

## VitalMeals Week 56

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### Beverages

- 1/2 cup White wine (Italian Chicken)

### Canned vegetables

- 1 15-oz can Canned crushed tomatoes (Steak "Pizza-Style")
- 1 4.5 oz can Canned green chili peppers (Mexican Beef Crockpot)
- 1 28 oz can Canned whole tomatoes (Italian Chicken)
- 1 can Chipotle peppers in Adobo sauce (Butternut Squash Soup with Chipotle Cream)
- 1/4 cup Tomato paste (Low Carb Shepherd's Pie)

### Dairy

- 1 cup Cheddar cheese (Low Carb Burger)
- 3 oz Fontina cheese (Italian Chicken)
- 1/4 cup Grated Parmesan cheese (Parmesan Creamed Spinach)
- 1 cup Mozzarella cheese (Low Carb Shepherd's Pie)
- 1/2 cup Sour cream (Butternut Squash Soup with Chipotle Cream)

### Fresh seafood

- 4 6 oz filets Fish, mahi-mahi (Mahi-Mahi with Cauliflower)

### Frozen vegetables

- 1 cup Frozen peas (Low Carb Shepherd's Pie)
- 2--- 10 oz pkgs Frozen spinach (Parmesan Creamed Spinach)

### Meat and poultry

- 1/4 lb Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw (Steak "Pizza-Style")
- 1 lb Beef, chuck for stew, separable lean and fat, all grades, raw (Mexican Beef Crockpot)
- 6 boneless, skinless Chicken breast
- 3.5 lbs Lean ground beef, preferably grass fed (Low Carb Burger, Low Carb Shepherd's Pie)

### Nuts and seeds

- 1/4 cup Dry roasted almonds (Mahi-Mahi with Cauliflower)

### Produce

- 1 medium Butternut squash (Butternut Squash Soup with Chipotle Cream)
- 2/3 cup Carrots (Low Carb Shepherd's Pie)
- 2 heads Cauliflower (Low Carb Shepherd's Pie) (Mahi-Mahi with Cauliflower)
- 6 stalks Celery (Low Carb Shepherd's Pie) (Mexican Beef Crockpot, Butternut Squash Soup with Chipotle Cream)
- 1 lb French string beans (String Beans with Shallots)
- 8 cloves Garlic (Mexican Beef Crockpot, Italian Chicken, Steak "Pizza Style", Butternut Squash Soup with Chipotle Cream)
- 2 Lemons (Mahi-Mahi with Cauliflower)
- 2 cups Mushrooms (Low Carb Shepherd's Pie)
- 4 medium Onions (Low Carb Shepherd's Pie, Steak "Pizza Style") (Mexican Beef Crockpot, Butternut Squash Soup with Chipotle Cream)
- 1 jar Pepperoncini peppers, whole (Steak "Pizza-Style")
- 4 Red bell peppers (Steak "Pizza Style") (Mexican Beef Crockpot, Low Carb Burger)
- 1 Red onion (Low Carb Burger)
- 3 large Shallots (String Beans with Shallots)
- 2 Sweet potatoes (Spicy Sweet Potato Chips)
- 1/2 cup Tomatoes (Mexican Beef Crockpot)

### Spices and seasonings

- 1/8 tsp Chipotle powder (Mexican Beef Crockpot)

### Picnic Supplies

- 1 pkg Toothpicks (Italian Chicken)