

VitalMeals Week 37

Canned vegetables

- 1/2 cup Artichoke hearts (Italian Vegetables)
- 1 jar Roasted red bell peppers (Stuffed Zucchini, Italian Vegetables)
- 1 can (4oz) Tomato paste (Low Carb Meatloaf)
- 3 cups Tomatoes, canned diced (Tomato Basil Parmesan Soup)

Dairy

- 1 Tbs Cream cheese (Cauliflower "Mashed Potatoes")
- 5 large Egg (Stuffed Zucchini, Low Carb Meatloaf)
- 1 1/4 cups Grated parmesan cheese (Cauliflower "Mashed Potatoes") (Tomato Basil Parmesan Soup)
- 2 cups Half and half (Tomato Basil Parmesan Soup)

Fresh seafood

- 4 filet Salmon (Asian Salmon Crockpot)

Meat and poultry

- 1 1/2 lbs Beef, grass-fed, ground, raw (Low Carb Meatloaf)
- 4 breasts Chicken breast (boneless, skinless) (Mexican Chicken Stir Fry)
- 1 lb ground chicken (Chicken and Avocado Burgers)
- 4 chops Pork chops (Tomato Basil Pork Chops)
- 1 lb sausage, nitrate free (Stuffed Zucchini)

Nuts and seeds

- 1 cup Almonds, slivered (Asian Salmon Crockpot)

Produce

- 1 ea Avocados (Chicken and Avocado Burgers)
- 1/2 cup Black olives (Italian Vegetables)
- 3 cups Broccoli florets (Mexican Chicken Stir Fry)
- 1/2 lb broccoli rabe (Italian Vegetables)
- 1 cup Carrots (Tomato Basil Parmesan Soup)
- 1 large head Cauliflower (reserve 1/2 cup florets for Italian Vegetables) (Cauliflower "Mashed Potatoes", Italian Vegetables)
- 1 cup Celery (Tomato Basil Parmesan Soup)
- 1 cup Cucumber (Asian Salmon Crockpot)
- 2 Tbs Ginger root (1 inch grated) (Asian Cole Slaw)
- 4 1/4 ea green bell peppers (Stuffed Zucchini) (Mexican Chicken Stir Fry)
- 1 ea Jalapeno peppers (Chicken and Avocado Burgers)
- 4 oz Mushrooms (Italian Vegetables)
- 2 medium Onions (Tomato Basil Parmesan Soup, Tomato Basil Pork Chops)
- 1 ea Onions, sweet, raw (Stuffed Zucchini) (Squash and Onions)
- 1 ea Oranges (Asian Salmon Crockpot)
- 1 small Red onions (Asian Cole Slaw)
- 2 heads Romaine lettuce (Asian Salmon Crockpot)
- 1 1/2 cups Scallions (Asian Salmon Crockpot) (Asian Cole Slaw)
- 2 ---16 ounce bags slaw mix (Asian Cole Slaw)
- 1/2 cup squash, yellow, sliced (Italian Vegetables, Squash and Onions)
- 1 1/2 cups Tomatoes (Tomato Basil Pork Chops)
- 5 medium Zucchini (Stuffed Zucchini, Italian Vegetables)

Snack foods

- 1 small bag Snacks, pork skins, plain (Low Carb Meatloaf)

Soups and gravies

- 4 cups chicken broth, canned (Tomato Basil Parmesan Soup)

Spices and seasonings

- 1 Tbs garlic pepper (Low Carb Meatloaf)
- 1 Tbs Garlic salt (Low Carb Meatloaf)
- 1 tsp Spices, smoked paprika (Mexican Chicken Stir Fry)

Vinegars

2 Tbs White vinegar (Asian Cole Slaw)

Organic

8 Tbs Annie's sesame ginger dressing (Asian Salmon Crockpot)