

## VitalMeals Week 7

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### Canned vegetables

- 1 can (28oz) Canned tomatoes (Tomato and Blue Cheese Soup)

### Dairy

- 1/2 cup Blue cheese (Tomato and Blue Cheese Soup)
- 8 oz cheese, mexican (Huevos Rancheros)
- 3 cups cheese, mozzarella (Low Carb Lasagna Crockpot)
- 4 oz cheese, sharp cheddar (Huevos Rancheros)
- 2 cup cottage cheese (Low Carb Lasagna Crockpot)
- 14 large Eggs (Huevos Rancheros, Spinach Salad, Fish Cakes)
- 1/2 cup Grated parmesan cheese (Low Carb Lasagna Crockpot)
- 1 3/4 cups Heavy whipping cream (14oz yields 1 3/4c) (Huevos Rancheros, Tomato and Blue Cheese Soup)

### Deli and bakery

- 2 cups Chicken, cooked (Rotisserie) (Avocado Chicken Salad)

### Fresh seafood

- 2 cups Fish, tilapia, cooked (about 1lb raw to yield 2 cups cooked) (Fish Cakes)

### Meat and poultry

- 7 thick slices Bacon (Spinach Salad)
- 5 breasts Chicken breast (Rosemary Ranch Chicken Kabobs)
- 1 lb Lean ground beef, (grass-fed if possible) (Low Carb Lasagna Crockpot)
- 1 lb Pork shoulder (Pork and Mushroom Stir Fry)

### Mexican food products

- 4 oz Canned green chili peppers (Huevos Rancheros)
- 8 wraps low carb tortillas (Huevos Rancheros)
- 10 oz Sauce, red enchilida (Huevos Rancheros)

### Oriental food products

- 2 Tbs sauce, sirachi (Tomato and Blue Cheese Soup)

### Produce

- 2 ea Avocados (Avocado Chicken Salad)
- 1 medium head Cauliflower (to yield 2 cups pureed) (Fish Cakes)
- 1 bunch Cilantro (need 1/2 cup + 1 Tbsp) (Avocado Chicken Salad, Fish Cakes)
- 1 Tbs Fresh rosemary (Rosemary Ranch Chicken Kabobs)
- 16 oz Mushrooms (Spinach Salad, Pork and Mushroom Stir Fry)
- 1 large Onions (Pork and Mushroom Stir Fry)
- 2 Tbs Parsley (Low Carb Lasagna Crockpot)
- 2 Red onions (1 small & 1 medium) (Spinach Salad, Tomato and Blue Cheese Soup)
- 1 bunch Scallions (to yield 1/4 c + 1 Tbsp) (Avocado Chicken Salad, Fish Cakes)
- 16 oz Spinach, raw (8oz to yield 3 cups) (Spinach Salad, Low Carb Lasagna Crockpot)
- 2 Sweet potato (Spicy Sweet Potato Chips)
- 1 Zucchini (Low Carb Lasagna Crockpot)

### Salad dressings

- 1/3 cup Salad dressing, regular ranch (Rosemary Ranch Chicken Kabobs)

### Snack foods

- 1 bag pork rinds (to yield 1 cup ground) (Fish Cakes)

### Spices and seasonings

- 2 tsp seasoning, old bay (Fish Cakes)

### Spaghetti sauce

- 1 jar (14oz) Pizza sauce (Low Carb Lasagna Crockpot)