

VitalMeals Week 48

Baking products

- 1/4 cup Almonds, slivered (Cashew Chicken Casserole)

Canned vegetables

- 1/2 cup low sugar tomato sauce (Low Carb Pizza)

Condiments

- 2 Tbs Capers (Grilled Snapper)

Dairy

- 1/8 cup Blue cheese (Tomato and Blue Cheese Soup)
- 8 oz Cheddar cheese (Chicken Enchiladas)
- 2 oz cheese, pepper jack (Spicy Kale Stuffed Chicken Breasts)
- 3 large Egg (Low Carb Pizza)
- 1 1/2 cup Heavy whipping cream (Low Carb Pizza) (Tomato and Blue Cheese Soup)
- 24 oz Mozzarella (Low Carb Pizza)
- 24 oz Sour cream (Chicken Enchiladas, Coleslaw)

Deli and bakery

- 1/2 cup ham, nitrate free (Low Carb Pizza)
- 1 rotisserie chicken (Chicken Enchiladas)

Fresh seafood

- 4 filet fish, red snapper (Grilled Snapper)

Frozen vegetables

- 5 1/2 oz pkg Kale, frozen (Spicy Kale Stuffed Chicken Breasts)

Meat and poultry

- 2 1/2 lbs Beef Brisket, trimmed (Low Carb Beef Brisket)
- 8 breasts Chicken breast (Spicy Kale Stuffed Chicken Breasts) (Cashew Chicken Casserole)
- 3 lbs Chicken wings (Buffalo Wings)
- 2 links Italian sausage (Low Carb Pizza)

Mexican food products

- 24 low carb tortillas (Chicken Enchiladas)

Nuts and seeds

- 1/4 cup roasted cashew nut, halves (Cashew Chicken Casserole)

Pasta

- 8 oz Pepperoni (Low Carb Pizza)

Produce

- 1 lb Cabbage (Coleslaw)
- 4 ea Carrots (Buffalo Wings)
- 6 stalks Celery (Cashew Chicken) (Buffalo Wings)
- 1/4 bunch Cilantro (Cashew Chicken Casserole)
- 1 Tbs Ginger root (Cashew Chicken Casserole)
- 4 Tbs Green olives (Grilled Snapper)
- 1 lb Green snap beans (String Beans with Shallots)
- 1 lb Kale, raw (Garlic Greens)
- 16 Mushrooms, shiitake (Cashew Chicken Casserole)
- 1 lb Mustard greens (Garlic Greens)
- 3 medium Onions (Cashew Chicken Casserole) (Garlic Greens, Grilled Snapper)
- 2 ea Portabella mushrooms (Low Carb Pizza)
- 1/3 cup Red bell peppers (Low Carb Pizza)
- 1/4 medium Red onions (Tomato and Blue Cheese Soup)
- 1 ea Serrano chilis (Grilled Snapper)
- 3 large Shallots (String Beans with Shallots)
- 1/2 cup Snow peas (Cashew Chicken Casserole)
- 28 oz Tomatoes (Tomato and Blue Cheese Soup)
- 2 large Tomatoes (Grilled Snapper)

Soups and gravies

- 1 1/2 cups Chicken broth, canned (Tomato and Blue Cheese Soup)
- 1/2 cup Chicken broth, low sodium, canned (Spicy Kale Stuffed Chicken Breasts)
- 1 can Soup, cream of chicken, canned (Chicken Enchiladas)

Spices and seasonings

- 1 tsp chili pepper flakes, crushed (Cashew Chicken Casserole)
- 1/4 tsp Coriander, ground (Low Carb Beef Brisket)
- 1/4 tsp Cumin seed (Low Carb Beef Brisket)
- 2 tsp Yellow mustard seed (Low Carb Beef Brisket)

Diabetic Foods or Dressings

- 8 oz barbecue sauce, low carb, (such as Walden's Farm) (Low Carb Beef Brisket)

Alcoholic beverages

- 2 1/4 oz beer, low carb (Low Carb Beef Brisket)
- 1/4 cup White wine (Grilled Snapper)

Asian food

- 1/2 Tbs sauce, sirachi (Tomato and Blue Cheese Soup)

Bottled Waters

- 1/3 fl oz Club soda (Low Carb Pizza)