

VitalMeals Week 69

Canned vegetables

- 15 oz can Black beans (Cheesy Pepper Enchiladas)
- 1/4 cup Pimento, canned (Turkey Casserole)

Dairy

- 2 oz Feta cheese, crumbled (Greek Chicken Salad)
- 1/4 cup Low fat plain yogurt (Ginger Carrot Soup)
- 1 cup Monterey Jack cheese, grated (Turkey Casserole)

Flours

- 1 tsp Cornstarch (Chicken Marsala)

Fresh seafood

- 8 oz Shrimp, peeled, deveined (Zucchini Noodles and Garlic Shrimp)

Meat and poultry

- 4 Slices Bacon, nitrate free (Green Bean Bundles)
- 8 Chicken breast, boneless, skinless (Chicken Marsala, Greek Chicken Salad)
- 4 oz Pancetta/bacon (Balsamic Roasted Brussels Sprouts)
- 4 chops Pork chops (Tomato Basil Pork Chops)
- 2 cups Turkey breast, cooked & cubed (Turkey Casserole)

Mexican food products

- 1 28oz can Enchilada sauce (Cheesy Pepper Enchiladas)

Nuts and seeds

- 1/2 cup Almonds, sliced (Turkey Casserole)

Produce

- 1 1/2 lbs Brussels sprouts (Balsamic Roasted Brussels Sprouts)
- 1 1/2 lbs Carrots (Ginger Carrot Soup)
- 1 head Cauliflower (Cauliflower "Bread" Sticks)
- 2 cups Celery (Turkey Casserole)
- 1 ea Cucumber (Greek Chicken Salad)
- 1/3 cup Fresh cilantro (Cheesy Pepper Enchiladas)
- 1/3 Tbs Fresh sage (Tomato Basil Pork Chops)
- 1 inch Ginger root (Ginger Carrot Soup)
- 1/2 cup Grape tomatoes, halved (Zucchini Noodles and Garlic Shrimp)
- 2 ea Green bell peppers (Cheesy Pepper Enchiladas)
- 16 ea Green olives (Greek Chicken Salad)
- 1 lb Green snap beans (Green Bean Bundles)
- 1 lb Kale, raw (Garlic Greens)
- 1/2 ea Lemon (Zucchini Noodles and Garlic Shrimp)
- 1 ea Lime (Cheesy Pepper Enchiladas)
- 3 cups Mushrooms (Chicken Marsala)
- 1 lb Mustard greens (Garlic Greens)
- 2 large Onions (Tomato Basil Pork Chops) (Garlic Greens)
- 2 ea Red bell peppers (Cheesy Pepper Enchiladas)
- 1 medium Red onions (Cheesy Pepper Enchiladas)
- 9 Scallions (Greek Chicken Salad) (Turkey Casserole) (Chicken Marsala, Ginger Carrot Soup)
- 7 medium Tomatoes (Greek Chicken Salad) (Tomato Basil Pork Chops)
- 4 ea Zucchini (Cheesy Pepper Enchiladas, Zucchini Noodles and Garlic Shrimp)

Snack foods

- 1/2 cup Plain pork rinds, crushed (Turkey Casserole)

Spices and seasonings

- 1 tsp Smoked paprika (Cheesy Pepper Enchiladas)

Alcoholic beverages

- 1/4 cup Wine, dry Marsala (Chicken Marsala)