

## VitalMeals Week 58

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When purchasing items such as sausage and bacon, look for "nitrate free" on the label. If it is not labeled on the front of the package, check the ingredient list.

### Canned vegetables

- 4 oz Canned green chili peppers (Taco Bake)
- 1/3 cup Roasted red peppers (Sausage Spinach Bake)
- 1/4 cup Tomato sauce (Taco Bake)

### Dairy

- 24 oz Cheddar cheese grated (Taco Bake, Broccoli Cheddar Soup)
- 2 8 oz pkgs Cream cheese (Cauliflower "Mashed" Potatoes) (Taco Bake, Broccoli Cheddar Soup)
- 1/3 cup Goat, feta or bleu cheese (Spinach Salad With Goat Cheese and Walnuts)
- 4 oz Gouda, smoked (Bacon and Cheese Stuffed Pork Chops)
- 9 Tbs Grated Parmesan cheese (Sausage Bake) (Cauliflower "Mashed Potatoes")
- 18 oz Heavy whipping cream (Low Carb Fried Chicken, Sausage Spinach Bake) (Taco Bake, Broccoli Cheddar Soup)
- 2/3 cup Sour cream (Coleslaw)

### Fresh seafood

- 4 filets Fish, tilapia, raw (Tilapia with Green Beans)

### Frozen vegetables

- 10 oz Frozen spinach (Sausage Spinach Bake)

### Meat and poultry

- 8 slices Bacon (Bacon and Cheese Stuffed Pork Chops)
- 7.5 lbs Chicken breast, boneless, skinless (Almond Crusted Chicken) (Low Carb Fried Chicken)
- 1 lb Ground beef, grass-fed (Taco Bake)
- 1 lb Ground pork sausage (Sausage Spinach Bake)
- 4 oz Pancetta, diced (Balsamic Roasted Brussels Sprouts)
- 4 chops Pork chops, center cut, bone in (Bacon and Cheese Stuffed Pork Chops)

### Nuts and seeds

- 1 cup Unblanched almonds (Almond Crusted Chicken)
- 1/2 cup Walnuts (Spinach Salad With Goat Cheese and Walnuts)

### Paper and plastic products

- 4 Toothpicks (Bacon and Cheese Stuffed Pork Chops)

### Produce

- 2 bunches Broccoli florets (Broccoli Cheddar Soup)
- 1 1/2 lbs Brussels sprouts (Balsamic Roasted Brussels Sprouts)
- 1 lb Cabbage (coleslaw mix) (Coleslaw)
- 1 head Cauliflower (Cauliflower "Mashed Potatoes")
- 1 cup Cherry tomatoes (Tilapia with Green Beans)
- 1 clove Garlic (Tilapia with Green Beans) (Low Carb Fried Chicken)
- 1/2 lb Green snap beans (Tilapia with Green Beans)
- 1/2 cup Parsley, fresh (Tilapia with Green Beans)
- 1 Tbs Red onions (Spinach Salad With Goat Cheese and Walnuts)
- 8 cups Spinach (Spinach Salad With Goat Cheese and Walnuts)
- 4 ea Tomatoes, Roma (Sausage Spinach Bake)

### Spices and seasonings

- 1 tsp Poultry seasoning (Low Carb Fried Chicken)
- 3 1/2 tsp Taco seasoning mix (Taco Bake)