta/bacon (Balsamic Roasted Brussel Sprouts)
- 2 1/2 lbs Pork roast (Mustard Crusted Pork)
- 8 slices prosciutto (Chicken Cordon Bleu)

### Produce

- 3 ea Avocados (Chicken Avocado Soup)
- 1/2 cup Black olives (Italian Vegetables)
- 4 medium bok choy, baby (Steamed Bok Choy)
- 1/2 lb broccoli rabe (Italian Vegetables)
- 1 1/2 lbs Brussels sprouts (Balsamic Roasted Brussel Sprouts)
- 1 1/8 head Cauliflower (Italian Vegetables) (Cauliflower "Bread" Sticks)
- 2 Tbs Chives (Steamed Bok Choy)
- 1/2 cup Cilantro (Chicken Fajita Soup, Chicken Avocado Soup)
- 1/4 cup Green olives (Grilled Snapper)
- 2 ea Jalapeno peppers (Chicken Avocado Soup)
- 1 tsp Lime peel (Steamed Bok Choy)
- 4 oz Mushrooms (Italian Vegetables)
- 1 large Onions (Grilled Snapper)
- 1 medium pepper, sweet, orange (Chicken Fajita Soup)
- 2 large roma tomatoes (Chicken Avocado Soup)
- 1 cup Scallions (Chicken Avocado Soup)
- 1 ea Serrano chilis (Grilled Snapper)
- 1 x medium Spaghetti squash (Low Carb Carbonara)
- 1/2 x sliced squash, yellow (Italian Vegetables)
- 2 large Tomatoes (Grilled Snapper)
- 1 large Yellow bell peppers (Chicken Fajita Soup)
- 1/2 cup Zucchini (Italian Vegetables)

### Soups and gravies

- 96 oz chicken broth, canned (Low Carb Carbonara) (Chicken Fajita Soup, Chicken Avocado Soup)

**Spices and seasonings**

- 1 Tbs Garlic salt (Chicken Fajita Soup)
- 1 Tbs herbes de province (Mustard Crusted Pork)
- 4 Tbs Taco seasoning mix (Chicken Fajita Soup)

**Diabetic Foods or Dressings**

- 2 Tbs maple syrup, low carb--such as Waldens Farm brand (Low Carb French Toast Casserole)