

VitalMeals Week 34

Canned vegetables

- 1 15 oz can Chickpeas (Italian Peppers and Beef)

Condiments

- 3 Tbs Capers (Salmon Citrus Salad)

Dairy

- 2 cups Cheddar cheese (Mini Pepper Tacos, Crockpot Sausage & Egg Bake)
- 10 large Egg (Crockpot Sausage & Egg Bake)
- 1/4 cup Feta (Salmon Citrus Salad)
- 3/4 cup Grated parmesan cheese (Italian Peppers & Beef) (Eggplant Pizzas)
- 3/4 cup Heavy whipping cream (Crockpot Sausage & Egg Bake)
- 1/3 cup Mozzarella (Eggplant Pizzas)
- 1/2 cup Sour cream (Butternut Squash Soup with Chipotle Cream)

Fresh seafood

- 1 lb Salmon, wild caught (Salmon Citrus Salad)

Meat and poultry

- 2 lbs Beef, grass-fed, ground, raw (Mini Pepper Tacos, Italian Peppers and Beef)
- 4 breasts Chicken breast (Cilantro Lime Chicken)
- 1 lb sausage, nitrate free (Crockpot Sausage & Egg Bake)

Mexican food products

- 3 tsp chipotle peppers in Adobo sauce (Butternut Squash Soup with Chipotle Cream)

Nuts and seeds

- 1 Tbs Sesame seeds (Thai Slaw)

Pasta

- 2 cups Pizza sauce (Eggplant Pizzas)

Produce

- 1 head Broccoli (Crockpot Sausage & Egg Bake)
- 1 medium butternut squash (Butternut Squash Soup with Chipotle Cream)
- 1/2 small head Cabbage (Thai Slaw)
- 1 large Carrots (Thai Slaw)
- 6 stalks Celery (Italian Peppers & Beef) (Butternut Squash Soup with Chipotle Cream)
- 1 large bunch Cilantro (Thai Slaw, Cilantro Lime Chicken)
- 1 ea Cucumber (Salmon Citrus Salad)
- 1 large Eggplant (Eggplant Pizzas)
- 10 leaves Fresh basil (Eggplant Pizzas)
- 2 ea Limes (Cilantro Lime Chicken)
- 8 cups Mixed greens (Salmon Citrus Salad)
- 1 medium Onions (Butternut Squash Soup with Chipotle Cream)
- 1/8 cup Parsley (Thai Slaw)
- 1 pkg peppers, sweet minis (Mini Pepper Tacos)
- 5 ea Red bell peppers (Italian Peppers and Beef)
- 1/4 head Red/purple cabbage (Thai Slaw)
- 5 large roma tomatoes (Salmon Citrus Salad)
- 8 ea Scallions (Thai Slaw, Italian Peppers and Beef)

Salad dressings

- 1 x pkg italian salad dressing mix, dry (Italian Peppers and Beef)

Snack foods

- 1/4 cup Peanuts (Thai Slaw)

Soups and gravies

- 6 cups Chicken broth, canned, (Butternut Squash Soup with Chipotle Cream)

Spices and seasonings

- 2 tsp Italian seasoning (Eggplant Pizzas)
- 1 packet Taco seasoning mix (Mini Pepper Tacos)