

## VitalMeals Week 9

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### Canned vegetables

- 4 Tbs Tomato paste (Mexican Chicken, Low Carb Chicken Tortilla Soup)
- 28 oz Tomatoes, canned diced (Low Carb Chicken Tortilla Soup)

### Condiments

- 1/4 cup Horseradish (Beef Tenderloin with Creamy Horseradish Sauce)

### Dairy

- 7 oz Cheddar cheese (3oz=3/4 cup) (Mini Veggie Quiche, Mexican Chicken)
- 3 large Eggs (Spinach Salad)
- 1/2 tsp Grated parmesan cheese (Portobello Pizzas)
- 1/4 cup Mozzarella cheese (Portobello Pizzas)
- 12 oz Sour cream (Avocado Slaw, Mexican Chicken)

### Fresh seafood

- 1 1/2 lb Salmon (tail ends) (Roasted Salmon with Fennel and Lemon)

### Meat and poultry

- 7 thick slices Bacon (Spinach Salad)
- 2 3/4 lbs Beef tenderloin (Beef Tenderloin with Creamy Horseradish Sauce)
- 1 1/2 lb Chicken breast tenders, uncooked (Middle Eastern Chicken Skewers)
- 2 ea Chicken breasts, boneless (Low Carb Chicken Tortilla Soup)
- 2 lbs Chicken thighs, boneless (Mexican Chicken)
- 1/2 cup Sausage, turkey, Italian (Portobello Pizzas)

### Produce

- 4 ea Avocados (Avocado Slaw)
- 2 cups Carrots, shredded (Low Carb Chicken Tortilla Soup)
- 2 cups Celery, chopped (Low Carb Chicken Tortilla Soup)
- 1 bunch Cilantro (Low Carb Chicken Tortilla Soup)
- 8 cups Coleslaw, home-prepared (Avocado Slaw)
- 1 small Fennel (Roasted Salmon with Fennel and Lemon)
- 1 Tbs Fresh basil (Portobello Pizzas)
- 10 oz package Frozen spinach (Mini Veggie Quiche)
- 2 ea Green bell peppers (Mexican Chicken)
- 1 lb Green snap beans (String Beans with Shallots)
- 2 ea Jalapeno peppers (Low Carb Chicken Tortilla Soup)
- 1 e Lemon (extra for garnish if desired) (Roasted Salmon with Fennel and Lemon)
- 8 oz Mushrooms (Spinach Salad)
- 3 ea Onions (2 medium & 1 small) (Mini Veggie Quiche, Mexican Chicken)
- 2 ea Oranges (peel only) (Beef Tenderloin with Creamy Horseradish Sauce)
- 1 cup Parsley (Beef Tenderloin with Creamy Horseradish Sauce)
- 1/4 cup peppers, sweet red & green (can use frozen if desired) (Mini Veggie Quiche)
- 4 ea Portabella mushrooms (Portobello Pizzas)
- 1 ea Red bell peppers (Avocado Slaw)
- 1 small Red onions (Spinach Salad)
- 1 1/2 cup Scallions (Avocado Slaw)
- 3 large Shallots (String Beans with Shallots)
- 8 oz Spinach, fresh (Spinach Salad)

### Soups and gravies

- 1 cup chicken broth, canned (Mexican Chicken)

### Spices and seasonings

- 2 Tbs Fresh dill weed (plus extra for garnish if desired) (Roasted Salmon with Fennel and Lemon)
- 1 Tbs Fresh thyme (Beef Tenderloin with Creamy Horseradish Sauce)
- 1 tsp Seasoning, adobo (Mexican Chicken)
- 1 Tbs Spices, smoked paprika (Middle Eastern Chicken Skewers)

### Organic

- 32 oz chicken broth, organic (Low Carb Chicken Tortilla Soup)

**Spaghetti sauce**

1/2 cup Pasta sauce, marinara (Portobello Pizzas)