

VitalMeals Week 5

Canned vegetables

- 1 can (15 oz) Canned black beans (Grilled Zucchini Nachos)
- 1 can (15 oz) Canned diced tomatoes (Italian Chicken Packets)

Dairy

- 1 cup Cheddar cheese, shredded (Grilled Zucchini Nachos)
- 1/4 cup Grated parmesan cheese (Parmesan Creamed Spinach)
- 1 pint Heavy whipping cream (Cauliflower Bacon Chowder)
- 1 cup Mexican cheese, shredded (Chicken Fajita Quesadilla)

Deli and bakery

- 1 whole Chicken (rotisserie), original seasoning (Grilled Zucchini Nachos)

Fresh seafood

- 2 lb Salmon filets (Salmon Bacon Stacks)

Frozen vegetables

- 4 cup Frozen broccoli (Italian Chicken Packets)
- 16 oz Frozen cauliflower (Cauliflower Bacon Chowder)
- 2--10oz packages Frozen chopped spinach (Parmesan Creamed Spinach)

Meat and poultry

- 1 lb Bacon, thick sliced (Salmon Bacon Stacks, Cauliflower Bacon Chowder)
- 2 1/2 lb Beef Brisket, trimmed (Low Carb Beef Brisket)
- 10 breasts Chicken breast (Italian Chicken Packets) (Chicken Fajita Quesadilla, Cashew Chicken Casserole)
- 4 oz Pancetta/bacon (Balsamic Roasted Brussel Sprouts)

Mexican food products

- 4 wraps Low carb tortillas (Chicken Fajita Quesadilla)

Nuts and seeds

- 1/4 cup Almonds, slivered (Cashew Chicken Casserole)
- 1/4 cup Cashew nuts, roasted, halves (Cashew Chicken Casserole)

Produce

- 5 oz Arugula, raw (Salmon Bacon Stacks)
- 1 ea Avocados (Grilled Zucchini Nachos)
- 1 1/2 lb Brussels sprouts (Balsamic Roasted Brussel Sprouts)
- 2 stalk Celery (Cashew Chicken Casserole)
- 2 bunches Cilantro, fresh (Cashew Chicken Casserole) (Grilled Zucchini Nachos)
- 1 lb French string beans, (haricot verde) (String Beans with Shallots)
- 1 Tbs Ginger root (Cashew Chicken Casserole)
- 16 whole Mushrooms, shiitake, raw (Cashew Chicken Casserole)
- 3 Onions (Cashew Chicken Casserole) (Chicken Fajita Quesadilla, Cauliflower Bacon Chowder)
- 1/2 Tbs Parsley, fresh (Cauliflower Bacon Chowder)
- 2 ea Red bell pepper (Chicken Fajita Quesadilla)
- 2 ea Scallions (Grilled Zucchini Nachos)
- 3 large Shallots (String Beans with Shallots)
- 1/2 cup Snow peas (Cashew Chicken Casserole)
- 5 Tomatoes (Salmon Bacon Stacks) (Grilled Zucchini Nachos)
- 4 ea Zucchini (Grilled Zucchini Nachos)

Salad dressings

- 1/2 cup Italian salad dressing (Italian Chicken Packets)

Spices and seasonings

- 1 tsp Chili pepper flakes, crushed (Cashew Chicken Casserole)
- 1 tsp Hot paprika
- 2 tsp Yellow mustard seed (Low Carb Beef Brisket)

Alcoholic beverages

2 1/4 oz Low carb beer (like Michelob Ultra - substitute beef broth if desired) (Low Carb Beef Brisket)

Sauces

8 oz Low carb barbecue sauce (like Walden Farms) (Low Carb Beef Brisket)