

## VitalMeals Week 77

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### [Default Store]

#### ● Bread

2 slices Healthy Life bread (Feta Chicken) n/a

#### ● Canned vegetables

4 oz can Green chili peppers, chopped (Turkey Taco Salad) n/a

#### ● Dairy

14 large Egg (Low Carb Zucchini Fries) (Cheddar Waffles with Fried Eggs) \$3.14

4 oz Feta cheese, crumbled (Feta Chicken) \$1.64

3 cups Greek yogurt, plain (Chilled Cucumber Soup) n/a

1/4 cup Heavy whipping cream (Onion Bacon Pork Chops) \$0.44

1/2 cup Parmesan cheese, grated (Low Carb Zucchini Fries) \$1.26

1 1/2 cups Sharp cheddar cheese, grated (Cheddar Waffles with Fried Eggs) \$2.61

#### ● Fresh seafood

20 large Scallops (Grilled Scallops) n/a

#### ● Meat and poultry

6 slices Bacon--nitrate free (Onion Bacon Pork Chops) n/a

4 breasts Chicken breast, boneless, skinless (Feta Chicken) \$11.01

1 1/2 lbs Ground turkey, lean (Turkey Taco Salad) n/a

4 chops Pork chops, bone-in (Onion Bacon Pork Chops) n/a

#### ● Mexican food products

1 1/2 cups Salsa (Turkey Taco Salad) \$2.16

#### ● Nuts and seeds

1/2 cup Almonds (Low Carb Zucchini Fries) \$0.59

#### ● Produce

2 Avocados (Turkey Taco Salad) \$3.98

1 head Cabbage (Roasted Cabbage) \$0.15

3 stalks Celery (Spaghetti Squash Chow Mein) \$0.26

1/2 bunch Cilantro (Turkey Taco Salad) n/a

4 large Cucumber (Chilled Cucumber Soup) \$6.10

1/2 cup Fresh dill weed (Chilled Cucumber Soup) \$8.86

2 tsp Ginger root (Spaghetti Squash Chow Mein) \$0.02

1 bunch Kale (Kickin' Kale Chips) n/a

3 medium Onions (Spaghetti Squash Chow Mein) (Onion Bacon Pork Chops) \$0.48

1/2 cup Parsley (Chilled Cucumber Soup) \$0.12

1/2 large Poblano peppers (Turkey Taco Salad) n/a

2 ea Red bell peppers (Turkey Taco Salad) \$1.08

4 heads Romaine lettuce (Turkey Taco Salad) \$3.96

2 cups Slaw mix (Spaghetti Squash Chow Mein) n/a

1 medium Spaghetti squash (Spaghetti Squash Chow Mein) n/a

2 ea Zucchini (Low Carb Zucchini Fries) \$0.69

#### ● Spices and seasonings

1 tsp Fennel seed (Roasted Cabbage) \$0.36

1/2 tsp Italian seasoning (Low Carb Zucchini Fries) \$0.28

1 1/2 Tbs Lemon-pepper seasoning (Grilled Scallops) \$0.33

#### ● Organic

1 cup Flax seed, ground (flax seed meal) (Cheddar Waffles with Fried Eggs) n/a

1/4 cup Whey protein, unflavored (Cheddar Waffles with Fried Eggs) n/a

**Store Total: \$49.52**

**Grocery List Total: \$49.52**

### Stores

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[Default Store].

## Recipes

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Turkey Taco Salad  
Feta Chicken  
Low Carb Zucchini Fries  
Spaghetti Squash Chow Mein  
Onion Bacon Pork Chops  
Roasted Cabbage  
Grilled Scallops  
Kickin' Kale Chips  
Cheddar Waffles with Fried Eggs  
Chilled Cucumber Soup