

VitalMeals Week 33

Baking products

- 1 package kitchen string (Bacon Wrapped Pork)

Bread

- 1 cup Bread crumbs (Coconut Crusted Chicken)

Canned vegetables

- 1 can Canned tomatoes with green chilies (Skillet Taco Bake)
- 2 cups low sugar tomato sauce (Low Carb Lasagna Meatballs)
- 2 Tbs Tomato paste (Low Carb Chicken Tortilla Soup)
- 1 -- 28oz Tomatoes, canned diced (Low Carb Chicken Tortilla Soup)

Dairy

- 1 1/2 cups cheese, mozzarella, shredded (Low Carb Lasagna Meatballs)
- 2 cups cheese, pepper jack (Skillet Taco Bake)
- 1/4 cup Cream cheese (Pizza--- Philly Cheesesteak Style)
- 5 large Egg (Coconut Crusted Chicken) (Low Carb Lasagna Meatballs)
- 1/4 cup Grated parmesan cheese (Low Carb Lasagna Meatballs)
- 8 slices Provolone (Pizza--- Philly Cheesesteak Style)
- 1 cup Ricotta (Low Carb Lasagna Meatballs)

Fresh seafood

- 2 lbs Shrimp (Shrimp and Avocado Salad)

Meat and poultry

- 1/4 lb bacon, nitrate free (Bacon Wrapped Pork)
- 6 oz Beef, flank, steak, raw (Pizza--- Philly Cheesesteak Style)
- 2 lbs Beef, grass-fed, ground, raw (Low Carb Lasagna Meatballs) (Skillet Taco Bake)
- 2 breasts Chicken breast (Low Carb Chicken Tortilla Soup)
- 8 Chicken breast tenders, uncooked (Coconut Crusted Chicken)
- 1 --- 1.5lb roast Pork chops (Bacon Wrapped Pork)
- 1 lb sausage, hot italian (Low Carb Lasagna Meatballs)

Mexican food products

- 4 low carb tortillas (Pizza--- Philly Cheesesteak Style)

Produce

- 4 ea Avocados (Shrimp and Avocado Salad)
- 1 x large bunch broccoli rabe (Garlic Broccoli Rabe)
- 2 cups Carrots, shredded (Low Carb Chicken Tortilla Soup)
- 2 cups Celery (Low Carb Chicken Tortilla Soup)
- 2 large bunches Cilantro, fresh (Shrimp & Avocado Salad) (Low Carb Chicken Tortilla Soup)
- 2 Tbs Fresh rosemary (Bacon Wrapped Pork)
- 3 ea Green bell peppers (Skillet Taco Bake) (Pizza--- Philly Cheesesteak Style)
- 1 lb Green snap beans , french style (String Beans with Shallots)
- 2 ea Jalapeno peppers (Low Carb Chicken Tortilla Soup)
- 8 cups Lettuce (Shrimp and Avocado Salad)
- 4 oz Mushrooms (Pizza--- Philly Cheesesteak Style)
- 1 medium Onions (Skillet Taco Bake)
- 1 1/2 ea Onions, sweet, raw (Pizza-Philly Cheesesteak Style) (Low Carb Chicken Tortilla Soup)
- 3 large Shallots (String Beans with Shallots)
- 3 cups Spinach (Skillet Taco Bake)

Soups and gravies

- 32 oz chicken broth, organic (Low Carb Chicken Tortilla Soup)

Spices and seasonings

- 1 packet Taco seasoning mix (Skillet Taco Bake)

Organic

- 1/2 cup coconut flakes, unsweetened (Coconut Crusted Chicken)