

VitalMeals Week 8

Beverages

- 1/4 cup Red wine (Pizza Frittata)

Canned vegetables

- 1 cup Canned crushed tomatoes (Pizza Frittata)

Condiments

- 1 tsp Hot sauce (Pizza Frittata)

Dairy

- 2 cups Cheddar cheese (Mexican Meat Loaf, Creamy Chicken Bake)
- 1/2 cup cheese, parmigiano-reggiano (Pizza Frittata)
- 1 Tbs Cream cheese (Cauliflower "Mashed Potatoes")
- 15 large Eggs (Mexican Meat Loaf, Pizza Frittata, Cauliflower "Bread" Sticks)
- 1/3 cup Feta (Spinach Salad (with goat cheese and walnuts))
- 1 cup Grated parmesan cheese (Cauliflower "Mashed Potatoes", Parmesan Pork)
- 1 cup Half and half (Pizza Frittata)
- 1 1/3 cup Heavy whipping cream (Curried Chicken, Vegetable Soup)
- 6 oz Mozzarella (Pizza Frittata)

Fresh seafood

- 4 fillets fish, mahi mahi (Macadamia Encrusted Mahi Mahi)

Fruit and vegetable juices

- 1 ea Lemon peel (Broccoli Salad)

Meat and poultry

- 2 lb Beef, grass-fed, ground (Mexican Meat Loaf)
- 6 individual + 2lbs chicken breasts (Creamy Chicken Bake, Curried Chicken)
- 1/4 lb Pepperoni (Pizza Frittata)
- 2 14 oz Pork tenderloin (Parmesan Pork)

Mexican food products

- 1/2 cup Salsa, chunky (Mexican Meat Loaf)

Nuts and seeds

- 1/2 cup Macadamia nuts (Macadamia Encrusted Mahi Mahi)
- 3 oz Pecans (Broccoli Salad)
- 1/2 cup Walnuts (Spinach Salad (with goat cheese and walnuts))

Produce

- 1 lb Broccoli (Broccoli Salad)
- 3 heads Cauliflower (Cauliflower "Mashed Potatoes", Cauliflower Rice, Cauliflower "Bread" Sticks)
- 6 oz Cherry tomatoes (Broccoli Salad)
- 1 Tbs Cilantro (Curried Chicken)
- 2 small Eggplant (Vegetable Soup)
- 6 leaves Fresh basil (Pizza Frittata)
- 1 lb Green snap beans (String Beans with Shallots)
- 3 Tbs Onions (Pizza Frittata)
- 1 Tbs Red onions (Spinach Salad (with goat cheese and walnuts))
- 9 Scallions (Creamy Chicken Bake, Vegetable Soup)
- 3 Shallots (String Beans with Shallots)
- 8 cups Spinach, fresh (Spinach Salad (with goat cheese and walnuts))
- 4 tomatoes, plum (Vegetable Soup)

Salad dressings

- 3 oz Bacon bits (Creamy Chicken Bake)
- 1/3 cup Salad dressing, ranch (Creamy Chicken Bake)

Snack foods

- 1 pkg Snacks, pork skins, plain (Mexican Meat Loaf)

Spices and seasonings

- 1/2 tsp Ground ginger (Curried Chicken)

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- 1 packet Taco seasoning mix (Mexican Meat Loaf)