

## VitalMeals Week 29

---

### Bread

- 2 slices Bread, healthy life (Baked Eggplant Fries)

### Condiments

- 2 tsp Capers (Salmon Stack)
- 1/3 cup tzatziki sauce (Mediterranean Lettuce Tacos, Turkey and Feta Meatloaf)

### Dairy

- 1/2 lb Cheddar cheese (Cheeseburger Soup)
- 3 large Egg (Turkey and Feta Meatloaf) (Baked Eggplant Fries)
- 1 1/4 cups Feta (Mediterranean Lettuce Tacos, Turkey and Feta Meatloaf)
- 3/4 cup Grated parmesan cheese (Baked Eggplant Fries)
- 1 1/2 cups Heavy whipping cream (Cheeseburger Soup)
- 12 oz Sour cream (Creamy Pork Chops) (Cheeseburger Soup)

### Fresh seafood

- 4 filet Salmon (Salmon Stack)

### Fruit and vegetable juices

- 3 Lemons (Whole Chicken Crockpot) (Broccoli Salad) (Salmon Stack)

### Meat and poultry

- 1lb bacon, nitrate free ((Salmon Stack) (Cheeseburger Soup)
- 1 lb Beef, grass-fed, ground, raw (Cheeseburger Soup)
- 4 breasts Chicken breast (Mediterranean Lettuce Tacos)
- 8 ---- Chicken breast tenders, uncooked ("Fried Chicken Strips" with Coconut Flour)
- 4lb whole Chicken, roasting, meat and skin, raw (Whole Chicken Crockpot)
- 2 lbs Ground turkey (Turkey and Feta Meatloaf)
- 8 chops Pork chops (Creamy Pork Chops)

### Nuts and seeds

- 3 oz Pecans, chopped (Broccoli Salad)

### Pickles

- 12 ea Kalamata olives (Mediterranean Lettuce Tacos)

### Produce

- 5 oz Arugula, raw (Salmon Stack)
- 1 1/4 lbs Broccoli (Cheeseburger Soup) (Broccoli Salad)
- 5 ea Carrots ((Whole Chicken Crockpot) (Cheeseburger Soup)
- 1 cup cauliflower florets (Cheeseburger Soup)
- 1 bunch Celery (Whole Chicken Crockpot) (Cheeseburger Soup)
- 6 oz Cherry tomatoes (Broccoli Salad)
- 1 medium Eggplant (Baked Eggplant Fries)
- 1 lb French Green snap beans (String Beans with Shallots)
- 3 packages Frozen spinach (Turkey and Feta Meatloaf) (Parmesan Creamed Spinach)
- 12 leaves Lettuce, romain (Mediterranean Lettuce Tacos)
- 4 medicum Onions (Whole Chicken Crockpot) (Turkey and Feta Meatloaf) (Creamy Pork Chops) (Cheeseburger Soup)
- 1 Tbs Red onions (Mediterranean Lettuce Tacos)
- 4 large roma tomatoes (Mediterranean Lettuce Tacos)
- 4 large Shallots (String Beans with Shallots) (Salmon Stack)
- 3 ea Tomatoes (Salmon Stack)

### Soups and gravies

- 2 cubes chicken bouillon, dry (Creamy Pork Chops)
- 3 1/2 cups Chicken broth, canned (Turkey and Feta Meatloaf) (Cheeseburger Soup)

### Spices and seasonings

- 1 tsp Italian seasoning (Baked Eggplant Fries)
- 1/2 tsp Pumpkin pie spice (Parmesan Creamed Spinach)
- 1 tsp White pepper (Whole Chicken Crockpot)

**Organic**

1/2 cup coconut flour (Turkey and Feta Meatloaf) ("Fried Chicken Strips" with Coconut Flour)