

VitalMeals Week 28

Canned vegetables

- 2 Tbs Tomato paste (Crockpot Beef Tacos)

Condiments

- 4 tsp Capers (Lemon Salmon Packets)

Dairy

- 2 cups Cheddar cheese (Ham Cups)
- 3/4 cup cheese, mozzarella, shredded (Cauliflower Pizza Casserole)
- 2 3/4 cups Grated parmesan cheese (Low Carb Ravioli) (Cauliflower Pizza Casserole)
- 1/4 cup greek yogurt, plain (Avocado Chicken Salad)
- 14 Hard-boiled egg (Cauliflower Potato Salad)
- 1 cup Heavy whipping cream (Low Carb Ravioli)
- 8 oz Mascarpone (Low Carb Ravioli)

Fresh seafood

- 4 filet Salmon (Lemon Salmon Packets)

Fruit and vegetable juices

- 1 tsp Lemon zest (Cucumber Salad)

Meat and poultry

- 2 oz Bacon, candian (Cauliflower Pizza Casserole)
- 6 slices Bacon, nitrate free (Cauliflower Potato Salad)
- 1 lb Chicken breast (Thai Chicken Noodle Soup)
- 2 cups Chicken breast, cooked, shredded (Avocado Chicken Salad)
- 1 1/2 lbs ground chicken (Low Carb Ravioli)
- 16 slices ham, nitrate free (Ham Cups)
- 2 oz pepperoni, nitrate free (Cauliflower Pizza Casserole)

Mexican food products

- 1 chipotle peppers (Crockpot Beef Tacos)
- 4 wraps low carb tortillas (Crockpot Beef Tacos)

Nuts and seeds

- 1 15 oz Canned coconut milk (Thai Chicken Noodle Soup)

Oriental food products

- 2 Tbs Fish sauce (Thai Chicken Noodle Soup)
- 1 1/2 Tbs green curry paste (Thai Chicken Noodle Soup)

Paper and plastic products

- 4 pieces aluminum foil (Lemon Salmon Packets)

Produce

- 1 ea Avocados (Avocado Chicken Salad)
- 2 lbs Beef chuck (Crockpot Beef Tacos)
- 10 ea Black olives (Cauliflower Pizza Casserole)
- 2 head Cauliflower (Cauliflower Pizza Casserole) (Cauliflower Potato Salad)
- 3 stalks Celery (Cauliflower Potato Salad)
- 1 bunch Cilantro (Cucumber Salad)
- 2 large Cucumber (Cucumber Salad)
- 1 x bunch Fresh basil (Low Carb Ravioli)
- 1 Tbs Fresh rosemary (Lemon Salmon Packets)
- 1 package (8oz) Frozen spinach (Low Carb Ravioli)
- 1/4 cup Green bell peppers (Cauliflower Pizza Casserole)
- 2 cups Iceberg lettuce (Ham Cups)
- 1 ea Jalapeno peppers (Thai Chicken Noodle Soup)
- 8 slices lemon (Lemon Salmon Packets)
- 1 ea Limes (Thai Chicken Noodle Soup)
- 3 medium Onions (Cauliflower Potato Salad) (Cauliflower Pizza Casserole) (Crockpot Beef Tacos, Thai Chicken Noodle Soup)
- 1/2 medium Onions, yellow (Low Carb Ravioli)

Produce

- 1 1/4 cups Red bell peppers ((Cauliflower Pizza Casserole) (Thai Chicken Noodle Soup)
- 4 large Scallions (Cucumber Salad)
- 4 large squash, yellow (Low Carb Ravioli)
- 2 cups Tomatoes (Ham Cups)
- 1/2 cup Zucchini (Thai Chicken Noodle Soup)

Soups and gravies

- 1 cup Beef Broth (Crockpot Beef Tacos)
- 6 cups chicken broth, canned, (Thai Chicken Noodle Soup)

Spices and seasonings

- 1 1/3 Tbs Italian seasoning (Cauliflower Pizza Casserole)
- 1/2 tsp Spices, smoked paprika (Crockpot Beef Tacos)

Alcoholic beverages

- 4 fl oz Marsala wine (Lemon Salmon Packets)

Spaghetti sauce

- 1/2 cup Pizza sauce (Cauliflower Pizza Casserole)