

VitalMeals Week 53

Baking products

- 1/2 cup Coconut milk, unsweetened (Coconut Chicken Skewers)

Dairy

- 1/3 cup Feta (Spinach Salad (with goat cheese and walnuts))
- 1/2 cup Low fat plain yogurt (Curry Chicken Salad)
- 1/4 cup Mozzarella cheese shredded (Chicken Stuffed Portobellos)

Deli and bakery

- 2 Slices Bread, Healthy Life (Salmon with Walnut Crust)
- 4 oz Ham, nitrate free (Chicken and Ham Soup)

Fresh seafood

- 1 lb Salmon (Salmon with Walnut Crust)

Jams and jellies

- 1/2 cup Peanut butter, natural (Coconut Chicken Skewers)

Meat and poultry

- 3 lbs Beef shortribs (Short Ribs- Asian style in Crockpot)
- 56 oz Chicken breast (Chicken Stuffed Portobellos, Coconut Chicken Skewers) (Chicken and Ham Soup)
- 1.5 lbs Flank steak (preferably grass fed) (Steak Fajitas (in Crockpot))

Nuts and seeds

- 3 Tbs Almonds, slivered (Curry Chicken Salad)
- 1/4 cup Coconut, shredded (Coconut Chicken Skewers)
- 3/4 cup Walnuts (Salmon with Walnut Crust) (Spinach Salad (with goat cheese and walnuts))

Paper and plastic products

- 4 - 8 skewers Skewers (soaked in water to prevent burning) (Coconut Chicken Skewers)

Produce

- 4 medium Bell peppers (Steak Fajitas (in Crockpot))
- 4 medium Bok Choy, baby (Steamed Bok Choy)
- 1 head Cauliflower (Cauliflower Rice)
- 2 Tbs Chives (Steamed Bok Choy)
- 1/3 cup Cilantro, fresh (Curry Chicken Salad)
- 2 ea Jalapeno peppers (Steak Fajitas (in Crockpot), Coconut Chicken Skewers)
- 1 medium Lemons (Chicken and Ham Soup)
- 3 medium Onions (Cauliflower Rice) (Steak Fajitas (in Crockpot), Short Ribs- Asian style in Crockpot)
- 6 caps Portobello mushrooms (Chicken Stuffed Portobellos)
- 1 Tbs Red onions (Spinach Salad (with goat cheese and walnuts))
- 3 Tbs Scallions (Chicken Stuffed Portobellos)
- 2 Tbs Shallots (Chicken and Ham Soup)
- 8 cups Spinach, fresh (Spinach Salad (with goat cheese and walnuts))

Spices and seasonings

- 3/16 tsp Italian seasoning (Chicken Stuffed Portobellos)
- 4 tsp Lime peel (Steamed Bok Choy)

Notes

The grocery list does not include staple items