

VitalMeals Week 57

Beverages

- 1/4 cup brewed Coffee (Southern BBQ)

Canned vegetables

- 1 can (15 oz) Canned crushed tomatoes (Tomato Peanut Soup)
- 8 pieces Hearts of palm, canned (Steak Quesadillas with Avocado Sauce and Tomato Salad)

Dairy

- 1 1/2 cups Cheddar cheese (Cauliflower Macaroni and Cheese)
- 5 15/16 Tbs Cream cheese (Cauliflower "Mashed Potatoes", Cauliflower Macaroni and Cheese)
- 5 large Egg (Spinach Salad) (Cauliflower "Bread" Sticks)
- 3/4 cup Grated Parmesan cheese (Cauliflower Mashed Potatoes) (Parmesan Chicken)
- 1 cup Heavy whipping cream (Cauliflower Macaroni and Cheese)
- 8 oz Mexican shredded cheese (Steak Quesadillas with Avocado Sauce and Tomato Salad)
- 2 oz Pepper jack cheese (Spicy Kale Stuffed Chicken Breasts)

Fresh seafood

- 4 x 1/2 fillet Salmon (Miso Ginger Grilled Salmon)

Frozen vegetables

- 1 pkg 10oz Kale, frozen (Spicy Kale Stuffed Chicken Breasts)

Fruit and vegetable juices

- 2 ea Lemons (Spicy Kale Stuffed Chicken Breasts) (Broccoli Salad)

Jams and jellies

- 1/3 cup Natural peanut butter (smooth) (Tomato Peanut Soup)

Meat and poultry

- 7 thick slices Bacon (Spinach Salad)
- 1 lb Beef, chuck eye roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, (Steak Quesadillas with Avocado Sauce and Tomato Salad)
- 10 breasts Chicken breast (boneless, skinless) (Spicy Kale Stuffed Chicken Breasts) (Parmesan Chicken)
- 3 lbs Flank steak (Dry Rubbed Flank Steak)
- 5 lbs Pork shoulder (Southern BBQ)

Nuts and seeds

- 3 oz Pecans (Broccoli Salad)

Produce

- 1 ea Avocados (Steak Quesadillas with Avocado Sauce and Tomato Salad)
- 1 lb Broccoli (Broccoli Salad)
- 3 3/8 heads Cauliflower (Cauliflower Mashed Potatoes, (Cauliflower "Mashed Potatoes", Cauliflower "Bread" Sticks)
- 1 stalk Celery (Tomato Peanut Soup)
- 2 cups Cherry tomatoes (Steak Quesadillas with Avocado Sauce and Tomato Salad, Broccoli Salad)
- 16 oz Collards (Collard Greens)
- 1 ea Green bell peppers (Tomato Peanut Soup)
- 1 8 oz Mushrooms (Spinach Salad)
- 2 each Onions (Collard Greens) (Tomato Peanut Soup)
- 1 small Red onions (Spinach Salad)
- 1 1/2 Tbs Scallions (Miso Ginger Grilled Salmon)
- 8 oz baby Spinach (Spinach Salad)
- 2 ea Tomatoes (Collard Greens)

Soups and gravies

- 3 cups Vegetable stock (Collard Greens)

International

- 4 1 wrap Low carb tortillas (Steak Quesadillas with Avocado Sauce and Tomato Salad)
- 1/4 cup Miso (Miso Ginger Grilled Salmon)