

VitalMeals Week 50

Beverages

- 2 Tbs Sherry (Cherry Glazed Ham)

Bread

- 4 slices Bread, healthy life (Baked Eggplant Fries, Feta Chicken)

Canned fruit and juices

- 1/2 cup Canned cherry pie filling, (sugar free if possible) (Cherry Glazed Ham)

Coffee and tea

- 1/4 cup Sugar free cherry syrup (Cherry Glazed Ham)

Dairy

- 1 1/2 cups Cheddar cheese (Chicken and Veggie Nachos)
- 8 large Egg (Baked Eggplant Fries) (Mexican Breakfast Skillet, Sugar Free Sweet Potato Casserole)
- 4 oz Feta (Feta Chicken)
- 1/4 cup Grated parmesan cheese (Baked Eggplant Fries)
- 1 cup Mozzarella (Pizza Soup)

Fresh seafood

- 4--- 6oz filets Fish, mahi mahi (Mahi Mahi with Cauliflower)

Meat and poultry

- 4 Slices Bacon, nitrate free (Green Bean Bundles)
- 1 lb Breakfast sausage, nitrate free (Mexican Breakfast Skillet)
- 4 breasts Chicken breast (Feta Chicken)
- 1 1/2 cups Chicken breast, cooked (Chicken and Veggie Nachos)
- 2--- 1 lb slices Cured ham (Cherry Glazed Ham)
- 3 lbs Flank steak (Dry Rubbed Flank Steak)
- 3 oz Pepperoni (Pizza Soup)

Mexican food products

- 1 cup Salsa (Chicken and Veggie Nachos)

Nuts and seeds

- 1/4 cup Dry roasted almonds (Mahi Mahi with Cauliflower)
- 1 1/2 cups Pecans (Sugar Free Sweet Potato Casserole)

Pasta

- 15 oz Pizza sauce (Pizza Soup)

Produce

- 1 ea Avocados (Mexican Breakfast Skillet)
- 1/2 head Cauliflower (Mahi Mahi with Cauliflower)
- 1 bunch Cilantro (Mexican Breakfast Skillet)
- 1 medium Eggplant (Baked Eggplant Fries)
- 1 cup Green bell peppers (Pizza Soup)
- 1 lb Green snap beans (Green Bean Bundles)
- 1 ea Lemons (Mahi Mahi with Cauliflower)
- 1 cup Mushrooms (Pizza Soup)
- 1/2 cup Onions (1 small) (Pizza Soup)
- 1/4 cup Parsley, fresh (Mahi Mahi with Cauliflower)
- 1 lb Peppers, sweet minis (Chicken and Veggie Nachos)
- 6 medium Scallions (Chicken and Veggie Nachos)
- 4 lbs Sweet potato (Sugar Free Sweet Potato Casserole)

Soups and gravies

- 14 oz can Chicken broth, canned (Pizza Soup)

Spices and seasonings

- 1/4 tsp Ground cloves (Cherry Glazed Ham)
- 1/2 tsp Ground nutmeg (Sugar Free Sweet Potato Casserole)
- 1 tsp Italian seasoning (Baked Eggplant Fries)