

Vital Meals Week 2

Please make sure to check our Staple Items here

Baking products

- Toothpicks

Canned vegetables

- 1 15-oz can Canned crushed tomatoes
- 1 4.5 oz can Canned green chili peppers
- 1 28 oz can Canned tomatoes
- 1 can chipotle peppers in Adobo sauce
- 1/4 cup Tomato paste

Cooking oils and shortening

- 1/2 cup White wine

Dairy

- 1 cup Cheddar cheese
- 3 oz Fontina
- 1/4 cup Grated parmesan cheese
- 1 cup Mozzarella
- 1/2 cup Sour cream

Fresh seafood

- 4 6 oz filets fish, mahi mahi

Frozen vegetables

- 1 cup Frozen peas
- 2 10 oz pkgs Frozen spinach

Meat and poultry

- 1/4 lb Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw
- 1 lb Beef, chuck for stew, separable lean and fat, all grades, raw
- 2.5 lbs Beef, grass-fed, ground, raw
- 6 boneless, skinless chicken breast
- 1 lb lean ground beef (preferably grass fed)

Nuts and seeds

- 1/4 cup Dry roasted almonds

Produce

- 1 medium butternut squash
- 2/3 cup Carrots
- 2 heads Cauliflower
- 6 stalks Celery
- 1 lb French string beans
- 2 Lemons
- 2 cups Mushrooms
- 4 medium Onions
- 4 peppers pepperoncini peppers, whole
- 4 Red bell peppers
- 1 Red onion
- 3 large Shallots
- 2 Sweet potatoes
- 1/2 cup Tomatoes