

VitalMeals Week 52

Canned vegetables

- 6 oz can Tomato paste (Stuffed Peppers)

Dairy

- 2 cups Cheddar cheese (Mexican Meat Loaf, Low Carb Jalapeno & Cheese Chicken)
- 8 oz Cream cheese (Low Carb Jalapeno & Cheese Chicken)
- 3 large Egg (Cauliflower "Bread" Sticks, Mexican Meat Loaf)
- 1 cup Grated parmesan cheese (Low Carb Jalapeno & Cheese Chicken)
- 1/4 cup Greek yogurt, plain (Avocado Chicken Salad)
- 1 cup Heavy whipping cream (Vegetable Soup)
- 1 pkg Swiss cheese (Philly Cheesesteak Bake)

Deli and bakery

- 6 oz Chicken breast, cooked (Avocado Chicken Salad)
- 2--- 6 oz pkg Cooked sliced beef, nitrate free (Philly Cheesesteak Bake)

Fresh seafood

- 2 lbs Salmon (Salmon Bacon Stacks)

Meat and poultry

- 1 lb Bacon, nitrate free (Salmon Bacon Stacks) (Low Carb Jalapeno & Cheese Chicken)
- 3 lbs Beef, grass-fed, ground, raw (Mexican Meat Loaf, Stuffed Peppers)
- 6 Chicken breasts (Low Carb Jalapeno & Cheese Chicken, Avocado Chicken Salad)
- 1 lb Pork, ground (Stuffed Peppers)

Mexican food products

- 1 cup Salsa (Mexican Meat Loaf)

Produce

- 5 oz Arugula, raw (Salmon Bacon Stacks)
- 1 ea Avocados (Avocado Chicken Salad)
- 1 cup Carrots (Stuffed Peppers)
- 2 heads Cauliflower (Cauliflower "Bread" Sticks) (Stuffed Peppers)
- 1 tsp Cilantro, fresh (Avocado Chicken Salad)
- 2 small Eggplant (Vegetable Soup)
- 7 ea Green bell peppers (Stuffed Peppers) (Philly Cheesesteak Bake)
- 1/4 cup Jalapeno peppers (Low Carb Jalapeno & Cheese Chicken)
- 1 large box Mushrooms, sliced (Philly Cheesesteak Bake)
- 4 1/2 medium Onions (Stuffed Peppers) (Low Carb Jalapeno & Cheese Chicken, Philly Cheesesteak Bake)
- 1 Tbs Parsley (Braised Cabbage)
- 1 head Red cabbage (Braised Cabbage)
- 6 ea Scallions (Vegetable Soup)
- 3 Tomatoes (Salmon Bacon Stacks)
- 4 Tomatoes, plum (Vegetable Soup)

Snack foods

- 2 bags Pork rinds (Mexican Meatloaf) (Low Carb Jalapeno & Cheese Chicken)

Soups and gravies

- 9 oz Chicken broth, canned (Stuffed Peppers) (Braised Cabbage)
- 2 cans Chicken broth, canned, less/reduced sodium (Vegetable Soup)

Spices and seasonings

- 1 tsp Fennel seed (Braised Cabbage)
- 1 Tbs Italian seasoning (Philly Cheesesteak Bake)
- 1 packet Taco seasoning mix (Mexican Meat Loaf)