

## VitalMeals Week 55

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### Canned vegetables

- 1 14.5 oz can Canned diced tomatoes (Low Carb Chili)
- 5 cans Low sugar tomato sauce (Zucchini Lasagna) (Low Carb Pizza)

### Cooking oils and shortening

- 2 Tbs Sesame oil (Asian Cole Slaw)
- 1/2 cup White wine (Lemon Chicken Breasts, Low Carb Shrimp Scampi)

### Dairy

- 2 oz Asiago cheese (Low Carb Shrimp Scampi)
- 12 oz Cheddar cheese (Low Carb Jalapeno Cheddar Muffins) (Chicken Enchiladas)
- 1 1/2 cups Grated parmesan cheese (Zucchini Lasagna)
- 3/4 cup Heavy whipping cream (Low Carb Pizza)
- 48 ounces Mozzarella (Zucchini Lasagna) (Low Carb Pizza)
- 1/4 cup Parmigiano-Reggiano cheese, grated (Garlic Grilled Tomatoes)
- 1 large container Ricotta (Zucchini Lasagna)
- 1 16 oz container Sour cream (Chicken Enchiladas)

### Deli and bakery

- 1 link Italian sausage (Low Carb Pizza)
- 3 packages Low carb tortillas (Chicken Enchiladas)
- 1 package Pepperoni (Low Carb Pizza)

### Drink mixes

- 1/3 cup Club soda (Low Carb Pizza)

### Fresh seafood

- 1 lb Shrimp (16-20), raw, peeled, deveined (Low Carb Shrimp Scampi)

### Meat and poultry

- 2 lbs Beef, grass-fed, ground, raw (Low Carb Chili)
- 4 boneless, skinless breasts Chicken breast (Lemon Chicken Breasts)
- 3 lbs Chicken wing (Buffalo Wings)
- 2 slices Ham (Low Carb Pizza)
- 1 Rotisserie chicken (Chicken Enchiladas)

### Produce

- 1 Avocados (Low Carb Shrimp Scampi)
- 4 Carrots (Buffalo Wings)
- 4 stalks Celery (Buffalo Wings)
- 14 cloves Garlic cloves (Garlic Grilled Tomatoes) (Garlic Greens) (Low Carb Chili)
- 2 Tbs Ginger root (Asian Cole Slaw)
- 2 Green bell peppers (Low Carb Pizza) (Low Carb Chili)
- 1-2 Jalapeno peppers (Low Carb Jalapeno Cheddar Muffins)
- 1 bunch Kale, raw (Garlic Greens)
- 2 Lemons (Low Carb Shrimp Scampi) (Lemon Chicken Breasts)
- 1 bunch Mustard greens (Garlic Greens)
- 2 medium Onions (Garlic Greens, Low Carb Chili)
- 2 Portabella mushrooms (Low Carb Pizza)
- 2 Red bell peppers (Zucchini Lasagna) (Low Carb Pizza)
- 2 small Red onions (Low Carb Shrimp Scampi) (Asian Cole Slaw)
- 1 bunch Scallions (Asian Cole Slaw)
- 2 16 oz bags Slaw mix (Asian Cole Slaw)
- 1 medium Spaghetti squash (Low Carb Shrimp Scampi)
- 4 ripe Tomatoes (Garlic Grilled Tomatoes)
- 3 medium Zucchini (Zucchini Lasagna)

### Soups and gravies

- 1 can Soup, cream of chicken, canned, condensed, commercial (Chicken Enchiladas)