

VitalMeals Week 47

Beverages

- 2 Tbs Sherry (Cheesy Mushroom Skillet)

Canned vegetables

- 1 can (14.5oz) Canned tomatoes (Low Carb Chili)
- 1/4 cup Tomato paste (Low Carb Shepherd's Pie)
- 8 oz Tomato sauce (Low Carb Chili)

Dairy

- 2 cups Cheddar cheese (Cauliflower Macaroni and Cheese)
- 1/2 cup Cheese, sharp cheddar (Low Carb Jalapeno Cheddar Muffins)
- 2 oz Cream cheese (Cauliflower Macaroni and Cheese)
- 6 large Egg (Low Carb Fried chicken) (Low Carb Jalapeno Cheddar Muffins)
- 1/2 cup Grated parmesan cheese (Cheesy Mushroom Skillet) (Parmesan Creamed Spinach) (Low Carb Shepherd's Pie)
- 1 1/4 cups Heavy whipping cream (Low Carb Fried Chicken) (Cauliflower Macaroni and Cheese)
- 1 cup Mozzarella (Low Carb Shepherd's Pie)
- 1/4 cup Sour cream (Cheesy Mushroom Skillet)

Deli and bakery

- 2 cups chicken, cooked (Chicken Avocado Lettuce Wraps)

Fresh seafood

- 4 fillet Salmon (Miso Ginger Grilled Salmon)

Frozen vegetables

- 1 cup Frozen peas (Low Carb Shepherd's Pie)
- 2---- 10 oz pkg Frozen spinach (Parmesan Creamed Spinach)

Meat and poultry

- 24 oz Beef ribeye (Steak and Herbs)
- 3 lbs Beef, grass-fed, ground, raw (Low Carb Shepards Pie) (Low Carb Chili)
- 5 lbs Chicken breast (Low Carb Fried Chicken, Chicken Avocado Lettuce Wraps)

Produce

- 2 ea Avocados (Chicken Avocado Lettuce Wraps)
- 2/3 cup Carrots (Low Carb Shepherd's Pie)
- 2 heads Cauliflower (Low Carb Shepards Pie) (Cauliflower Macaroni and Cheese)
- 2 stalks Celery (Low Carb Shepherd's Pie)
- 1 cup Fresh basil (Steak and Herbs)
- 2 Tbs Fresh oregano (Steak and Herbs)
- 1 Tbs Fresh rosemary (Steak and Herbs)
- 1 Tbs Fresh tarragon (Steak and Herbs)
- 1 Tbs Fresh thyme (Steak and Herbs)
- 2 Tbs Ginger root (Asian Cole Slaw)
- 1 1/2 ea Green bell peppers (Low Carb Chili, Chicken Avocado Lettuce Wraps)
- 2 ea Jalapeno peppers (Low Carb Jalapeno Cheddar Muffins)
- 1 ea Limes (Chicken Avocado Lettuce Wraps)
- 2 lbs Mushrooms (Chicken Marsala) (Cheesy Mushroom Skillet) (Low Carb Shepherd's Pie)
- 2 medium Onions (Low Carb Shepards Pie) (Low Carb Chili)
- 2 bunches Parsley (Steak and Herbs) (Low Carb Shepherd's Pie)
- 1 1/2 Tbs Red onions (Asian Cole Slaw, Chicken Avocado Lettuce Wraps)
- 2 large roma tomatoes (Chicken Avocado Lettuce Wraps)
- 8 leaf Romaine lettuce (Chicken Avocado Lettuce Wraps)
- 1 1/2 bunches Scallions (Chicken Marsala) (Miso Ginger Grilled Salmon) (Asian Cole Slaw)
- 2--- 16 oz pkg slaw mix (Asian Cole Slaw)

Soups and gravies

- 1/2 cup beef broth, canned (Low Carb Shepherd's Pie)

Spices and seasonings

- 1 tsp Poultry seasoning (Low Carb Fried Chicken)

Alcoholic beverages

1/4 cup Wine, dry marsala (Chicken Marsala)

Asian food

1/4 cup Miso (Miso Ginger Grilled Salmon)

Notes

Note: You may purchase raw chicken breasts to cook on your own for the Chicken Avocado Lettuce Wraps or you may purchase pre-cooked chicken.