

VitalMeals Week 68

Bread

- 2 Slices Bread, healthy life (Low Carb Meatloaf)

Condiments

- 2 Tbs Ketchup, reduced sugar (Low Carb Meatloaf)

Dairy

- 1/2 cup Blue cheese, crumbled (Strawberry and Avocado Spinach Salad)
- 1 Tbs Cream cheese (Cauliflower "Mashed Potatoes")
- 1/2 cup Greek yogurt, plain (Cilantro Lime Rice and Chicken Bowl)
- 1/4 cup Half and half (Low Carb Meatloaf)
- 10 oz Mozzarella cheese, shredded (Caprese Chicken) (Pizza Soup)
- 1/4 cup Parmesan cheese, grated (Cauliflower "Mashed Potatoes")
- 8 oz Sour cream (SW Turkey Burgers) (Coleslaw)

Fresh seafood

- 1 lb Tuna (Tuna Kabobs)

Meat and poultry

- 8 Slices Bacon, nitrate free (Strawberry and Avocado Spinach Salad)
- 2 lbs Beef, grass-fed, ground (Low Carb Meatloaf)
- 1 lb Beef, ribeye, strip or filet mignon (Strawberry and Avocado Spinach Salad)
- 1 lb Chicken breast, boneless, skinless (Cilantro Lime Rice and Chicken Bowl)
- 4 breasts Chicken breast, boneless, skinless (Caprese Chicken)
- 3 oz Pepperoni (Pizza Soup)
- 1 lb Turkey, ground (Southwest Turkey Burger)

Nuts and seeds

- 5 oz Pecans (Broccoli Salad) (Strawberry and Avocado Spinach Salad)

Pasta

- 15 oz can Pizza sauce (Pizza Soup)

Produce

- 3 ea Avocados (Strawberry & Avocado Spinach Salad) (Southwest Turkey Burger)
- 1 lb Broccoli (Broccoli Salad)
- 1 large bunch Broccoli rabe (Garlic Broccoli Rabe)
- 1 lb Cabbage, shredded (slaw mix okay) (Coleslaw)
- 3 heads Cauliflower (Cauliflower Mashed Potatoes) (Cauliflower Rice, Cilantro Lime Rice and Chicken Bowl)
- 12 oz Cherry tomatoes (Broccoli Salad) (Tuna Kabobs)
- 1 pkg Fresh basil (Broccoli Salad) (Caprese Chicken)
- 3/4 cup Fresh cilantro (Cilantro Lime Rice and Chicken Bowl)
- 3 Tbs Fresh parsley (Low Carb Meatloaf)
- 2 ea Green bell peppers (Tuna Kabobs) (Pizza Soup)
- 1/2 cup Guacamole (Cilantro Lime Rice and Chicken Bowl)
- 1 large head Iceberg lettuce (Cilantro Lime Rice and Chicken Bowl) (Southwest Turkey Burger)
- 1 ea Lemon (Broccoli Salad)
- 2 ea Limes (Cilantro Lime Rice and Chicken Bowl)
- 1 cup Mushrooms (Pizza Soup)
- 4 small Onions (Low Carb Meatloaf) (Cauliflower Rice) (Cilantro Lime Rice and Chicken Bowl, Pizza Soup)
- 1 ea Red bell peppers (Tuna Kabobs)
- 1 medium Red onions (Tuna Kabobs)
- 2 ea Scallions (Cilantro Lime Rice and Chicken Bowl)
- 16 oz bag Spinach (Strawberry and Avocado Spinach Salad)
- 2 cups Strawberries (Strawberry and Avocado Spinach Salad)
- 2 large Tomatoes (Cilantro Lime Rice and Chicken Bowl, Caprese Chicken)