

VitalMeals Week 66

Canned vegetables

- 1 14.5oz can Tomatoes, canned diced (Meatball Soup)

Dairy

- 1 cup Cheddar cheese, shredded (Chicken and Broccoli Bake)
- 3/4 cup Coconut milk, unsweetened (Thai Shrimp Burgers)
- 4 oz Feta cheese (Strawberry Chicken Salad)
- 1 pkg Swiss cheese, slices (Philly Cheesesteak Bake)

Fresh seafood

- 4 filets Salmon (Mexican Salmon)
- 1 1/2 lbs Shrimp (Thai Shrimp Burgers)

Frozen vegetables

- 1 16 oz bag Frozen broccoli (Chicken and Broccoli Bake)

Meat and poultry

- 1 lb Beef, grass-fed, ground, raw (Meatball Soup)
- 4 Chicken breast, boneless, skinless (Strawberry Chicken Salad)
- 3 cups Chicken breasts, boneless, skinless (Chicken and Broccoli Bake)
- 2---- 6oz pkgs Hormel all natural sliced beef (Philly Cheesesteak Bake)
- 3 lbs Pork tenderloin (Jerk Pork Roast)

Nuts and seeds

- 1/4 cup Peanuts (Thai Shrimp Burgers)
- 1/2 cup Pine nuts (Strawberry Chicken Salad)

Oriental food products

- 1 tsp Chili sauce, bottled (Thai Shrimp Burgers)
- 2 tsp Fish sauce (Thai Shrimp Burgers)

Packaged foods

- 1 Tbs Peanut butter, natural (Thai Shrimp Burgers)

Produce

- 1 ea Avocado (Mexican Salmon)
- 2 Carrots (Thai Shrimp Burgers) (Meatball Soup)
- 1 small head Cauliflower (Cauliflower Rice)
- 2 stalks Celery (Meatball Soup)
- 2 Tbs Ginger root (Asian Cole Slaw)
- 3 ea Green bell peppers (Philly Cheesesteak Bake)
- 1 lb Green snap beans (String Beans with Shallots)
- 1 ea Jalapeno pepper (Mexican Salmon)
- 2 ea Limes (Mexican Salmon)
- 1 large pkg Mushrooms (Philly Cheesesteak Bake)
- 5 small Onions (Cauliflower Rice) (Philly Cheesesteak Bake) (Meatball Soup)
- 1/4 cup Parsley (Meatball Soup)
- 1/2 ea Red bell pepper (Mexican Salmon)
- 3 small Red onions ((Mexican Salmon, Philly Cheesesteak Bake)) (Asian Cole Slaw)
- 8 large leaves Romaine lettuce (Thai Shrimp Burgers)
- 1 large bunch Scallions (Thai Shrimp Burgers) (Asian Cole Slaw)
- 4 Shallots (String Beans & Shallots) (Thai Shrimp Burgers)
- 2----- 16 oz bag Slaw mix (Asian Cole Slaw)
- 1----- 16 oz bag Spinach (Strawberry Chicken Salad)
- 1 pkg Strawberries (Strawberry Chicken Salad)
- 1/2 ea Yellow bell pepper (Mexican Salmon)
- 1 cup Zucchini (Meatball Soup)

Soups and gravies

- 1 can Soup, cream of mushroom, condensed (Chicken and Broccoli Bake)

Spices and seasonings

- 1/2 tsp Ground cinnamon

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- 1/2 tsp Ground nutmeg
- 1 Tbs Italian seasoning (Philly Cheesesteak Bake)
- 1 Tbs Onions flakes (Jerk Pork Roast)