

## VitalMeals Week 45

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### Canned vegetables

- 2 Tbs Tomato paste (Low Carb Chicken Tortilla Soup)
- 36 oz Tomatoes, canned diced (Cabbage Enchiladas) (Low Carb Chicken Tortilla Soup)

### Dairy

- 10 large Egg (Sausage Spinach Bake) (Almond Crusted Chicken, Pizza Topping Bake)
- 1 1/2 cup Grated parmesan cheese (Parmesan Baked Tilapia with Zucchini)
- 1 1/4 cup Heavy whipping cream (Green Bean Bacon Delight) (Spinach Sausage Bake) (Pizza Topping Bake)
- 8 oz Mozzarella (Pizza Topping Bake)

### Deli and bakery

- 1 lb Italian sausage (Pizza Topping Bake)

### Fresh seafood

- 4 filets Fish, tilapia, raw (Parmesan Baked Tilapia with Zucchini)

### Meat and poultry

- 3 x Slice bacon, nitrate free (Green Bean Bacon Delight)
- 1 lb Beef, grass-fed, ground, raw (Cabbage Enchiladas)
- 1 lb Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw (Balsamic Grilled Steak)
- 6 breasts Chicken breast (Almond Crusted Chicken) (Low Carb Chicken Tortilla Soup)
- 1 lbs Pork sausage (Sausage Spinach Bake)

### Nuts and seeds

- 1 cup unblanched almonds (Almond Crusted Chicken)
- 1/4 cup Walnuts (Green Bean Bacon Delight)

### Pasta

- 1/4 cup Pizza sauce (Pizza Topping Bake)

### Pickles

- 1/3 cup Roasted red bell peppers (Sausage Spinach Bake)

### Produce

- 8 leaves Cabbage (Cabbage Enchiladas)
- 2 cups Carrots (Low Carb Chicken Tortilla Soup)
- 2 cups Celery (Low Carb Chicken Tortilla Soup)
- 2 cups Cherry tomatoes (Balsamic Grilled Steak)
- 1 bunch Cilantro (Low Carb Chicken Tortilla Soup)
- 1/2 ea Eggplant (Balsamic Grilled Veggies)
- 1 1/2 ea Green bell peppers (Cabbage Enchiladas, Pizza Topping Bake)
- 2 1/2 lbs green snap beans, fresh (Green Bean Bacon Delight)
- 2 ea Jalapeno peppers (Low Carb Chicken Tortilla Soup)
- 10 oz Mushrooms (Green Bean Bacon Delight) (Pizza Topping Bake)
- 1 large Onions (Cabbage Enchiladas)
- 1 ea Onions, sweet, raw (Low Carb Chicken Tortilla Soup)
- 3 1/2 oz Pepperoni (Pizza Topping Bake)
- 1 ea Portabella mushrooms (Balsamic Grilled Veggies)
- 1 1/4 ea Red bell peppers (Balsamic Grilled Veggies)
- 1 medium red onion (Pizza Topping Bake)
- 1 large roma tomatoes (Balsamic Grilled Veggies)
- 3 medium Scallions (Green Beab Bacon Delight) (Parmesan Baked Tilapia with Zucchini)
- 10 oz package Spinach, frozen (Sausage Spinach Bake)
- 1/2 medium squash, yellow (Balsamic Grilled Veggies)
- 4 cups Tomatoes (Sausage Spinach Bake, Cabbage Enchiladas)
- 1 ea Yellow bell peppers (Balsamic Grilled Veggies)
- 3 1/2 ea Zucchini (Balsamic Grilled Veggies) (Parmesan Baked Tilapia with Zucchini)

### Spices and seasonings

- 1 tsp Garlic salt (Green Bean Bacon Delight)

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- 1/2 tsp Italian seasoning (Pizza Topping Bake)
- 1/2 tsp Seasoned salt (Parmesan Baked Tilapia with Zucchini)

**Syrups and sauces**

- 1 can Enchilada Sauce (Cabbage Enchiladas)

**Sauces**

- 1/4 cup Barbecue sauce (Balsamic Grilled Steak)

**Organic**

- 32 oz chicken broth, organic (Low Carb Chicken Tortilla Soup)