

## VitalMeals Week 32

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### Bread

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

### Canned vegetables

- 2 cans low sugar tomato sauce (Low Carb Pizza)

### Dairy

- 1/2 cup Cheese, sharp cheddar (Low Carb Jalapeno Cheddar Muffins)
- 10 large Egg (Baked Eggplant Fries) ("Alfredo" with Chicken and Broccoli) (Low Carb Pizza, Low Carb Jalapeno Cheddar Muffins)
- 1/4 cup Grated parmesan cheese (Baked Eggplant Fries)
- 2 3/4 cups Heavy whipping cream ("Alfredo" with Chicken and Broccoli) (Low Carb Pizza)
- 24 oz Mozzarella (Low Carb Pizza)
- 1 cup Romano cheese ("Alfredo" with Chicken and Broccoli)

### Deli and bakery

- 1/2 cup Ham, nitrate free, diced (Low Carb Pizza)
- 6 links Italian sausage (Italian Sausage and Peppers) (Low Carb Pizza)

### Fresh seafood

- 8 oz crab meat (Crab and Avocado Salad)
- 12 large Shrimp (Chipotle Lime Shrimp Rolls)

### Meat and poultry

- 6 Slices bacon, nitrate free (Chipotle Lime Shrimp Rolls)
- 8 breasts Chicken breast, boneless, skinless (Ginger Almond Chicken, "Alfredo" with Chicken and Broccoli)
- 1 lb Chicken, cooked, rotisserie, (Coconut Chicken Soup)
- 8 oz Pepperoni, nitrate free (Low Carb Pizza)

### Nuts and seeds

- 1/4 cup almonds, sliced (Ginger Almond Chicken)

### Oriental food products

- 2 Tbs Fish sauce (Coconut Chicken Soup)
- 1 Tbs lemongrass, dried (Coconut Chicken Soup)

### Produce

- 4 cups broccoli (can use frozen or fresh) ("Alfredo" with Chicken and Broccoli)
- 4 cups Arugula, raw (Italian Sausage and Peppers)
- 2 ea Avocados (Crab and Avocado Salad)
- 5 Tbs Cilantro (Crab and Avocado Salad) (Coconut Chicken Soup)
- 1 medium Eggplant (Baked Eggplant Fries)
- 4 inches Ginger root (Coconut Chicken Soup, Ginger Almond Chicken)
- 2 green bell peppers (Italian Sausage and Peppers)
- 2 ea Jalapeno peppers (Low Carb Jalapeno Cheddar Muffins)
- 3 ea Limes (Chipotle Lime Shrimp Rolls, Crab and Avocado Salad)
- 1/4 cup Mangos (Ginger Almond Chicken)
- 8 oz Mushrooms, sliced (Coconut Chicken Soup)
- 1/2 medium Onions ("Alfredo" with Chicken and Broccoli)
- 2 ea Portabella mushrooms (Low Carb Pizza)
- 1 ea Red bell peppers (Low Carb Pizza)
- 1 1/2 medium Red onions (Italian Sausage and Peppers) (Crab and Avocado Salad)
- 4 ea Scallions (Ginger Almond Chicken)
- 2 ea Sweet potatoes (Spicy Sweet Potato Chips)

### Soups and gravies

- 6 1/4 cups Chicken broth, canned (Coconut Chicken Soup)

### Spices and seasonings

- 1/4 tsp chipotle powder (Chipotle Lime Shrimp Rolls)
- 1 tsp Italian seasoning (Baked Eggplant Fries)

**Organic**

- 2 cups coconut milk, unsweetened (Coconut Chicken Soup)

**Picnic Supplies**

- 12 toothpicks (Chipotle Lime Shrimp Rolls)

**Bottled Waters**

- 1/3 cup Club soda (Low Carb Pizza)