

VitalMeals Week 67

Beverages

- 1/4 cup White wine (Black Pepper Citrus Chicken)

Bread

- 2 Slices Bread, healthy life (Baked Eggplant Fries)

Canned vegetables

- 1/2 cup Black beans (Southwest Chicken Salad)
- 1/2 cup Yellow corn (Southwest Chicken Salad)

Dairy

- 2 cups Almond milk, unsweetened
- 1/2 cup Blue cheese, crumbled (Tomato and Asparagus Salad)
- 1 1/2 cup Cheddar cheese, shredded (Low Carb Jalapeno Cheddar Muffins) (Southwest Chicken Salad, Jalapeno Chicken Burgers)
- 1 Tbs Cream cheese (Cauliflower "Mashed Potatoes")
- 1/2 cup Half and half (Cream of Cauliflower Soup)
- 3/4 cup Parmesan cheese, grated (Cauliflower "Mashed Potatoes", Parmesan Creamed Spinach) (Baked Eggplant Fries)
- 1 cup Sour cream (Jalapeno Chicken Burgers)

Fresh seafood

- 4 filets Salmon (Lemon Lime Salmon)

Frozen vegetables

- 1--- 10oz pkg Frozen cauliflower (Cream of Cauliflower Soup)
- 2--- 10oz pkgs Frozen spinach (Parmesan Creamed Spinach)

Meat and poultry

- 4 Slices Bacon, nitrate free (Southwest Chicken Salad)
- 24 oz Beef ribeye (2-3 inches thick) (Steak and Herbs)
- 8 breasts Chicken breast, boneless, skinless (Southwest Chicken Salad, Black Pepper Citrus Chicken)
- 1 lb Chicken breast, boneless, skinless (Indian Curry)
- 1 1/2 lbs Chicken, ground (Jalapeno Chicken Burgers)
- 4 oz Pancetta/bacon (Balsamic Roasted Brussels Sprouts)

Mexican food products

- 1 cup Salsa (Jalapeno Chicken Burgers)

Oriental food products

- 3/4 cup Coconut milk, unsweetened (Indian Curry)

Produce

- 1 lb Asparagus (Tomato and Asparagus Salad)
- 2 Avocados (Southwest Chicken Salad, Tomato and Asparagus Salad)
- 1 1/2 lbs Brussels sprouts (Balsamic Roasted Brussels Sprouts)
- 2 heads Cauliflower (Cauliflower Rice) (Cauliflower "Mashed Potatoes")
- 3/4 cup Celery, diced (Cream of Cauliflower Soup)
- 6 cups Cherry tomatoes (Tomato and Asparagus Salad)
- 1 medium Eggplant (Baked Eggplant Fries)
- 2 cups Fresh basil (Steak & Herbs) (Tomato and Asparagus Salad)
- 1/4 cup Fresh cilantro (Jalapeno Chicken Burgers)
- 2 Tbs Fresh oregano (Steak and Herbs)
- 1 Tbs Fresh rosemary (Steak and Herbs)
- 1 Tbs Fresh tarragon (Steak and Herbs)
- 1 Tbs Fresh thyme (Steak and Herbs)
- 1 cup Guacamole (Jalapeno Chicken Burgers)
- 4 ea Jalapeno peppers (Low Carb Jalapeno Cheddar Muffins, Southwest Chicken Salad)
- 1 Lemon (Lemon Lime Salmon)
- 1 Lime (Black Pepper Citrus Chicken) (Lemon Lime Salmon)
- 4 medium Onions (Black Pepper Citrus Chicken) (Cauliflower Rice) (Jalapeno Chicken Burger) (Cream of Cauliflower Soup)

Produce

- 1 Orange (Black Pepper Citrus Chicken)
- 1 cup Parsley (Steak and Herbs)
- 1/4 cup Red onions (Southwest Chicken Salad)
- 6 cups Romaine lettuce (Southwest Chicken Salad)
- 2 ea Tomatoes (Southwest Chicken Salad, Indian Curry)

Spices and seasonings

- 1/4 tsp Cumin seed (Jalapeno Chicken Burgers)
- 1 tsp Italian seasoning (Baked Eggplant Fries)
- 1/4 tsp Red chili, ground (Indian Curry)
- 1/2 tsp Yellow mustard seed (Indian Curry)