

## VitalMeals Week 36

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### Canned vegetables

- 8 pieces Hearts of palm, canned (Steak Quesadillas with Avocado Sauce and Tomato Salad)
- 1 x 15 oz Tomatoes, canned diced (Beef and Sweet Potato Curry)

### Coffee and tea

- 1/4 cup Coffee (Southern BBQ)

### Condiments

- 1/4 cup Catsup (Crockpot Italian Zucchini Meatloaf)

### Dairy

- 2 cups Cheddar cheese (Broccoli Cheddar Soup)
- 2 oz cheese, pepper jack (Spicy Kale Stuffed Chicken Breasts)
- 8 oz Cream cheese (Broccoli Cheddar Soup)
- 4 large Egg (Crockpot Italian Zucchini Meatloaf) (Cauliflower "Bread" Sticks)
- 1/3 cup Feta (Simple Summer Salad)
- 3/4 cup Grated parmesan cheese (Parmesan Creamed Spinach, Crockpot Italian Zucchini Meatloaf)
- 1 cup Heavy whipping cream (Broccoli Cheddar Soup)
- 8 oz Mexican cheese, shredded (Steak Quesadillas with Avocado Sauce and Tomato Salad)
- 1/4 cup Mozzarella (Crockpot Italian Zucchini Meatloaf)

### Fresh seafood

- 4 filets Salmon (Grilled Salmon & Avocado Salsa)

### Frozen vegetables

- 2 10oz pkgs Frozen spinach (Parmesan Creamed Spinach)
- 2 cups Kale, frozen, (5 1/2oz) (Spicy Kale Stuffed Chicken Breasts)

### Meat and poultry

- 1 1/2 lbs Beef, chuck eye roast (Steak Quesadillas with Avocado Sauce and Tomato Salad)
- 3 lbs Beef, grass-fed, ground, raw (Crockpot Italian Zucchini Meatloaf) (Beef and Sweet Potato Curry)
- 4 breasts Chicken breast (Spicy Kale Stuffed Chicken Breasts)
- 5 lbs Pork butt roast (Southern BBQ)

### Mexican food products

- 4 wrap low carb tortillas (Steak Quesadillas with Avocado Sauce and Tomato Salad)

### Produce

- 5 ea Avocados (Grilled Salmon & Avocado Salsa) (Steak Quesadillas with Avocado Sauce and Tomato Salad, Simple Summer Salad)
- 2 bunches Broccoli florets (Broccoli Cheddar Soup)
- 2 heads Cauliflower (Cauliflower Rice) (Cauliflower "Bread" Sticks)
- 1 cup Cherry tomatoes (Steak Quesadillas with Avocado Sauce and Tomato Salad)
- 1 large bunch Cilantro (Steak Quesadillas with Avocado Sauce and Tomato Salad, Grilled Salmon & Avocado Salsa)
- 1 oz Collards (Collard Greens)
- 1 ea Cucumber (Simple Summer Salad)
- 1 Tbs Fresh dill weed (Simple Summer Salad)
- 2 1/2 medium Onions ((Beef & Sweet Potato Curry) (Cauliflower Rice) (Collard Greens)
- 1/2 cup Parsley (Crockpot Italian Zucchini Meatloaf)
- 1/4 medium Red onions (Grilled Salmon & Avocado Salsa)
- 2 ea Sweet potato (Beef and Sweet Potato Curry)
- 2 ea Tomatoes (Collard Greens)
- 1 cup Zucchini, shredded (Crockpot Italian Zucchini Meatloaf)

### Soups and gravies

- 3 cups chicken broth, canned (Broccoli Cheddar Soup)
- 3 cups vegetable broth, canned (Collard Greens)
- 1 can (14oz) beef broth (Southern BBQ)
- 1/2 cup chicken broth, low sodium, canned (Spicy Kale Stuffed Chicken Breasts)