

## VitalMeals Week 46

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### Bread

- 3 Slices Bread, healthy life (Cajun Turkey Burgers with Sweet potato fries)

### Canned vegetables

- 4.5 oz Canned green chili peppers (Mexican Beef Crockpot)

### Dairy

- 1/2 lb Brie (Chicken Cordon Bleu)
- 3 1/2 cups Cheddar cheese (Mashed Cauliflower Gratin) (Broccoli Cheddar Soup)
- 8 oz Cream cheese (Broccoli Cheddar Soup)
- 4 large Egg (Mashed Cauliflower Gratin) (Cajun Turkey Burgers with Sweet potato fries)
- 1 1/4 cups Heavy whipping cream (Mashed Cauliflower Gratin) (Broccoli Cheddar Soup)

### Fresh seafood

- 4 6oz Salmon (Garlic Dijon Salmon)

### Meat and poultry

- 2 thick slices Bacon (Fennel Cabbage Slaw)
- 1 1/2 lbs bacon, nitrate free (Low Carb Turkey)
- 4--- 8oz Beef ribeye (Sun-dried Tomato and Garlic Ribeye)
- 1 lb Beef stew (Mexican Beef Crockpot)
- 4 breasts Chicken breast (Chicken Cordon Bleu)
- 1 lb Ground turkey (Cajun Turkey Burgers with Sweet potato fries)
- 8 slices Prosciutto (Chicken Cordon Bleu)
- 1 whole Turkey (Low Carb Turkey)

### Produce

- 4 bok choy, baby (Steamed Bok Choy)
- 2 bunches Broccoli florets (Broccoli Cheddar Soup)
- 1 head Cauliflower (Mashed Cauliflower Gratin)
- 2 stalks Celery (Mexican Beef Crockpot)
- 2 Tbs Chives (Steamed Bok Choy)
- 1 bulbs Fennel (Fennel Cabbage Slaw)
- 2 Tbs Fresh rosemary (Sun-dried Tomato and Garlic Ribeye)
- 1 lb Kale, raw (Garlic and Onion Kale)
- 1 tsp Lime zest (Steamed Bok Choy)
- 1 medium Onions (Mexican Beef Crockpot)
- 1 ea Red bell peppers (Mexican Beef Crockpot)
- 1 cup Red cabbage (Fennel Cabbage Slaw)
- 2 medium Red onions (Garlic and Onion Kale) (Garlic Dijon Salmon)
- 2 ea Scallions (Fennel Cabbage Slaw)
- 2 Tbs Sun-dried tomatoes (Sun-dried Tomato and Garlic Ribeye)
- 2 ea Sweet potato (Cajun Turkey Burgers with Sweet potato fries)
- 1/2 cup Tomatoes (Mexican Beef Crockpot)

### Soups and gravies

- 3 cups Chicken broth, canned (Broccoli Cheddar Soup)

### Spices and seasonings

- 1/8 tsp chipotle powder (Mexican Beef Crockpot)
- 1 tsp Ground tarragon (Garlic Dijon Salmon)