

VitalMeals Week 63

Bread

- 2-3 slices Bread, Healthy Life (if desired) (Cajun Turkey Burgers with Sweet Potato Fries)

Canned vegetables

- 1 15 oz can Tomatoes, diced (Beef and Sweet Potato Curry)
- 2 10 oz cans Tomatoes, Rotel (Southwestern Taco Soup)

Dairy

- 3 cups Cheddar cheese, shredded (Low Carb Jalepeno and Cheese Chicken, "Spaghetti" Squash with Cheese and Sausage Bake)
- 16 oz Cream cheese (Low Carb Jalepeno and Cheese Chicken, Southwestern Taco Soup)
- 1/2 cup Heavy whipping cream (Southwestern Taco Soup)
- 1 1/8 cups Parmesan cheese, grated (Low Carb Jalepeno and Cheese Chicken, "Spaghetti" Squash with Cheese and Sausage Bake)

Fresh seafood

- 4 filets Salmon (Asian Salmon Crock-Pot)

Meat and poultry

- 13 slices Bacon, nitrate free (Low Carb Jalepeno and Cheese Chicken, Chicken, Bacon, Apple Crock-Pot)
- 2 lbs Beef, grass-fed, ground, raw (Beef and Sweet Potato Curry) (Southwestern Taco Soup)
- 10 Chicken breast, boneless and skinless (Low Carb Jalepeno and Cheese Chicken, Chicken, Bacon, Apple Crock-Pot)
- 1 lb Ground turkey (Cajun Turkey Burgers with Sweet Potato Fries)
- 4 links Sausage, Italian, sweet, links ("Spaghetti" Squash with Cheese and Sausage Bake)

Nuts and seeds

- 1 cup Almonds, slivered (Asian Salmon Crock-Pot)

Produce

- 2 small Apples (Chicken, Bacon, Apple Crock-Pot)
- 4 cups Baby spinach, raw ("Spaghetti" Squash with Cheese and Sausage Bake)
- 1 cup Cucumber (Asian Salmon Crock-Pot)
- 1/4 cup Jalapeno peppers (Low Carb Jalepeno and Cheese Chicken)
- 3/4 cups Onions (Low Carb Jalepeno and Cheese Chicken, Southwestern Taco Soup)
- 1 ea Orange (Asian Salmon Crock-Pot)
- 2 heads Romaine lettuce (Asian Salmon Crock-Pot)
- 1/2 cup Scallions (Asian Salmon Crock-Pot)
- 5 1/2 cups Spaghetti squash (2 small or 1 large squash cooked) ("Spaghetti" Squash with Cheese and Sausage Bake)
- 4 ea Sweet potatoes (Beef and Sweet Potato Curry) (Cajun Turkey Burgers with Sweet Potato Fries)

Salad dressings

- 8 Tbs Annie's Asian sesame ginger dressing (Asian Salmon Crock-Pot)

Snack foods

- 1 bag Pork rinds (Low Carb Jalepeno and Cheese Chicken)

Sauces

- 1 cup BBQ sauce, low carb (such as Walden's Farm brand) (Chicken, Bacon, Apple Crock-Pot)