

## VitalMeals Week 78

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### [Default Store]

#### ● Bread

4 slices Healthy Life bread (Chilled Spanish Tomato Soup) n/a

#### ● Canned seafood

2 cans Tuna (Avocado Tuna Salad) \$2.43

#### ● Canned vegetables

14 oz can Diced tomatoes (Mexican Crock-Pot Chicken) n/a

#### ● Condiments

1/4 cup Buffalo wing sauce (Buffalo Chicken Crock-Pot) n/a

#### ● Dairy

1/2 cup Blue cheese, crumbled ((Buffalo Chicken Crock-Pot) n/a

11 large Eggs ((Low Carb Sausage Quiche) (Chilled Spanish Tomato Soup) (Low Carb Jalapeno Cheddar Muffins) \$2.47

1 cup Feta cheese, crumbled (Greek Salad) (Spinach Salad With Goat Cheese and Walnuts) \$2.17

2 Tbsp Heavy cream (Low Carb Sausage Quiche) \$0.22

1 cup Parmesan cheese, grated (Low Carb Sausage Quiche) (Garlic Chicken Wings) (Buffalo Chicken Crock-Pot) \$2.52

1 cup Sharp cheddar cheese, shredded (Buffalo Chicken Crock-Pot) (Low Carb Jalapeno Cheddar Muffins) n/a

1 cup Sour cream (Mexican Crock-Pot Chicken) \$0.89

#### ● Meat and poultry

3 1/2 lbs Chicken breast, boneless, skinless (Greek Chicken Crock-Pot) (Mexican Crock-Pot Chicken, Buffalo Chicken Crock-Pot) \$18.52

4 lbs Chicken wings (Garlic Chicken Wings) n/a

12 oz Pork sausage, nitrate free (Low Carb Sausage Quiche) n/a

1 lb Pork tenderloin (Spice Rubbed Pork Tenderloin) n/a

1 cup Prosciutto (Chilled Spanish Tomato Soup) \$11.44

#### ● Nuts and seeds

1/2 cup Salted cashews (Greek Salad) n/a

1 cup Walnuts (Spinach Salad With Goat Cheese and Walnuts) (Avocado Tuna Salad) \$2.31

#### ● Pickles

1/2 cup Kalamata olives (Greek Salad) n/a

1 Tbs pickle juice (Avocado Tuna Salad) n/a

#### ● Produce

1/2 medium Apple (Avocado Tuna Salad) \$0.26

2 ea Avocados (Greek Salad) (Avocado Tuna Salad) \$3.98

8 cups Baby spinach (Spinach Salad With Goat Cheese and Walnuts) \$1.05

1 ea Carrots (Buffalo Chicken Crock-Pot) \$0.12

1 head Cauliflower (Cauliflower Rice) \$1.45

1 bunch Celery (Avocado Tuna Salad) (Buffalo Chicken Crock-Pot) n/a

9 ea Cherry tomatoes (Low Carb Sausage Quiche) (Chilled Spanish Tomato Soup) n/a

1/2 ea Cucumber (Greek Salad) \$0.85

1 Eggplant (Low Carb Sausage Quiche) (Balsamic Grilled Veggies) \$1.41

1/2 cup Grape tomatoes (Greek Salad) n/a

1 ea Green bell peppers (Greek Chicken Kabobs) \$0.51

2 ea Jalapeno peppers (Low Carb Jalapeno Cheddar Muffins) \$0.08

2 ea Lemons (Greek Chicken Kabobs) \$0.66

1 1/2 small Onions (Cauliflower Rice, Chilled Spanish Tomato Soup) \$0.14

2 Tbs Parsley (Low Carb Sausage Quiche) \$0.03

1 ea Portobella mushrooms (Balsamic Grilled Veggies) \$2.30

2 ea Red bell peppers (Greek Chicken Kabobs) (Balsamic Grilled Veggies) \$1.08

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● **Produce**

<input type="checkbox"/>	2 1/2 medium	Red onions (Greek Chicken Kabobs) (Greek Salad) (Spinach Salad) (Balsamic Grilled Veggies) (Avocado Tuna Salad)	\$0.53
<input type="checkbox"/>	1 large	Roma tomatoes (Balsamic Grilled Veggies)	n/a
<input type="checkbox"/>	1 head	Romaine lettuce (Greek Salad)	\$0.99
<input type="checkbox"/>	2 ea	Scallions (Buffalo Chicken Crock-Pot)	\$0.18
<input type="checkbox"/>	1 ea	Yellow bell peppers (Balsamic Grilled Veggies)	\$1.28
<input type="checkbox"/>	1/2 medium	Yellow squash (Balsamic Grilled Veggies)	n/a
<input type="checkbox"/>	1/2	Zucchini (Balsamic Grilled Veggies)	\$0.17

● **Spices and seasonings**

<input type="checkbox"/>	1 tsp	Dried dill weed (Avocado Tuna Salad)	\$0.40
<input type="checkbox"/>	1 packet	Taco seasoning mix (Mexican Crock-Pot Chicken)	\$1.38

● **Picnic Supplies**

<input type="checkbox"/>	1 pkg	Wooden skewers (Greek Chicken Kabobs)	n/a
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**Store Total: \$61.82**

**Grocery List Total: \$61.82**

**Stores**

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**Recipes**

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Low Carb Jalapeno Cheddar Muffins  
Spinach Salad With Goat Cheese and Walnuts  
Cauliflower Rice  
Mexican Crock-Pot Chicken  
Greek Chicken Kabobs  
Greek Salad  
Low Carb Sausage Quiche  
Spice Rubbed Pork Tenderloin  
Balsamic Grilled Veggies  
Avocado Tuna Salad  
Garlic Chicken Wings  
Buffalo Chicken Crock-Pot  
Chilled Spanish Tomato Soup