

VitalMeals Week 76

[Default Store]

● Bread

2 Tbs Healthy Life bread (for bread crumbs) (Almond and Parmesan Tilapia) \$0.02

● Condiments

1/4 tsp Hot sauce (Mexican Breakfast Skillet) \$0.03

● Dairy

10 large Eggs (Harvest Brussels) (Spinach Salad, Mexican Breakfast Skillet) \$2.24

4 oz Goat cheese (Harvest Brussels) (Strawberry and Tomato Gazpacho) \$3.92

1 cup Mozzarella cheese (Portobello Pizza) \$0.70

1/2 cup Parmesan cheese, grated (Almond and Parmesan Tilapia) \$1.26

● Fresh seafood

4 fillets Tilapia (Almond and Parmesan Tilapia) n/a

● Meat and poultry

17 thick slices Bacon, nitrate free (Spinach Salad) (Harvest Brussels) (Fennel Cabbage Slaw) n/a

1 lb Breakfast sausage--nitrate free (Mexican Breakfast Skillet) n/a

6 breasts Chicken breast, boneless, skinless (Kung Pao Chicken) (Bruschetta Chicken) n/a

4 4 oz Pork chops (Pork Chop and Peaches) n/a

● Nuts and seeds

1/4 cup Almonds, slivered (Almond and Parmesan Tilapia) n/a

4 Tbs Peanuts, dry roasted (Kung Pao Chicken) n/a

1/2 cup Pecans, chopped (Harvest Brussels) \$1.25

● Oriental food products

2 tsp Hoisin sauce (Kung Pao Chicken) \$0.11

● Produce

1 ea Avocado (Mexican Breakfast Skillet) \$1.99

8 oz Baby spinach (Spinach Salad) \$0.99

5 cups Brussels sprouts (shaved) (Harvest Brussels) \$1.93

1 ea Cucumber (Strawberry and Tomato Gazpacho) \$1.69

1 bulbs Fennel (Fennel Cabbage Slaw) n/a

1 bunch Fresh basil (Bruschetta Chicken) n/a

1 bunch Fresh Cilantro (Mexican Breakfast Skillet) n/a

1 bunch Fresh mint (Strawberry and Tomato Gazpacho) n/a

2 tsp Fresh thyme (Pork Chop and Peaches) \$0.15

2 tsp Ginger root (Kung Pao Chicken) \$0.02

4 ea Jalapeno peppers (Strawberry and Tomato Gazpacho) \$0.16

4 ea Limes (Strawberry and Tomato Gazpacho) \$0.80

8 oz pkg Mushrooms (Spinach Salad) n/a

1 lrg Onion (Portobello Pizza) n/a

2 medium Peaches (Pork Chop and Peaches) \$0.43

8 ea Portobella mushrooms (Portobello Pizza) \$18.40

1 ea Red bell peppers (Kung Pao Chicken) \$0.54

1 1/2 small Red onions (Spinach Salad, Bruschetta Chicken) \$0.15

1 cup Red/purple cabbage (Fennel Cabbage Slaw) \$0.16

9 Tbs Scallions (Kung Pao Chicken) (Fennel Cabbage Slaw) \$0.32

2 Tbs Shallots (Pork Chop and Peaches) \$0.13

1 pkg Strawberries (Strawberry and Tomato Gazpacho) n/a

2 ea Sweet potatoes (Mexican Breakfast Skillet) n/a

18 small Tomatoes (Strawberry and Tomato Gazpacho, Bruschetta Chicken) \$7.19

4 medium Zucchini (Kung Pao Chicken) \$1.31

● Spices and seasonings

1/8 tsp Celery salt (Almond and Parmesan Tilapia) \$0.01

1 tsp Old Bay seasoning (Almond and Parmesan Tilapia) n/a

[Default Store]

● **Alcoholic beverages**

1/2 cup White wine (Pork Chop and Peaches)

\$1.26
Store Total: \$47.16
Grocery List Total: \$47.16

Stores

[Default Store].

Recipes

Spinach Salad
Mexican Breakfast Skillet
Kung Pao Chicken
Pork Chop and Peaches
Harvest Brussels
Almond and Parmesan Tilapia
Fennel Cabbage Slaw
Portobello Pizza
Strawberry and Tomato Gazpacho
Bruschetta Chicken