

## VitalMeals Week 41

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### Canned vegetables

- 1/4 cup beans, black, canned (Mexican Chicken and Sweet Potato Bake)
- 1 x 4 oz Canned green chili peppers (Enchilada Crockpot Stew)
- 1/4 cup Pimento, canned (Turkey Casserole)
- 1---- 7 oz can Tomato sauce (Enchilada Crockpot Stew)
- 1---- 14.5oz can Tomatoes, canned diced (Enchilada Crockpot Stew)

### Dairy

- 5 oz cheese, pepper jack (Mexican Chicken and Sweet Potato Bake)
- 3 large Egg (Low Carb Fish Sticks) (Low Carb Zucchini Fries)
- 1 3/4 cups Grated parmesan cheese (Parmesean Creamed Spinach) ( Low Carb Fish Sticks) (Low Carb Zucchini Fries)
- 1 cup Monterey cheese (Turkey Casserole)
- 4 oz Mozzarella (Caprese Steak)

### Fresh seafood

- 4 fillets Fish, tilapia, raw (Low Carb Fish Sticks)

### Meat and poultry

- 4 fillets Beef top sirloin (Caprese Steak)
- 1 lb Beef, grass-fed, ground, raw (Old Fashioned Hamburgers)
- 8 breasts Chicken breast (Thai Chicken Salad)
- 1 lb Chicken breast, cooked (Mexican Chicken and Sweet Potato Bake, Enchilada Crockpot Stew)
- 2 cups Turkey breast, cooked, cubed (Turkey Casserole)

### Mexican food products

- 1---- 4 oz Jalapeno's ,Sliced (Enchilada Crockpot Stew)

### Nuts and seeds

- 1/2 cup almonds, sliced (Turkey Casserole)
- 1/2 cup Almonds, sliced (Low Carb Zucchini Fries)
- 1 cup Peanuts (Thai Chicken Salad)
- 3 oz Pecans (Broccoli Salad)

### Produce

- 1 lb Broccoli (Broccoli Salad)
- 2 ea Carrots (Thai Chicken Salad)
- 2 cups Celery (Turkey Casserole)
- 6 oz Cherry tomatoes (Broccoli Salad)
- 1/2 bunch Cilantro (Thai Chicken Salad)
- 1 ea Cucumber (Thai Chicken Salad)
- 8 leaves Fresh basil (Caprese Steak)
- 2 packages Frozen spinach (Parmesan Creamed Spinach)
- 1 ea Green bell peppers (Enchilada Crockpot Stew)
- 1 ea Lemon peel (Broccoli Salad)
- 1 ea Limes (Thai Chicken Salad)
- 1/2 x head napa cabbage, raw (Thai Chicken Salad)
- 2 medium Onions (Mexican Chicken and Sweet Potato Bake, Enchilada Crockpot Stew)
- 1 ea Red bell peppers (Thai Chicken Salad)
- 2 large roma tomatoes (Caprese Steak)
- 2 heads Romaine lettuce (Thai Chicken Salad)
- 7 ea Scallions (Thai Chicken Salad) (Turkey Casserole)
- 2 ea Sweetpotato (Mexican Chicken and Sweet Potato Bake)
- 4 ea Tomatoes (Mexican Chicken and Sweet Potato Bake)
- 2 ea Zucchini (Low Carb Zucchini Fries)

### Snack foods

- 1/2 cup pork rinds (Turkey Casserole)

**Spices and seasonings**

- 1/2 tsp Italian seasoning (Low Carb Zucchini Fries)
- 1/2 tsp Pumpkin pie spice (Parmesan Creamed Spinach)

**Organic**

- 1/4 cup Peanut butter, natural (Thai Chicken Salad)

**Asian food**

- 1/3 cup Thai sweet chili sauce (Thai Chicken Salad)