

VitalMeals Week 79

[Default Store]

● Baking products

2 tsp Erythritol (Low Carb French Toast Casserole) n/a

● Beverages

1/4 cup White wine (Grilled Snapper) \$0.63

● Bread

1 loaf Healthy Life Bread (Low Carb French Toast Casserole) n/a

● Canned vegetables

1/2 cup Artichoke hearts (Italian Vegetables) \$0.82

14.5 oz can Diced tomatoes (Chicken Fajita Soup) n/a

● Condiments

1/2 cup Black olives, pitted (Italian Vegetables) \$0.77

2 Tbs Capers (Grilled Snapper) \$0.57

2 Tbs Dijon mustard (Mustard Crusted Pork) \$0.59

1/4 cup Green olives (Grilled Snapper) n/a

1/2 cup Roasted red bell peppers (Italian Vegetables) n/a

2 Tbs Stone ground mustard (Mustard Crusted Pork) n/a

● Dairy

1/2 lb Brie cheese (Chicken Cordon Bleu) n/a

10 large Eggs (Low Carb Carbonara) (Low Carb French Toast Casserole) (Cauliflower "Bread" Sticks) n/a

1 cup Parmesan cheese, grated (Low Carb Carbonara) \$2.52

● Fresh seafood

4 filets Red snapper (Grilled Snapper) n/a

● Meat and poultry

4 slices Bacon, nitrate free (Low Carb Carbonara) n/a

5 lbs Chicken breast, boneless, skinless (Chicken Cordon Bleu) (Chicken Fajita Soup, Chicken Avocado Soup) \$26.45

4 oz Pancetta/bacon (Balsamic Roasted Brussels Sprouts) n/a

2.5 lbs Pork roast (Mustard Crusted Pork) \$11.23

8 slices Prosciutto (Chicken Cordon Bleu) n/a

● Produce

3 ea Avocados (Chicken Avocado Soup) \$5.97

4 medium Bok choy, baby (Steamed Bok Choy) n/a

1/2 lb Broccoli rabe (Italian Vegetables) n/a

1.5 lbs Brussels sprouts (Balsamic Roasted Brussels Sprouts) \$2.99

2 heads Cauliflower (Italian Vegetables) (Cauliflower "Bread" Sticks) n/a

2 Tbs Chives (Steamed Bok Choy) \$0.41

1/2 cup Cilantro (Chicken Fajita Soup, Chicken Avocado Soup) \$0.34

2 ea Jalapeno peppers (Chicken Avocado Soup) \$0.08

1 ea Lemon (Italian Vegetables) n/a

1 ea Lime (Steamed Bok Choy) \$0.20

4 oz Mushrooms (Italian Vegetables) \$0.87

1 large Onion (Grilled Snapper) \$0.20

1 medium Orange bell pepper (Chicken Fajita Soup) n/a

2 large Roma tomatoes (Chicken Avocado Soup) n/a

1 cup Scallions (Chicken Avocado Soup) \$0.56

1 ea Serrano pepper (Grilled Snapper) n/a

1 medium Spaghetti squash (Low Carb Carbonara) n/a

1/2 sliced Squash, yellow (Italian Vegetables) n/a

2 large Tomatoes (Grilled Snapper) \$1.60

1 medium Yellow bell peppers (Chicken Fajita Soup) n/a

1/2 cup Zucchini (Italian Vegetables) \$0.09

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● **Spices and seasonings**

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| <input type="checkbox"/> 1 Tbs Herbes de province (Mustard Crusted Pork) | n/a |
| <input type="checkbox"/> 4 Tbs Taco seasoning mix (Chicken Fajita Soup) | \$0.47 |

● **Diabetic Foods or Dressings**

- | | |
|--|-----|
| <input type="checkbox"/> 2 Tbs Maple syrup, low carb (Low Carb French Toast Casserole) | n/a |
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Store Total:	\$57.36
Grocery List Total:	\$57.36

Stores

[Default Store].

Recipes

Cauliflower "Bread" Sticks
Balsamic Roasted Brussels Sprouts
Chicken Fajita Soup
Chicken Cordon Bleu
Steamed Bok Choy
Low Carb Carbonara
Mustard Crusted Pork
Grilled Snapper
Italian Vegetables
Low Carb French Toast Casserole
Chicken Avocado Soup