

## VitalMeals Week 31

---

### Bread

- 4 Slices Bread, healthy life (Sausage Stuffed Mushrooms)

### Dairy

- 3 large Egg (Low Carb Crab Cakes) (Sausage Stuffed Mushrooms)
- 1/3 cup Feta (Spinach Salad (with goat cheese and walnuts))
- 1/2 cup Grated parmesan cheese (Sausage Stuffed Mushrooms)
- 1/4 cup Heavy whipping cream (Sausage Stuffed Mushrooms)
- 2 cups Mexican cheese, shredded (Mexican Pizza Cups)
- 18 oz Sour cream (Coleslaw, Mexican Pizza Cups)

### Fresh seafood

- 1 lb blue crab meat (Low Carb Crab Cakes)

### Meat and poultry

- 1 lb Beef, grass-fed, ground, raw (Mexican Pizza Cups)
- 1 1/2 lbs Beef, steak (Spicy Mustard and Balsamic Rubbed Steaks)
- 4 breasts Chicken breast, boneless, skinless (Creamy Chicken)
- 4 oz pancetta/bacon (Balsamic Roasted Brussel Sprouts)
- 1 x 18 oz Pork tenderloin (Cumin Rubbed Pork Tenderloin)
- 1 lb Sausage, Italian (Sausage Stuffed Mushrooms)

### Mexican food products

- 6 wraps low carb tortillas (Mexican Pizza Cups)
- 1 cup Salsa (Mexican Pizza Cups)

### Nuts and seeds

- 1/2 cup Walnuts (Spinach Salad (with goat cheese and walnuts))

### Produce

- 2 oz Black olives (Mexican Pizza Cups)
- 1 large bunch broccoli rabe (Garlic Broccoli Rabe)
- 1 1/2 lbs Brussels sprouts (Balsamic Roasted Brussel Sprouts)
- 1 lb Cabbage, shredded (Coleslaw)
- 1 lb Carrots (Summer Carrot Soup)
- 1 head Cauliflower (Turmeric and Ginger Roasted Cauliflower)
- 1 Tbs Ginger root, grated (Turmeric and Ginger Roasted Cauliflower)
- 1 Tbs Green bell peppers, diced (Low Carb Crab Cakes)
- 1 ea Jalapeno peppers (Turmeric and Ginger Roasted Cauliflower)
- 1 1/2 lbs mushrooms, baby bella (Sausage Stuffed Mushrooms)
- 1 large bunch Parsley, fresh (Low Carb Crab Cakes) (Sausage Stuffed Mushrooms)
- 1 Tbs Red bell peppers, diced (Low Carb Crab Cakes)
- 1 large Red onions (to yield (Summer Carrot Soup)
- 1 ea Scallions (Creamy Chicken)
- 3 shallots medium Shallots (Spicy Mustard and Balsamic Rubbed Steaks) (Sausage Stuffed Mushrooms)
- 8 cups Spinach, baby, fresh (Spinach Salad (with goat cheese and walnuts))
- 1 ea Tomatoes (Mexican Pizza Cups)

### Soups and gravies

- 1/4 cup Beef broth, canned (Spicy Mustard and Balsamic Rubbed Steaks)
- 4 cups Vegetable broth, canned (Summer Carrot Soup)

### Spices and seasonings

- 1 1/2 tsp seasoning, old bay (Low Carb Crab Cakes)
- 1 packet Taco seasoning mix (Mexican Pizza Cups)

### Alcoholic beverages

- 1/4 cup White wine (Sausage Stuffed Mushrooms)