

VitalMeals Week 38

Bread

- 1 pkg low carb tortillas (Curry Chicken Enchiladas)

Canned vegetables

- 1/2 cup yellow corn (Southwest Chicken Bake)
- 1/2 cup Black beans, canned (Southwest Chicken Bake)
- 1 can (14.5oz) Canned tomatoes (Low Carb Chili)
- 1 can (8oz) Tomato sauce (Low Carb Chili)

Dairy

- 2 cups Cheddar cheese (Cheddar Waffles with Fried Eggs, Southwest Chicken Bake)
- 1/2 cup Cheese, sharp cheddar (Low Carb Jalapeno Cheddar Muffins)
- 15 large Egg (Cheddar Waffles with Fried Eggs) (Low Carb Jalapeno Cheddar Muffins)

Fresh seafood

- 4 filet Fish, tilapia, raw (Blackened Tilapia)

Meat and poultry

- 2 lbs Beef, grass-fed, ground, raw (Low Carb Chili)
- 2 breast Chicken breast, cooked (Curry Chicken Enchiladas)
- 8 Chicken thighs, boneless, skinless (Southwest Chicken Bake)
- 3 lbs Pork tenderloin (Jerk Pork Roast)

Produce

- 1/2 cup Cabbage (Curry Chicken Enchiladas)
- 1/2 cup Carrots, shredded (Curry Chicken Enchiladas)
- 1 head Cauliflower (Cauliflower Rice)
- 3 stalks Celery (Spaghetti Squash Chow Mein)
- 1 cup Cilantro (Curry Chicken Enchiladas)
- 3 Tbsp Ginger root (Spaghetti Squash Chow Mein, Curry Chicken Enchiladas)
- 1 ea Green bell peppers (Low Carb Chili)
- 2 ea Jalapeno peppers (Low Carb Jalapeno Cheddar Muffins)
- 1 bunch Kale, raw (Kickin' Kale Chips)
- 1 ea Lemons (Blackened Tilapia)
- 1 tsp Lime peel (Curry Chicken Enchiladas)
- 4 Onions (Spaghetti Squash Chow Mein) (Cauliflower Rice) (Low Carb Chili, Curry Chicken Enchiladas)
- 2 cups slaw mix (Spaghetti Squash Chow Mein)
- 1 medium Spaghetti squash (Spaghetti Squash Chow Mein)

Spices and seasonings

- 1/2 tsp Celery seed (Blackened Tilapia)
- 1 Tbs Onions flakes (Jerk Pork Roast)

Syrups and sauces

- 1 cup Salsa (Southwest Chicken Bake)

Organic

- 2 cups coconut milk, unsweetened (Curry Chicken Enchiladas)
- 1 cup flax seed, ground (Cheddar Waffles with Fried Eggs)
- 1/4 cup whey protein, unflavored (Cheddar Waffles with Fried Eggs)

Asian food

- 3 Tbs Fish sauce (Curry Chicken Enchiladas)
- 1 tsp red curry paste (Curry Chicken Enchiladas)