

VitalMeals Week 30

Canned vegetables

- 2 --4 oz cans green chili peppers (Beef and Cabbage Crockpot with Avocado Salsa)
- 1 Tbs Tomato paste (Chicken Enchilada Zucchini Boats)
- 1 1/2 cups Tomato sauce (Chicken Enchilada Zucchini Boats)

Dairy

- 1 3/4 cup Cheddar cheese (Ham and Onion Low Carb Macaroni & Cheese (Chicken Enchilada Zucchini Boats))
- 1 cup Cheese, sharp cheddar (Ham and Onion Low Carb Macaroni and Cheese)
- 11 large Egg (Bacon and Kale Frittata) (Spinach Salad)
- 1 1/2 cups Grated parmesan cheese (Lemon Chicken and Brussel Sprouts) (Ham and Onion Low Carb Macaroni and Cheese)
- 1/4 cup Half and half (Bacon & Kale Frittata)
- 1 cup Heavy whipping cream (Ham and Onion Low Carb Macaroni and Cheese)
- 1/4 cup Mozzarella (Bacon & Kale Frittata)
- 1/4 cup Soft goat cheese (Ham and Onion Low Carb Macaroni and Cheese)

Deli and bakery

- 5 cups Chicken, cooked, (okay for rotisserie) (Chicken and Roasted Vegetable Soup)

Fresh seafood

- 2 lbs Shrimp (Ginger Lime Shrimp)

Meat and poultry

- 14 slices bacon, nitrate free (Bacon & Kale Frittata)
- 2 lbs Beef chuck (Beef and Cabbage Crockpot with Avocado Salsa)
- 4 Chicken breasts (Lemon Chicken and Brussel Sprouts)
- 6 oz ham, nitrate free (Ham and Onion Low Carb Macaroni and Cheese)

Mexican food products

- 1 Tbs chipotle peppers in Adobo sauce (Chicken Enchilada Zucchini Boats)

Nuts and seeds

- 1 Tbs Sesame seeds (Thai Slaw)

Produce

- 2 ea Avocados (Beef and Cabbage Crockpot with Avocado Salsa)
- 2 cups Brussels sprouts (Lemon Chicken and Brussel Sprouts)
- 1 cup Butternut squash (Chicken and Roasted Vegetable Soup)
- 1 1/2 heads Cabbage (Beef and Cabbage Crockpot with Avocado Salsa) (Thai Slaw)
- 3 large Carrots (Thai Slaw) (Chicken and Roasted Vegetable Soup)
- 1 head Cauliflower (Ham and Onion Low Carb Macaroni and Cheese)
- 2 cups Cilantro (Chicken Enchilada Zucchini Boats) (Beef and Cabbage Crockpot with Avocado Salsa) (Thai Slaw)
- 2 inches Ginger root (Ginger Lime Shrimp)
- 1 cup grape tomatoes (Bacon & Kale Frittata)
- 1/2 cup Green bell peppers (Chicken Enchilada Zucchini Boats)
- 1 lb Green snap beans (Green Bean Bundles)
- 1/4 cup Kale, raw (Bacon & Kale Frittata)
- 1 ea Lemons (Lemon Chicken and Brussel Sprouts)
- 1 8 oz Mushrooms (Spinach Salad)
- 2 medium Onions (Bacon and Kale Frittata) (Chicken and Roasted Vegetable Soup) (Ham and Onion Low Carb Macaroni and Cheese)
- 1/8 cup Parsley (Thai Slaw)
- 1 medium poblano peppers (Beef and Cabbage Crockpot with Avocado Salsa)
- 2 small heads Red cabbage (Beef and Cabbage Crockpot with Avocado Salsa) (Thai Slaw)
- 1 small Red onions (Spinach Salad)
- 1 1/4 cups Scallions (Chicken Enchilada Zucchini Boats) (Beef and Cabbage Crockpot with Avocado Salsa) (Ginger Lime Shrimp) (Thai Slaw)
- 2 large Shallots (Ginger Lime Shrimp)
- 12 oz Spinach, fresh, baby (Chicken and Roasted Vegetable Soup)

Produce

- 4 medium Zucchini (Chicken Enchilada Zucchini Boats)

Snack foods

- 1/4 cup Peanuts (Thai Slaw)

Soups and gravies

- 5 cups Chicken broth, canned (chicken Enchilada Zucchini Boats) (Lemon Chicken and Brussel Sprouts)
(Chicken and Roasted Vegetable Soup)

Spices and seasonings

- 1 tsp Chilpote chili powder (Chicken Enchilada Zucchini Boats)
- 1 Tbs Taco seasoning mix (Beef and Cabbage Crockpot with Avocado Salsa)

Syrups and sauces

- 2 tsp Green pepper Tabasco sauce (Beef and Cabbage Crockpot with Avocado Salsa)