

VitalMeals Week 51

Canned vegetables

- 14oz can Tomato sauce ("Spaghetti" and Meatballs)

Dairy

- 1/2 cup Blue cheese (Tomato and Asparagus Salad)
- 1 large Egg (Fish Cakes)
- 4 oz Feta (Strawberry Chicken Salad)
- 3/4 cup Grated parmesan cheese (Parmesan Pork)

Fresh seafood

- 2 cups Fish, tilapia, cooked (Fish Cakes)

Meat and poultry

- 4 1/2 lbs Chicken breast (Kung Pao Chicken) (Chicken Fajita Soup) (Strawberry Chicken Salad)
- 2 lbs Pork shoulder (Pork Carnitas)
- 2 lbs Pork tenderloin (Parmesan Pork)
- 1 lb Sausage, Italian ("Spaghetti" and Meatballs)

Mexican food products

- 14 1/2 oz Tomatoes, canned diced (Chicken Fajita Soup)

Nuts and seeds

- 4 Tbs Peanuts (Kung Pao Chicken)
- 1/2 cup Pine nuts (Strawberry Chicken Salad)

Oriental food products

- 2 tsp Hoisin sauce (Kung Pao Chicken)

Pickles

- 2 Tbs Pepper relish, hot ("Spaghetti" and Meatballs)

Produce

- 1 lb Asparagus (Tomato and Asparagus Salad)
- 1 ea Avocados (Tomato and Asparagus Salad)
- 2 heads Cauliflower (Fish Cakes) (Cauliflower Rice)
- 6 cups Cherry tomatoes (Tomato and Asparagus Salad)
- 3 Tbs Cilantro (Fish Cakes) (Chicken Fajita Soup)
- 1 cup Fresh basil (Tomato and Asparagus Salad)
- 2 tsp Ginger root (Kung Pao Chicken)
- 1 ea Jalapeno peppers (Pork Carnitas)
- 1 bunch Kale, raw (Kickin' Kale Chips)
- 2 medium Onions (Pork Carnitas, Cauliflower Rice)
- 1 medium Orange bell pepper (Chicken Fajita Soup)
- 1 small Oranges (Pork Carnitas)
- 1 ea Red bell peppers (Kung Pao Chicken)
- 5 Tbs Scallions (Kung Pao Chicken)
- 1 medium Spaghetti squash ("Spaghetti" and Meatballs)
- 16oz bag Spinach (Strawberry Chicken Salad)
- 1 pkg Strawberries (Strawberry Chicken Salad)
- 1 large Yellow bell peppers (Chicken Fajita Soup)
- 4 medium Zucchini (Kung Pao Chicken)

Snack foods

- 1 cup Pork rinds (Fish Cakes)

Soups and gravies

- 32 oz Chicken broth, canned (Chicken Fajita Soup)

Spices and seasonings

- 1 Tbs Garlic salt (Chicken Fajita Soup)
- 2 tsp Italian seasoning ("Spaghetti" and Meatballs)
- 2 tsp Seasoning, old bay (Fish Cakes)
- 4 Tbs Taco seasoning mix (Chicken Fajita Soup)