

Vital Meals Week 3

Please make sure to check our [Staple Items here](#)

Canned vegetables

- 1 x can

Canned crushed tomatoes

Dairy

- 2 cups
- 5 Tbs
- 5 large
- 1 cup
- 1 cup

Cheddar cheese
Cream cheese
Egg
Grated parmesan cheese
Heavy whipping cream

Jams and jellies

- 1/4 cup

Peanut butter

Meat and poultry

- 7 thick slices
- 6 breasts
- 4 x 1/2 breast, bone and skin removed

Bacon
Chicken breast
Chicken breast

Nuts and seeds

- 3 oz

Pecans

Produce

- 1 ea
- 1 lb
- 5 heads
- 1 stalk
- 16 oz
- 1 ea
- 1 ea
- 1 x 8 oz
- 1 large
- 1 small
- 1 Tbs
- 8 oz
- 2 ea

Avocados
Broccoli
Cauliflower
Celery
Collards
Green bell peppers
Lemon peel
Mushrooms
Onions
Red onions
Scallions
Spinach
Tomatoes

Soups and gravies

- 3 cups

Soup, vegetable broth, commercial

Spices and seasonings

- 1 Tbs

Dry mustard

Unknown grocery aisle

- 1 lb
- 2 oz
- 2 cups
- 1/4 cup
- 3 lbs
- 8 pieces
- 5 x 1/2 pkg (10oz)
- 4 1 wrap
- 1/4 cup
- 5 lbs
- 8 oz
- 4 x 1/2 fillet

Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted
cheese, pepper jack
Cherry tomatoes
Coffee
Flank steak
Hearts of palm, canned
Kale, frozen, unprepared
low carb tortillas
Miso
Pork shoulder
Queso anejo
Salmon