

VitalMeals Week 35

Dairy

- 16 oz + 4 slices Cheddar cheese (Cauliflower Macaroni and Cheese, Pork and Cheddar Mushroom Melt)
- 4 slices cheese, pepper jack (Mexican Burgers)
- 2 oz Cream cheese (Cauliflower Macaroni and Cheese)
- 3 large Egg (Low Carb Fried Chicken)
- 1 1/4 cups Heavy whipping cream (Cauliflower Macaroni and Cheese, Low Carb Fried Chicken)
- 1 cup Mozzarella cheese shredded (Pizza Soup)

Fresh seafood

- 4 filets Fish, tilapia, raw (Tilapia with Green Beans)

Meat and poultry

- 4 Slices bacon, nitrate free (Green Bean Bundles)
- 4 --8oz Beef ribeye (Sun-dried Tomato and Garlic Ribeye)
- 1 lb Beef, grass-fed, ground, raw (Mexican Burgers)
- 4 breasts + 3lbs Chicken breast (Low Carb Fried Chicken) (Sesame Crusted Chicken)
- 3 oz pepperoni slices, nitrate free
- 1 lb Pork roast (Pork and Cheddar Mushroom Melt)

Nuts and seeds

- 1/2 cup Sesame seeds (Sesame Crusted Chicken)

Pasta

- 1 15-oz jar Pizza Sauce

Produce

- 6 cups Cabbage (Citrus Cabbage Salad)
- 1 head Cauliflower (Cauliflower Macaroni and Cheese)
- 1 cup Cherry tomatoes (Tilapia with Green Beans)
- 1/4 cup Cilantro, fresh (Citrus Cabbage Salad)
- 2 Tbs Fresh rosemary (Sun-dried Tomato and Garlic Ribeye)
- 1 cup green peppers, chopped (Pizza Soup)
- 1 1/2 lbs Green snap beans (Tilapia with Green Beans, Green Bean Bundles)
- 1 lb Kale, raw (Garlic Greens)
- 1 cup mushrooms, sliced (Pizza Soup)
- 1 lb Mustard greens (Garlic Greens)
- 1 1/2 medium Onions (Pizza Soup) (Garlic Greens)
- 1 ea Oranges (Citrus Cabbage Salad)
- 2 Tbs Parsley (Tilapia with Green Beans)
- 8 ea Portabella mushrooms (Pork and Cheddar Mushroom Melt)
- 5 Radishes (Citrus Cabbage Salad)
- 4 leaves Romaine lettuce (Pork and Cheddar Mushroom Melt)
- 3 ea Scallions (Citrus Cabbage Salad)
- 2 Tbs Sun-dried tomatoes (Sun-dried Tomato and Garlic Ribeye)
- 2 ea Sweetpotato (Spicy Sweet Potato Chips)
- 8 slices Tomatoes (Pork and Cheddar Mushroom Melt)

Salad dressings

- 1/2 pkg ranch salad dressing mix, dry (Mexican Burgers)

Soups and gravies

- 14 oz chicken broth

Spices and seasonings

- 1 tsp Poultry seasoning (Low Carb Fried Chicken)