

## VitalMeals Week 62

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### Beverages

- 1/4 cup Red wine (Pizza Frittata)

### Canned vegetables

- 1 cup Canned crushed tomatoes (Pizza Frittata)

### Dairy

- 2 cups Cheddar cheese, grated (Mexican Meat Loaf, Creamy Chicken Bake)
- 1 Tbs Cream cheese (Cauliflower "Mashed Potatoes")
- 15 large Eggs (Mexican Meat Loaf, Pizza Frittata, Cauliflower "Bread" Sticks)
- 1/3 cup Goat, feta, or bleu cheese (Spinach Salad (with goat cheese and walnuts))
- 1 cup Half and half (Pizza Frittata)
- 1 1/3 cup Heavy whipping cream (Curried Chicken, Vegetable Soup)
- 6 oz Mozzarella cheese, shredded (Pizza Frittata)
- 1 cup Parmesan cheese, grated (Cauliflower "Mashed Potatoes", Parmesan Pork)
- 1/2 cup Parmigiano-Reggiano cheese, grated (Pizza Frittata)

### Fresh seafood

- 4 fillets Fish, mahi-mahi (Macadamia Encrusted Mahi-Mahi)

### Meat and poultry

- 2 lb Beef, grass-fed, ground (Mexican Meat Loaf)
- 6 individual + 2lbs Chicken breasts, boneless and skinless (Creamy Chicken Bake, Curried Chicken)
- 1/4 lb Pepperoni (Pizza Frittata)
- 2 14 oz Pork tenderloin (Parmesan Pork)

### Nuts and seeds

- 1/2 cup Macadamia nuts (Macadamia Encrusted Mahi-Mahi)
- 3 oz Pecans (Broccoli Salad)
- 1/2 cup Walnuts (Spinach Salad (with goat cheese and walnuts))

### Produce

- 1 lb Broccoli (Broccoli Salad)
- 3 heads Cauliflower (Cauliflower "Mashed Potatoes", Cauliflower Rice, Cauliflower "Bread" Sticks)
- 6 oz Cherry tomatoes (Broccoli Salad)
- 2 small Eggplant (Vegetable Soup)
- 8 cups Fresh baby spinach (Spinach Salad (with goat cheese and walnuts))
- 6 leaves Fresh basil (Pizza Frittata)
- 1 Tbs Fresh cilantro (Curried Chicken)
- 1 lb Green snap beans (String Beans with Shallots)
- 1 ea Lemon (Broccoli Salad)
- 3 Tbs Onion, chopped (Pizza Frittata)
- 1 Tbs Red onion (Spinach Salad (with goat cheese and walnuts))
- 9 Scallions (Creamy Chicken Bake, Vegetable Soup)
- 3 Shallots (String Beans with Shallots)
- 4 Tomatoes, plum (Vegetable Soup)

### Salad dressings

- 3 oz Bacon bits (Creamy Chicken Bake)
- 1/3 cup Salad dressing, ranch (Creamy Chicken Bake)

### Snack foods

- 1 pkg Pork rinds, plain (Mexican Meat Loaf)

### Spices and seasonings

- 1/2 tsp Ground ginger (Curried Chicken)
- 1 packet Taco seasoning mix (Mexican Meat Loaf)

### Sauces

- 1/2 cup Salsa, chunky (Mexican Meat Loaf)
- 1/2 cup Teriyaki marinade (Creamy Chicken Bake)