

VitalMeals Week 75

[Default Store]

● Canned vegetables

<input type="checkbox"/>	1 can	Black beans (Mexican Chicken and Sweet Potato Bake)	n/a
<input type="checkbox"/>	1 can	Tomato paste (Low Carb Meatloaf)	\$0.89

● Dairy

<input type="checkbox"/>	8 1/2 oz	Cream cheese (Summer Vegetable Egg Bake) (Cauliflower "Mashed Potatoes")	n/a
<input type="checkbox"/>	8 large	Eggs (Summer Vegetable Egg Bake) (Low Carb Meatloaf)	\$1.79
<input type="checkbox"/>	1/4 cup	Heavy whipping cream (Summer Vegetable Egg Bake)	\$0.44
<input type="checkbox"/>	1/2 cup	Parmesan cheese, grated (Spicy Green Beans and Kale) (Cauliflower "Mashed Potatoes")	\$1.26
<input type="checkbox"/>	5 oz	Pepper Jack cheese (Mexican Chicken and Sweet Potato Bake)	n/a
<input type="checkbox"/>	2 cups	Swiss cheese, shredded (Summer Vegetable Egg Bake)	\$2.33

● Fresh seafood

<input type="checkbox"/>	4--- 6oz fillets	Salmon (Garlic Dijon Salmon)	n/a
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● Meat and poultry

<input type="checkbox"/>	12 slices	Bacon, nitrate free (Bacon Wrapped Butternut Squash Bites)	n/a
<input type="checkbox"/>	2 1/2 lbs	Beef chuck (Super Simple Pot Roast)	\$7.50
<input type="checkbox"/>	1 1/2 lbs	Beef, grass-fed, ground, raw (Low Carb Meatloaf)	n/a
<input type="checkbox"/>	4---- 6oz	Chicken breast (Rosemary Chicken and Mushrooms)	n/a
<input type="checkbox"/>	1 lb	Chicken breast, shredded (can use rotisserie) (Mexican Chicken and Sweet Potato Bake)	\$5.29

● Produce

<input type="checkbox"/>	2 ea	Avocados (Avocado Gazpacho Soup)	\$3.98
<input type="checkbox"/>	1 cup	Baby carrots (Super Simple Pot Roast)	n/a
<input type="checkbox"/>	1 lb	Butternut squash (Bacon Wrapped Butternut Squash Bites)	\$0.99
<input type="checkbox"/>	2 heads	Cauliflower (Cauliflower Rice) (Cauliflower "Mashed Potatoes")	\$16.18
<input type="checkbox"/>	2 cups	Celery (Super Simple Pot Roast)	\$0.38
<input type="checkbox"/>	1/4 cup + 3 Tbs	Fresh basil (Avocado Gazpacho Soup) (Summer Vegetable Egg Bake)	n/a
<input type="checkbox"/>	1/4 cup	Fresh cilantro (Avocado Gazpacho Soup)	\$0.17
<input type="checkbox"/>	2 Tbs	Fresh Parsley (Super Simple Pot Roast)	\$0.03
<input type="checkbox"/>	8 sprigs	Fresh rosemary (Rosemary Chicken and Mushrooms)	n/a
<input type="checkbox"/>	1 1/2 lbs	Green beans (Spicy Green Beans and Kale)	\$2.40
<input type="checkbox"/>	5 large	Green tomatoes (heirloom if possible) (Avocado Gazpacho Soup)	n/a
<input type="checkbox"/>	1 bunch	Kale, raw (Spicy Green Beans and Kale)	n/a
<input type="checkbox"/>	3 ea	Lemons (Rosemary Chicken and Mushrooms, Spicy Green Beans and Kale)	n/a
<input type="checkbox"/>	1	Lime (Avocado Gazpacho Soup)	n/a
<input type="checkbox"/>	30 oz	Mushrooms (Rosemary Chicken and Mushrooms) (Summer Vegetable Bake) (Spicy Green Beans and Kale)	n/a
<input type="checkbox"/>	4 medium	Onions (Summer Vegetable Bake) (Super Simple Pot Roast) (Cauliflower Rice) (Mexican Chicken and Sweet Potato Bake, Spicy Green Beans and Kale)	\$0.57
<input type="checkbox"/>	2 ea	Red bell peppers (Summer Vegetable Egg Bake)	\$1.08
<input type="checkbox"/>	1 medium	Red onion (Garlic Dijon Salmon)	\$0.21
<input type="checkbox"/>	1 ea	Serrano pepper (Avocado Gazpacho Soup)	n/a
<input type="checkbox"/>	8 medium	Shallots (Rosemary Chicken and Mushrooms)	n/a
<input type="checkbox"/>	2 ea	Sweet potato (Mexican Chicken and Sweet Potato Bake)	n/a
<input type="checkbox"/>	5 fresh	Tarragon leaves (Avocado Gazpacho Soup)	n/a
<input type="checkbox"/>	4 ea	Tomatoes (Mexican Chicken and Sweet Potato Bake)	\$1.09
<input type="checkbox"/>	3 medium	Zucchini (Summer Vegetable Egg Bake)	\$0.98

● Snack foods

<input type="checkbox"/>	1 bag	Pork skins, plain (Low Carb Meatloaf)	n/a
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● Spices and seasonings

<input type="checkbox"/>	1 Tbs	Garlic pepper (Low Carb Meatloaf)	n/a
<input type="checkbox"/>	1 tsp	Tarragon, dried (Garlic Dijon Salmon)	\$0.73

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● **Alcoholic beverages**

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|----------------------------------|---|--------|
| <input type="checkbox"/> 1 cup | Red wine (Super Simple Pot Roast) | \$2.57 |
| <input type="checkbox"/> 1/4 cup | White wine (Spicy Green Beans and Kale) | \$0.63 |

Store Total: \$51.49
Grocery List Total: \$51.49

Stores

[Default Store].

Recipes

Cauliflower "Mashed Potatoes"
Mexican Chicken and Sweet Potato Bake
Rosemary Chicken and Mushrooms
Bacon Wrapped Butternut Squash Bites
Summer Vegetable Egg Bake
Super Simple Pot Roast
Garlic Dijon Salmon
Spicy Green Beans and Kale
Low Carb Meatloaf
Avocado Gazpacho Soup