

VitalMeals Week 39

Bread

- 2 slices Bread, healthy life (Low Carb Salmon Burgers)

Canned vegetables

- 1/4 cup Tomato paste (Low Carb Shepherd's Pie)
- 2 x 10 oz tomatoes, rotel, canned (Southwestern Taco Soup)

Dairy

- 4 Tbs sour cream (Loaded Sweet Potato Skins)
- 1 cup Cheddar cheese (Zucchini Nachos)
- 1 cup Cheese, Mexican (Loaded Sweet Potato Skins)
- 8 oz Cream cheese (Southwestern Taco Soup)
- 3 large Egg (Low Carb Salmon Burgers) (Low Carb Zucchini Fries)
- 1 cup Grated parmesan cheese (Low Carb Shepard's Pie) (Low Carb Zucchini Fries) (Garlic Chicken Wings)
- 1/4 cup Half and half (Loaded Sweet Potato Skins)
- 1/2 cup Heavy whipping cream (Southwestern Taco Soup)
- 1 cup Mozzarella (Low Carb Shepherd's Pie)

Fresh seafood

- 1 lb Salmon (Low Carb Salmon Burgers)

Frozen vegetables

- 1 cup Frozen peas (Low Carb Shepherd's Pie)

Meat and poultry

- 3 lbs Chicken breasts, boneless, skinless (Indian Curry, Macadamia Nut Chicken Bake)

Nuts and seeds

- 1/2 cup Almonds (Low Carb Zucchini Fries)
- 1---- 4 oz can Macadamia nuts (Macadamia Nut Chicken Bake)

Produce

- 4 oz Avocados (Low Carb Salmon Burgers)
- 4 Slices bacon, nitrate free (Loaded Sweet Potato Skins)
- 3 lbs Beef, grass-fed, ground, raw (Low Carb Shepard's Pie) (Southwestern Taco Soup, Zucchini Nachos)
- 1 1/2 lbs Brussels sprouts (Balsamic Roasted Brussel Sprouts)
- 2/3 cup Carrots (Low Carb Shepherd's Pie)
- 2 heads Cauliflower (Cauliflower Rice) (Low Carb Shepherd's Pie)
- 2 stalk Celery (Low Carb Shepherd's Pie)
- 4 lbs Chicken wing (Garlic Chicken Wings)
- 1/2 cup Mushrooms (Low Carb Shepherd's Pie)
- 3 small Onions (Cauliflower Rice) (Low Carb Shepherd's Pie) (Southwestern Taco Soup)
- 4 oz pancetta/bacon (Balsamic Roasted Brussel Sprouts)
- 1 Tbs Parsley (Low Carb Shepherd's Pie)
- 1/4 cup Red bell peppers (Low Carb Salmon Burgers)
- 4 cups Spinach (Low Carb Salmon Burgers)
- 2 small sweet potato (Loaded Sweet Potato Skins)
- 1 cup Tomatoes (Indian Curry)
- 1/4 cup Yellow bell peppers (Low Carb Salmon Burgers)
- 6 large Zucchini (Low Carb Zucchini Fries, Zucchini Nachos)

Soups and gravies

- 3---- 14.5oz cans beef broth (Southwestern Taco Soup)

Spices and seasonings

- 1/4 tsp cumin seeds (Indian Curry)
- 1/2 tsp Italian seasoning (Low Carb Zucchini Fries)
- 1/4 tsp Spices, red chili, ground (Indian Curry)
- 1/2 tsp Yellow mustard seed (Indian Curry)

Organic

3/4 cup coconut milk, unsweetened (Indian Curry)