

VitalMeals Week 40

Canned vegetables

- 1/4 cup beans, black, canned (Kale Taco Salad)
- 1---- 15oz can Canned crushed tomatoes (Steak "Pizza-Style")

Condiments

- 1 tsp chili sauce (Asian Cabbage Rolls)

Dairy

- 1/4 cup Cheese, fresh, queso fresco (Kale Taco Salad)
- 2 large Egg ("Fried Green Tomato" Salad)
- 1/2 cup Feta (Greek Salad)
- 1/2 cup Grated parmesan cheese ("Fried Green Tomato" Salad)
- 1/2 cup Half and half (Cream of Cauliflower Soup)
- 1/2 cup Mozzarella ("Fried Green Tomato" Salad)

Fresh seafood

- 8 oz Shrimp (Zucchini Noodles and Garlic Shrimp)

Frozen vegetables

- 1----- 10oz package Frozen cauliflower (Cream of Cauliflower Soup)

Meat and poultry

- 1/4 lb Beef, sirloin steak, boneless (Steak "Pizza-Style")
- 1 1/2 lbs Chicken breast (Greek Chicken Kabobs)

Nuts and seeds

- 1/2 cup Salted cashews (Greek Salad)

Pickles

- 1/3 cup Kalamata olives (Greek Salad)
- 4 pepperoncini peppers, whole (Steak "Pizza-Style")

Produce

- 1 1/2 ea Avocados (Greek Salad, Kale Taco Salad)
- 1 lb Beef, grass-fed, ground, raw (Asian Cabbage Rolls)
- 2 ea Carrots (Asian Cabbage Rolls)
- 3/4 cup Celery (Cream of Cauliflower Soup)
- 1 cup Cherry tomatoes (Kale Taco Salad)
- 1/4 cup Cilantro (Kale Taco Salad)
- 1/2 ea Cucumber (Greek Salad)
- 2 Tbs Ginger root (Asian Cabbage Rolls)
- 1 cup grape tomatoes (Zucchini Noodles and Garlic Shrimp)
- 1 ea Green bell peppers (Greek Chicken Kabobs)
- 4 large Green tomatoes ("Fried Green Tomato" Salad)
- 1 large bunch Kale, raw (Kale Taco Salad)
- 1/2 ea Lemons (Zucchini Noodles and Garlic Shrimp)
- 1 large head napa cabbage, raw (Asian Cabbage Rolls)
- 3 medium Onions (Steak "Pizza-Style") (Cream of Cauliflower Soup, Asian Cabbage Rolls)
- 2 Tbs Parsley (Steak "Pizza-Style")
- 3 ea Red bell peppers ((Greek Chicken Kabobs) (Steak "Pizza-Style"))
- 1 medium Red onion (Greek Chicken Kabobs) (Greek Salad)
- 2 heads Romaine lettuce (Greek Salad0 ("Fried Green Tomato" Salad)
- 2 Tbs Scallions (Kale Taco Salad)
- 1 ea Sweetpotato (Kale Taco Salad)
- 1 ea Tomatoes ("Fried Green Tomato" Salad)
- 2 medium Zucchini (Zucchini Noodles and Garlic Shrimp)

Soups and gravies

- 1 quart Chicken broth (Cream of Cauliflower Soup)

Spices and seasonings

- 3 Tbs Taco seasoning mix (Kale Taco Salad)

Organic

1/4 cup coconut flour ("Fried Green Tomato" Salad)

Picnic Supplies

1 x pkg wooden skewers (Greek Chicken Kabobs)