

VitalMeals Week 61

Canned vegetables

- 1 can (28oz) Canned tomatoes (Tomato and Blue Cheese Soup)

Dairy

- 1/2 cup Blue cheese, crumbles (Tomato and Blue Cheese Soup)
- 2 cup Cottage cheese (Low Carb Lasagna Crockpot)
- 1 3/4 cups Heavy whipping cream (14oz yields 1 3/4c) (Huevos Rancheros, Tomato and Blue Cheese Soup)
- 8 oz Mexican cheese, shredded (Huevos Rancheros)
- 3 cups Mozzarella cheese, shredded (Low Carb Lasagna Crockpot)
- 1/2 cup Parmesan cheese, grated (Low Carb Lasagna Crockpot)
- 4 oz Sharp cheddar cheese, shredded (Huevos Rancheros)

Deli and bakery

- 2 cups Chicken, cooked (Rotisserie) (Avocado Chicken Salad)

Fresh seafood

- 2 cups Tilapia, cooked (about 1lb raw to yield 2 cups cooked) (Fish Cakes)

Meat and poultry

- 7 thick slices Bacon, thick cut (Spinach Salad)
- 5 breasts Chicken breast, boneless, skinless (Rosemary Ranch Chicken Kabobs)
- 1 lb Lean ground beef, (grass-fed if possible) (Low Carb Lasagna Crockpot)
- 1 lb Pork shoulder (Pork and Mushroom Stir Fry)

Mexican food products

- 4 oz Canned green chili peppers (Huevos Rancheros)
- 8 wraps Low carb tortillas (Huevos Rancheros)
- 10 oz Red enchilada sauce (Huevos Rancheros)

Oriental food products

- 2 Tbs Sriracha sauce (Tomato and Blue Cheese Soup)

Produce

- 2 ea Avocados (Avocado Chicken Salad)
- 1 medium head Cauliflower (to yield 2 cups pureed) (Fish Cakes)
- 1 bunch Cilantro (need 1/2 cup + 1 Tbsp) (Avocado Chicken Salad, Fish Cakes)
- 1 Tbs Fresh rosemary (Rosemary Ranch Chicken Kabobs)
- 16 oz Mushrooms (Spinach Salad, Pork and Mushroom Stir Fry)
- 1 large Onion, slivered (Pork and Mushroom Stir Fry)
- 2 Red onions (1 small & 1 medium) (Spinach Salad, Tomato and Blue Cheese Soup)
- 1 bunch Scallions (to yield 1/4 c + 1 Tbsp) (Avocado Chicken Salad, Fish Cakes)
- 16 oz Spinach, raw (8oz to yield 3 cups) (Spinach Salad, Low Carb Lasagna Crockpot)
- 2 Sweet potatoes (Spicy Sweet Potato Chips)
- 1 Zucchini (Low Carb Lasagna Crockpot)

Salad dressings

- 1/2 cup Salad dressing, regular ranch (Rosemary Ranch Chicken Kabobs)

Snack foods

- 1 bag Pork rinds (to yield 1 cup ground) (Fish Cakes)

Spices and seasonings

- 2 tsp Old Bay seasoning (Fish Cakes)

Spaghetti sauce

- 1 jar (14oz) Pizza sauce (Low Carb Lasagna Crockpot)