

VitalMeals Week 80

[Default Store]

● Canned vegetables

<input type="checkbox"/>	1 can (28oz)	Diced tomatoes (Crockpot Jambalaya)	n/a
<input type="checkbox"/>	1/4 cup	Tomato sauce (Grilled Shrimp)	\$0.13

● Dairy

<input type="checkbox"/>	8 oz	Cheddar cheese, shredded (Chicken Enchiladas)	\$2.99
<input type="checkbox"/>	1/3 cup	Goat cheese (Spinach Salad With Goat Cheese and Walnuts)	\$0.72
<input type="checkbox"/>	16 oz	Sour cream (Chicken Enchiladas)	\$1.76

● Deli and bakery

<input type="checkbox"/>	1	Rotisserie chicken (Chicken Enchiladas)	n/a
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● Fresh seafood

<input type="checkbox"/>	3 lbs	Shrimp (Grilled Shrimp) (Crock-Pot Jambalaya)	\$26.97
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● Meat and poultry

<input type="checkbox"/>	4 oz	Bacon, nitrate free (Chicken Bacon Fry)	n/a
<input type="checkbox"/>	6 breasts	Chicken, boneless, skinless (Chicken Bacon Fry) (Thai Chicken Salad)	n/a
<input type="checkbox"/>	2 cups	Kielbasa sausage (Crock-Pot Jambalaya)	n/a

● Mexican food products

<input type="checkbox"/>	24 ea	Low carb tortillas (Chicken Enchiladas)	n/a
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● Nuts and seeds

<input type="checkbox"/>	3/4 cup	Cashews (Garlic Alfredo and Zucchini Pasta)	n/a
<input type="checkbox"/>	1 cup	Peanuts (Thai Chicken Salad)	n/a
<input type="checkbox"/>	1/2 cup	Walnuts (Spinach Salad With Goat Cheese and Walnuts)	\$1.16

● Oriental food products

<input type="checkbox"/>	1 Tbs	Tahini (Garlic Alfredo and Zucchini Pasta)	n/a
<input type="checkbox"/>	1 bottle	Thai sweet chili sauce (Thai Chicken Salad)	n/a

● Packaged foods

<input type="checkbox"/>	1/4 cup	Peanut butter, natural (Thai Chicken Salad)	n/a
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● Produce

<input type="checkbox"/>	3 cups	Arugula (Garlic Alfredo and Zucchini Pasta)	n/a
<input type="checkbox"/>	8 cups	Baby spinach (Spinach Salad With Goat Cheese and Walnuts)	\$1.05
<input type="checkbox"/>	2 ea	Carrots (Thai Chicken Salad)	\$0.25
<input type="checkbox"/>	2 cups	Cauliflower (Crock-Pot Jambalaya)	\$1.10
<input type="checkbox"/>	1 cup	Celery (Crock-Pot Jambalaya)	\$0.23
<input type="checkbox"/>	1 bunch	Cilantro (Thai Chicken Salad)	n/a
<input type="checkbox"/>	2 ea	Cucumber (Thai Chicken Salad, Gazpacho)	\$3.38
<input type="checkbox"/>	2 Tbs	Fresh basil (Grilled Shrimp)	\$0.17
<input type="checkbox"/>	1 pint	Grape tomatoes (Eggplant Stir Fry)	n/a
<input type="checkbox"/>	2	Green bell peppers (Gazpacho) (Crock-Pot Jambalaya)	\$1.02
<input type="checkbox"/>	5 ea	Green onions (Thai Chicken Salad)	\$0.44
<input type="checkbox"/>	1 lb	Green snap beans (String Beans with Shallots)	\$1.60
<input type="checkbox"/>	1 ea	Japanese eggplant (Eggplant Stir Fry)	\$1.41
<input type="checkbox"/>	2 ea	Leeks (Chicken Bacon Fry)	\$1.17
<input type="checkbox"/>	1 ea	Lemon (Garlic Alfredo and Zucchini Pasta)	\$0.33
<input type="checkbox"/>	1 ea	Lime (Thai Chicken Salad)	\$0.20
<input type="checkbox"/>	8 oz pkg	Mushrooms (Chicken Bacon Fry)	n/a
<input type="checkbox"/>	1/2 head	Napa cabbage (Thai Chicken Salad)	n/a
<input type="checkbox"/>	2 medium	Onions (Chicken Bacon Fry, Crock-Pot Jambalaya)	\$0.29
<input type="checkbox"/>	3 ea	Red bell peppers (Chicken Bacon Fry, Thai Chicken Salad, Gazpacho)	\$1.62
<input type="checkbox"/>	1 Tbs	Red onion (Spinach Salad With Goat Cheese and Walnuts)	\$0.02
<input type="checkbox"/>	2 hearts	Romaine lettuce (Thai Chicken Salad)	n/a
<input type="checkbox"/>	3 large	Shallots (String Beans with Shallots)	n/a
<input type="checkbox"/>	4 large	Tomatoes (Gazpacho)	\$3.19
<input type="checkbox"/>	6 ea	Zucchini (Garlic Alfredo and Zucchini Pasta)	\$2.07

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● **Soups and gravies**

1 can Cream of chicken soup (Chicken Enchiladas) \$1.49

● **Syrups and sauces**

1/2 tsp Tabasco sauce (Crock-Pot Jambalaya) \$0.06

● **Alcoholic beverages**

1/2 cup White wine (Chicken Bacon Fry) \$1.26

● **Organic**

14 oz Coconut milk, unsweetened (Chicken Bacon Fry) n/a

● **Picnic Supplies**

1 pkg Wooden skewers (Grilled Shrimp) n/a

Store Total: \$56.08
Grocery List Total: \$56.08

Stores

[Default Store].

Recipes

Chicken Enchiladas
String Beans with Shallots
Spinach Salad With Goat Cheese and Walnuts
Chicken Bacon Fry
Garlic Alfredo and Zucchini Pasta
Thai Chicken Salad
Grilled Shrimp
Eggplant Stir Fry
Crock-Pot Jambalaya
Gazpacho