

## VitalMeals Week 81

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### [Default Store]

#### ● Baking products

15 can Coconut milk (Thai Chicken Noodle Soup) n/a

#### ● Canned vegetables

2 Tbs Tomato paste (Crock-Pot Beef Tacos) \$0.17

#### ● Condiments

4 tsp Capers (Lemon Salmon Packets) \$0.38

#### ● Dairy

2 cups Cheddar cheese, shredded (Ham Cups) \$3.48

12 Eggs (Cauliflower Potato Salad) \$2.69

1/4 cup Greek yogurt, plain (Avocado Chicken Salad) n/a

1 cup Heavy whipping cream (Low Carb Ravioli) \$0.88

8 oz Mascarpone cheese (Low Carb Ravioli) n/a

3/4 cup Mozzarella cheese, shredded (Cauliflower Pizza Casserole) n/a

2 3/4 cups Parmesan cheese, grated (Low Carb Ravioli) (Cauliflower Pizza Casserole) \$6.94

#### ● Fresh seafood

4 filets Salmon (Lemon Salmon Packets) n/a

#### ● Frozen vegetables

8 oz pkg Spinach (Low Carb Ravioli) n/a

#### ● Meat and poultry

6 slices Bacon, nitrate free (Cauliflower Potato Salad) n/a

2 lbs Beef chuck roast (Crock-Pot Beef Tacos) n/a

2 oz Canadian bacon (Cauliflower Pizza Casserole) \$0.62

2 lbs Chicken breast, boneless, skinless (Avocado Chicken Salad) (Thai Chicken Noodle Soup) \$10.58

1 1/2 lbs Ground chicken (Low Carb Ravioli) n/a

16 slices Ham, nitrate free (Ham Cups) n/a

2 oz Pepperoni, nitrate free (Cauliflower Pizza Casserole) n/a

#### ● Mexican food products

1 Chipotle peppers (Crock-Pot Beef Tacos) n/a

4 wraps Low carb tortillas (Crock-Pot Beef Tacos) n/a

#### ● Oriental food products

2 Tbs Fish sauce (Thai Chicken Noodle Soup) \$0.09

1 1/2 Tbs Green curry paste (Thai Chicken Noodle Soup) n/a

#### ● Paper and plastic products

4 pieces Aluminum foil (Lemon Salmon Packets) n/a

#### ● Produce

1 ea Avocado (Avocado Chicken Salad) \$1.99

10 ea Black olives (Cauliflower Pizza Casserole) \$0.50

2 head Cauliflower (Cauliflower Pizza Casserole) (Cauliflower Potato Salad) \$16.18

3 stalks Celery (Cauliflower Potato Salad) \$0.26

1 bunch Cilantro (Avocado Chicken Salad) (Cucumber Salad) n/a

2 large Cucumbers (Cucumber Salad) \$3.05

1 bunch Fresh basil (Low Carb Ravioli) n/a

1 Tbs Fresh rosemary (Lemon Salmon Packets) \$0.14

1/4 cup Green bell peppers (Cauliflower Pizza Casserole) \$0.13

2 cups Iceberg lettuce, shredded (Ham Cups) \$0.11

1 ea Jalapeno pepper (Thai Chicken Noodle Soup) \$0.04

2 ea Lemon (Lemon Salmon Packets) \$0.66

1 ea Limes (Thai Chicken Noodle Soup) \$0.20

4 medium Onions (Cauliflower Potato Salad) (Cauliflower Pizza Casserole) (Low Carb Ravioli) (Crock-Pot Beef Tacos, Thai Chicken Noodle Soup) n/a

2 ea Red bell peppers ((Cauliflower Pizza Casserole) (Thai Chicken Noodle Soup) n/a

**[Default Store]**

● **Produce**

<input type="checkbox"/> 4 large	Scallions (Cucumber Salad)	\$0.56
<input type="checkbox"/> 2 cups	Tomatoes (Ham Cups)	\$1.31
<input type="checkbox"/> 4 large	Yellow squash (Low Carb Ravioli)	n/a
<input type="checkbox"/> 1/2 cup	Zucchini (Thai Chicken Noodle Soup)	\$0.10

● **Spices and seasonings**

<input type="checkbox"/> 1 1/3 Tbs	Italian seasoning (Cauliflower Pizza Casserole)	\$2.28
<input type="checkbox"/> 1/2 tsp	Smoked paprika (Crock-Pot Beef Tacos)	n/a

● **Alcoholic beverages**

<input type="checkbox"/> 4 fl oz	Marsala wine (Lemon Salmon Packets)	\$1.18
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● **Spaghetti sauce**

<input type="checkbox"/> 1/2 cup	Pizza sauce (Cauliflower Pizza Casserole)	\$0.44
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**Store Total: \$54.96**  
**Grocery List Total: \$54.96**

**Stores**

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[Default Store].

**Recipes**

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Crock-Pot Beef Tacos  
Cauliflower Potato Salad  
Low Carb Ravioli  
Ham Cups  
Avocado Chicken Salad  
Lemon Salmon Packets  
Cucumber Salad  
Cauliflower Pizza Casserole  
Thai Chicken Noodle Soup