

## VitalMeals Week 64

---

### Canned vegetables

- 4 oz can Tomato sauce (Mexican Turkey Lettuce Wraps)
- 3 cups Tomatoes, canned diced (Tomato Basil Parmesan Soup)

### Dairy

- 2 cups Cheddar cheese, shredded (Mexican Turkey Lettuce Wraps, Chicken and Veggie Nachos)
- 2 cups Half and half (Tomato Basil Parmesan Soup)
- 1/2 cup Heavy whipping cream (Italian Chicken Carbonara)
- 1 5/8 cup Parmesan cheese, grated (Italian Chicken Carbonara) ( Salmon Patties with Bacon) (Tomato Basil Parmesan Soup)
- 1/2 cup Sharp cheddar cheese, shredded (Low Carb Jalapeno Cheddar Muffins)

### Fresh seafood

- 2 lbs Salmon, wild caught (Salmon Patties with Bacon, Squash and Asparagus)

### Meat and poultry

- 2 lbs Bacon, nitrate free (Italian Chicken Carbonara) (Salmon Patties with Bacon, Squash and Asparagus)
- 8 breasts Chicken, boneless and skinless (Italian Chicken Carbonara) (Thai BBQ Chicken)
- 1 1/2 cups Chicken, shredded (cooked--can use Rotisserie chicken) (Chicken and Veggie Nachos)
- 1 lb Ground sausage, nitrate free (Stuffed Zucchini)
- 1 1/2 lbs Ground turkey, 93% lean, 7% fat, raw (Mexican Turkey Lettuce Wraps)

### Mexican food products

- 1 cup Salsa (Chicken and Veggie Nachos)

### Oriental food products

- 1/4 cup Canned coconut milk (Thai BBQ Chicken)
- 3 Tbs Fish sauce (Thai BBQ Chicken)

### Produce

- 2 bunch Asparagus (Italian Chicken Carbonara) (Salmon Patties with Bacon, Squash and Asparagus)
- 1 cup Carrots, chopped (Tomato Basil Parmesan Soup)
- 1 cup Celery, chopped (Tomato Basil Parmesan Soup)
- 2 Tbs Ginger root (Asian Cole Slaw)
- 2 ea Green bell peppers (Mexican Turkey Lettuce Wraps, Stuffed Zucchini)
- 1 lb Green snap beans (String Beans with Shallots)
- 8 leaves Iceberg lettuce (Mexican Turkey Lettuce Wraps)
- 2 ea Jalapeno peppers (Low Carb Jalapeno Cheddar Muffins)
- 4 med Onions (Italian Chicken Carbonara, Stuffed Zucchini, Salmon Patties with Bacon, Squash and Asparagus) (Mexican Turkey Lettuce Wraps, Tomato Basil Parmesan Soup)
- 1 lb Peppers, sweet minis (Chicken and Veggie Nachos)
- 3 ea Red chili peppers (Thai BBQ Chicken)
- 1 small Red onion (Asian Cole Slaw)
- 1 can Roasted red bell peppers (Stuffed Zucchini)
- 2 bunches Scallions (Asian Cole Slaw, Chicken and Veggie Nachos)
- 3 large Shallots (String Beans with Shallots)
- 2--- 16 ounces bags Slaw mix (Asian Cole Slaw)
- 2 small Spaghetti squash (Italian Chicken Carbonara)
- 12 oz Spinach, raw (Italian Chicken Carbonara)
- 2 medium Squash, yellow (Salmon Patties with Bacon, Squash and Asparagus)
- 4 medium Zucchini (Stuffed Zucchini)

### Spices and seasonings

- 1 tsp Italian seasoning (Italian Chicken Carbonara)