

VitalMeals Week 49

Canned vegetables

- 1/2 cup Artichoke hearts (Italian Vegetables)
- 4 oz Canned green chili peppers (Taco Bake)
- 28 & 15 oz Canned tomatoes (Italian Chicken Packets) (Crockpot Jambalaya)
- 1/4 cup Tomato sauce (Taco Bake)

Dairy

- 16 oz Cheddar cheese (Taco Bake)
- 4 oz Cream cheese (Taco Bake)
- 6 large Egg (Low Carb Carbonara) (Taco Bake, Low Carb Carbonara)
- 3 cups Grated parmesan cheese (Low Carb Carbonara) (Low Carb Ravioli)
- 1/2 cup Greek yogurt, plain (Fish Taco Bowl)
- 1 1/3 cups Heavy whipping cream (Taco Bake, Low Carb Ravioli)
- 8 oz Mascarpone (Low Carb Ravioli)

Fresh seafood

- 4 small filets Fish, tilapia, raw (Fish Taco Bowl)
- 1 lb Shrimp (Crockpot Jambalaya)

Frozen vegetables

- 8oz bag Frozen spinach (Low Carb Ravioli)

Meat and poultry

- 4 Slices Bacon, nitrate free (Low Carb Carbonara)
- 1 lb Beef, grass-fed, ground, raw (Taco Bake)
- 4 breasts Chicken breast (Italian Chicken Packets)
- 1 1/2 lbs Ground chicken (Low Carb Ravioli)
- 2 cups Kielbasa sausage, nitrate free (Crockpot Jambalaya)
- 1 lb Pork shoulder (Pork and Mushroom Stir Fry)

Pickles

- 1/2 cup Roasted red bell peppers (Italian Vegetables)

Produce

- 1/2 cup Black olives (Italian Vegetables)
- 1/2 lb Broccoli rabe (Italian Vegetables)
- 2 1/2 cups Cauliflower (Italian Vegetables) (Crockpot Jambalaya)
- 1 cup Celery (Crockpot Jambalaya)
- 1 bunch Fresh basil (Low Carb Ravioli)
- 4 cups Frozen broccoli (Italian Chicken Packets)
- 1 cup Green bell peppers (Crockpot Jambalaya)
- 12 oz Mushrooms (Italian Vegetables) (Pork and Mushroom Stir Fry)
- 3 large Onions (Low Carb Ravioli) (Crockpot Jambalaya)
- 1/2 cup Scallions (Fish Taco Bowl)
- 16 oz bag Slaw mix (Fish Taco Bowl)
- 1 medium Spaghetti squash (Low Carb Carbonara)
- 5 Squash, yellow (Italian Vegetables) (Low Carb Ravioli)
- 1/2 cup Zucchini (Italian Vegetables)

Salad dressings

- 1/2 cup Light Italian salad dressing (Italian Chicken Packets)

Soups and gravies

- 1/4 cup Chicken broth, canned, (Low Carb Carbonara)

Spices and seasonings

- 3 1/2 tsp Taco seasoning mix (Taco Bake)

Syrups and sauces

- 2 tsp Green pepper Tabasco sauce (Fish Taco Bowl)