

## VitalMeals Week 44

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### Canned vegetables

- 1 oz Artichoke hearts (Artichoke Chicken Bake)
- 15 oz Canned pumpkin (Pumpkin Chili with Sausage)
- 1 1/2 cups Tomato sauce (Low Carb Sloppy Joes) (Pumpkin Chili with Sausage)

### Dairy

- 28 oz Cheddar cheese (Low Carb Sloppy Joes) ( Thanksgiving Turkey Muffins) (Cauliflower Macaroni & Cheese) (Cheeseburger "Quiche")
- 2 cups Cheese, Mexican (Mexican Pizza)
- 2 oz Cream cheese (Cauliflower Macaroni and Cheese)
- 8 large Egg (Cauliflower Bread Sticks) (Thanksgiving Turkey Muffins) (Cheeseburger "Quiche")
- 1 cup Grated parmesan cheese (Artichoke Chicken Bake)
- 1 3/4 cups Heavy whipping cream (Thanksgiving Turkey Muffins) (Cauliflower Macaroni (Cheeseburger "Quiche")
- 8 oz Sour cream (Mexican Pizza, Artichoke Chicken Bake)

### Fresh seafood

- 8 oz Shrimp (Zucchini Noodles and Garlic Shrimp)

### Meat and poultry

- 1 lb Beef, grass-fed, ground, raw (Mexican Pizza)
- 4 breasts Chicken breast (Artichoke Chicken Bake)
- 2 lbs Ground turkey (Thanksgiving Turkey Muffins)
- 2 1/2 lbs Lean ground beef (Low Carb Sloppy Joes) (Cheeseburger "Quiche")
- 1 lb Sausage, hot (Pumpkin Chili with Sausage)

### Mexican food products

- 4 low carb tortillas (Mexican Pizza)
- 8 Tbs Salsa (Mexican Pizza)
- 4 Tbs Taco Sauce (Mexican Pizza)

### Produce

- 1 can Black olives (Mexican Pizza)
- 2 heads Cauliflower ((Cauliflower Bread Sticks) (Cauliflower Macaroni and Cheese)
- 4 stalks Celery (Low Carb Sloppy Joes) (Thanksgiving Turkey Muffins)
- 1/2 cup grape tomatoes (Zucchini Noodles and Garlic Shrimp)
- 3/4 cup Green bell peppers (Pumpkin Chili with Sausage)
- 1 lb Green snap beans (String Beans with Shallots)
- 4 oz Guacamole (Mexican Pizza)
- 1/2 ea Lemons (Zucchini Noodles and Garlic Shrimp)
- 1/2 cup Mushrooms (Cheeseburger "Quiche")
- 3 Onions (Low Carb Sloppy Joes) (Thanksgiving Turkey Muffins) (Cheeseburger "Quiche") (Pumpkin Chili with Sausage)
- 3 large Shallots (String Beans with Shallots)
- 1 ea Tomatoes (Mexican Pizza)
- 6 ea Zucchini (Zucchini Noodles and Garlic Shrimp)

### Soups and gravies

- 1/2 tsp chicken bouillon, dry (Thanksgiving Turkey Muffins)