

## VitalMeals Week 43

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### **Bread**

- 1 loaf Bread, healthy life (Low Carb French Toast Casserole)

### **Canned seafood**

- 16 oz Salmon, canned (Salmon Balls)

### **Canned vegetables**

- 8 oz Tomato sauce (Cabbage Casserole)
- 14 oz Tomatoes, canned diced (Cabbage Casserole)

### **Dairy**

- 1 cup Cheddar cheese (Cabbage Casserole)
- 7 large Egg (Salmon Balls) (Low Carb French Toast Casserole)
- 1 1/4 cup greek yogurt, plain (Ginger Carrot Soup) (Cucumber Dill Salad)
- 8 oz Mexican Cheese (Steak Quesadillas with Avocado Sauce and Tomato Salad)

### **Dried fruit**

- 1/2 cup Dried apricots (Moroccan Chicken Crockpot)

### **Dry goods**

- 2 tsp erythritol (Low Carb French Toast Casserole)

### **Meat and poultry**

- 1 1/2 lbs Beef, eye round roast (Steak Quesadillas with Avocado Sauce and Tomato Salad)
- 2 lbs chicken (drumstick and/or thigh) (Moroccan Chicken Crockpot)
- 2 lbs Lean ground beef (Cabbage Casserole)
- 2 1/2 lbs Pork roast (Mustard Crusted Pork)

### **Mexican food products**

- 4 low carb tortillas (Steak Quesadillas with Avocado Sauce and Tomato Salad)

### **Oriental food products**

- 8 pieces Hearts of palm, canned (Steak Quesadillas with Avocado Sauce and Tomato Salad)

### **Produce**

- 1 ea Avocados (Steak Quesadillas with Avocado Sauce and Tomato Salad)
- 3 cups Cabbage (Cabbage Casserole)
- 1 lrg bag Carrots (Ginger Carrot Soup, Moroccan Chicken Crockpot)
- 1 cup Cherry tomatoes (Steak Quesadillas with Avocado Sauce and Tomato Salad)
- 1/3 cup Cilantro (Steak Quesadillas with Avocado Sauce and Tomato Salad)
- 1 lb Collards (Collard Greens)
- 2 ea Cucumber (Cucumber Dill Salad)
- 3 inches Ginger root (Ginger Carrot Soup)
- 1 ea Lemons (Salmon Balls)
- 2 medium onions (Cabbage Casserole) (Collard Greens, Moroccan Chicken Crockpot)
- 2 cups Red onions (Salmon Balls) (Cucumber Dill Salad)
- 1 bunch Scallions (Ginger Carrot Soup)
- 2 ea Tomatoes (Collard Greens)

### **Soups and gravies**

- 2 cups Chicken broth, canned (Moroccan Chicken Crockpot)
- 3 cups Vegetable broth, canned (Collard Greens)

### **Spices and seasonings**

- 2 Tbs Dried dill weed (Salmon Balls)
- 1 bunch Fresh dill weed (Salmon Balls) (Cucumber Dill Salad)
- 1/2 tsp Ground cardamom (Moroccan Chicken Crockpot)
- 1 Tbs herbes de province (Mustard Crusted Pork)

### **Diabetic Foods or Dressings**

- 2 Tbs maple syrup, low carb (Low Carb French Toast Casserole)