

VitalMeals Week 54

Canned vegetables

- 10 oz Rotel tomatoes, canned (Mexican Beef Casserole)

Dairy

- 8 oz Cream cheese (Mexican Beef Casserole)
- 1/4 cup Feta (Feta Burger)
- 1/4 cup Heavy whipping cream (Mushroom and Veggie Soup)
- 1/3 cup Sour cream (Mexican Beef Casserole)

Fresh seafood

- 4 5 - 6 oz Tuna steaks (Spiced Tuna)

Frozen vegetables

- 10 oz package Frozen chopped spinach (thawed & drained) (Mexican Beef Casserole)

Meat and poultry

- 4 cups Chicken breast (Pot Pie in a Pan)
- 2 lbs Ground beef (preferably grassfed) (Feta Burger) (Mexican Beef Casserole)
- 1 1/2 lbs Pork tenderloin (Pork Tenderloin and Cauliflower)
- 2 lbs Shredded turkey (or ground) (Kickin Turkey)

Nuts and seeds

- 4 Tbs Sesame seeds (Spiced Tuna)

Produce

- 1/2 cup Baby spinach (Feta Burger)
- 1 ea Bell peppers (Kickin Turkey)
- 6 ea Carrots (Pot Pie in a Pan, Mushroom and Veggie Soup)
- 4 cups Cauliflower (Pork Tenderloin and Cauliflower)
- 3 stalks Celery (Pot Pie in a Pan, Mushroom and Veggie Soup)
- 1 tsp Fresh rosemary (Pork Tenderloin and Cauliflower)
- 1/4 cup Fresh tomatoes (Feta Burger)
- 1 cup Grape tomatoes (Kickin Turkey)
- 1 1/2 lbs Mushrooms (Pot Pie in a Pan, Mushroom and Veggie Soup)
- 2 medium Onions (Mexican Beef Casserole, Kickin Turkey)
- 1 cup Red onion, chopped (Pot Pie in a Pan)
- 3 large Scallions (Kickin Turkey, Feta Burger)
- 4 x shallot medium Shallots (Mushroom and Veggie Soup)

Spices and seasonings

- 4 1/2 tsp Dried dill weed (Pot Pie in a Pan, Feta Burger)
- 1 tsp Fennel seed (Spiced Tuna)
- 2 tsp Taco seasoning mix (Mexican Beef Casserole)
- 3 Tbs Yellow mustard seed (Pork Tenderloin and Cauliflower, Spiced Tuna)

International Foods

- 2 cups Sauce, LA VICTORIA, Enchilada Sauce (Kickin Turkey)