

## Vital Meals Week 4

Please make sure to check our Staple Items here

When purchasing items such as sausage and bacon, look for "nitrate free" on the label. If it is not labeled on the front of the package, check the ingredient list.

### Canned vegetables

- 4 oz Canned green chili peppers
- 1/4 cup Tomato sauce

### Dairy

- 24 oz Cheddar cheese (8oz = 2 cups)
- 12 1/2 oz Cream cheese
- 12 large Egg
- 1/3 cup Feta
- 4 oz Gouda, smoked
- 9 Tbs Grated parmesan cheese
- 18 oz Heavy whipping cream
- 2/3 cup Sour cream

### Fresh seafood

- 4 filets Fish, tilapia, raw

### Frozen vegetables

- 10 oz Frozen spinach

### Meat and poultry

- 8 slices Bacon (Bacon and Cheese Stuffed Pork Chops)
- 1 lb Beef, grass-fed, ground, raw
- 3 1/2 lbs Chicken breast
- 4 Chicken breasts (almond crusted chicken)
- 4 oz Pancetta, diced (Balsamic Roasted Brussel Sprouts)
- 4 chops Pork chops
- 1 lb Pork sausage

### Nuts and seeds

- 1 cup Blanched almonds
- 1/2 cup Walnuts

### Paper and plastic products

- 4 toothpicks

### Produce

- 2 x bunches Broccoli florets
- 1 1/2 lbs Brussels sprouts
- 1 lb Cabbage (coleslaw mix)
- 1 head Cauliflower
- 1 cup Cherry tomatoes
- 3 cloves Garlic
- 1/2 lb Green snap beans
- 1/2 cup Parsley
- 3/16 tsp Red bell peppers
- 1 Tbs Red onions
- 8 cups Spinach
- 4 ea Tomatoes, Roma

### Soups and gravies

- 3 cups chicken broth

### Spices and seasonings

- 1 tsp poultry seasoning (Low Carb Fried chicken)
- 3 1/2 tsp Taco seasoning mix