

VitalMeals Week 65

Bread

- 2 slices Bread, healthy life (Low Carb Salmon Burgers)

Canned vegetables

- 1 cup Artichoke hearts (Crock-Pot Stuffed Greek Chicken)

Dairy

- 1/2 cups Blue cheese, crumbled (Tomato and Asparagus Salad)
- 4 oz Feta, crumbled (Crock-Pot Stuffed Greek Chicken)
- 2 cups Mexican-style cheese, shredded (Mexican Pizza Cups)
- 4 oz Sour cream (Mexican Pizza Cups)

Fresh seafood

- 4 filets Fish, tilapia, raw (Blackened Tilapia)
- 1 lb Salmon, wild caught (Low Carb Salmon Burgers)

Meat and poultry

- 11 slices Bacon, thick cut, nitrate free (Spinach Salad) (Green Bean Bundles)
- 1 lb Beef, grass-fed, ground, raw (Mexican Pizza Cups)
- 8 breasts Chicken, skinless and boneless (Asian Chicken) (Crock-Pot Stuffed Greek Chicken)
- 4 6oz ea Pork chops (Zesty Pork Chops)

Mexican food products

- 6 wraps Low carb tortillas (Mexican Pizza Cups)
- 1 cup Salsa (Mexican Pizza Cups)

Produce

- 1 lb Asparagus (Tomato and Asparagus Salad)
- 2 Avocados (Tomato and Asparagus Salad) (Low Carb Salmon Burgers)
- 1--- 4.25oz can Black olives (Mexican Pizza Cups, Crock-Pot Stuffed Greek Chicken)
- 1 large bunch Broccoli rabe (Garlic Broccoli Rabe)
- 1 head Cauliflower (Cauliflower "Bread" Sticks)
- 6 cups Cherry tomatoes (Tomato and Asparagus Salad)
- 1 medium Cucumber (Gazpacho)
- 1 cup Fresh basil (Tomato and Asparagus Salad)
- 8 tsp Ginger root (Asian Chicken) (Asian Cole Slaw)
- 1 lb Green snap beans (Green Bean Bundles)
- 1 ea Lemon (Blackened Tilapia)
- 1 ea Lime (Zesty Pork Chops)
- 1 8 oz pkg. Mushrooms (Spinach Salad)
- 2 ea Red bell peppers (Low Carb Salmon Burgers) (Gazpacho)
- 2 small Red onions (Asian Coleslaw, Spinach Salad) (Gazpacho)
- 2 Roasted red bell peppers (Crock-Pot Stuffed Greek Chicken)
- 1 bunch Scallions (reserve 2 for Asian Chicken) (Asian Cole Slaw)
- 2---- 16oz bags Slaw mix (Asian Cole Slaw)
- 2---- 16oz bag Spinach (Low Carb Salmon Burgers)
- 2 ea Sweet potatoes (Spicy Sweet Potato Chips)
- 5 ea Tomatoes (Mexican Pizza Cups, Gazpacho)
- 1/4 cup Yellow bell peppers (Low Carb Salmon Burgers)

Spices and seasonings

- 2 tsp Celery seed (Blackened Tilapia)
- 2 Tbs Sesame seeds, (Asian Chicken)
- 1 packet Taco seasoning mix (Mexican Pizza Cups)