

## VitalMeals Week 27

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### Canned vegetables

- 1/4 cup Tomato sauce (Grilled Shrimp)
- 1 can (28oz) tomatoes, diced, canned (Crockpot Jambalaya)

### Dairy

- 8 oz Cheddar cheese (Chicken Enchiladas)
- 1/2 cup Feta (Spinach Salad (with goat cheese and walnuts))
- 16 oz Sour cream (Chicken Enchiladas)

### Deli and bakery

- 1 Rotisserie chicken (Chicken Enchiladas)

### Fresh seafood

- 3 lbs Shrimp (Grilled Shrimp) (Crockpot Jambalaya)

### Meat and poultry

- 4 oz bacon, nitrate free (Chicken Bacon Fry)
- 4 breasts Chicken breast, uncooked (Thai Chicken Salad)
- 2 cooked chicken breasts (Chicken Bacon Fry)
- 2 cups Kielbasa sausage (Crockpot Jambalaya)

### Mexican food products

- 24 ea low carb tortillas (Chicken Enchiladas)

### Nuts and seeds

- 3/4 cup Cashew nuts, raw (Garlic Alfredo and Zucchini Pasta)
- 1 cup Peanuts (Thai Chicken Salad)
- 1/2 cup Walnuts (Spinach Salad (with goat cheese and walnuts))

### Oriental food products

- 1 Tbs Tahini (Garlic Alfredo and Zucchini Pasta)
- 1 bottle thai sweet chili sauce (Thai Chicken Salad)

### Packaged foods

- 1/4 cup Peanut butter, natural (Thai Chicken Salad)

### Produce

- 3 cups Arugula, raw (Garlic Alfredo and Zucchini Pasta)
- 2 ea Carrots (Thai Chicken Salad)
- 2 cups Cauliflower (Crockpot Jambalaya)
- 1 cup Celery (Crockpot Jambalaya)
- 1 bunch Cilantro (Thai Chicken Salad)
- 2 ea Cucumber (Thai Chicken Salad, Gazpacho)
- 1 ea Eggplant, Japanese (Eggplant Stir Fry)
- 2 Tbs Fresh basil (Grilled Shrimp)
- 1 pint grape tomatoes (Eggplant Stir Fry)
- 1 Green bell peppers (Crockpot Jambalaya)
- 1 lb Green snap beans (String Beans with Shallots)
- 2 ea Leeks (Chicken Bacon Fry)
- 1 ea Limes (Thai Chicken Salad)
- 8 oz pkg Mushrooms (Chicken Bacon Fry)
- 1/2 head Napa cabbage, raw (Thai Chicken Salad)
- 2 medium Onions (Chicken Bacon Fry, Crockpot Jambalaya)
- 3 ea Red bell peppers (Chicken Bacon Fry, Thai Chicken Salad, Gazpacho)
- 1 Tbs Red onions (Spinach Salad (with goat cheese and walnuts))
- 2 hearts Romaine lettuce (Thai Chicken Salad)
- 5 ea Scallions (Thai Chicken Salad)
- 3 large Shallots (String Beans with Shallots)
- 8 cups Spinach (Spinach Salad (with goat cheese and walnuts))
- 4 large Tomatoes (Gazpacho)
- 6 ea Zucchini (Garlic Alfredo and Zucchini Pasta)

**Soups and gravies**

- 1 can Soup, cream of chicken (Chicken Enchiladas)

**Syrups and sauces**

- 1/2 tsp Tabasco sauce (Crockpot Jambalaya)

**Alcoholic beverages**

- 1/8 cup White wine (Chicken Bacon Fry)

**Organic**

- 14 oz unsweetened coconut milk (Chicken Bacon Fry)

**Picnic Supplies**

- 1 pkg wooden skewers (Grilled Shrimp)