

VitalMeals Week 82

[Default Store]

● Bread

2 slices Healthy Life bread (Baked Eggplant Fries) n/a

● Condiments

2 tsp Capers (Salmon Stack) \$0.19

1/3 cup Tzatziki sauce (Mediterranean Lettuce Tacos, Turkey and Feta Meatloaf) n/a

● Dairy

1/2 lb Cheddar cheese, shredded (Cheeseburger Soup) \$2.99

1 1/4 cups Feta cheese, crumbled (Mediterranean Lettuce Tacos, Turkey and Feta Meatloaf) \$2.71

3/4 cup Grated parmesan cheese (Baked Eggplant Fries) \$1.89

1 1/2 cups Heavy whipping cream (Cheeseburger Soup) \$1.33

12 oz Sour cream (Creamy Pork Chops) (Cheeseburger Soup) \$1.32

● Fresh seafood

4 filets Salmon (Salmon Stack) n/a

● Frozen vegetables

3 packages Frozen spinach (Turkey and Feta Meatloaf) (Parmesan Creamed Spinach) \$1.86

● Meat and poultry

1lb Bacon, nitrate free ((Salmon Stack) (Cheeseburger Soup) n/a

8 ea Chicken breast tenders, uncooked ("Fried Chicken Strips" with Coconut Flour) n/a

4 breasts Chicken, boneless, skinless (Mediterranean Lettuce Tacos) \$11.01

1 lb Ground Beef, grass-fed (Cheeseburger Soup) n/a

2 lbs Ground turkey (Turkey and Feta Meatloaf) \$5.98

8 chops Pork chops (Creamy Pork Chops) \$7.05

4lb whole Roasting chicken (Whole Chicken Crock-Pot) n/a

● Nuts and seeds

3 oz Pecans, chopped (Broccoli Salad) \$1.95

● Pickles

12 ea Kalamata olives (Mediterranean Lettuce Tacos) n/a

● Produce

5 oz Arugula, raw (Salmon Stack) n/a

1 1/4 lbs Broccoli (Cheeseburger Soup) (Broccoli Salad) \$2.06

5 ea Carrots ((Whole Chicken Crock-Pot) (Cheeseburger Soup) \$0.62

1 cup Cauliflower florets (Cheeseburger Soup) n/a

1 bunch Celery (Whole Chicken Crock-Pot) (Cheeseburger Soup) \$1.29

6 oz Cherry tomatoes (Broccoli Salad) n/a

1 medium Eggplant (Baked Eggplant Fries) n/a

1 lb French green beans (String Beans with Shallots) \$1.60

2 Tbs Fresh basil (Broccoli Salad) n/a

3 Lemons (Whole Chicken Crock-Pot) (Broccoli Salad) (Salmon Stack) \$0.34

4 medium Onions (Whole Chicken Crock-Pot) (Turkey and Feta Meatloaf) (Creamy Pork Chops) n/a

(Cheeseburger Soup)

1 Tbs Red onions (Mediterranean Lettuce Tacos) \$0.02

4 large Roma tomatoes (Mediterranean Lettuce Tacos) n/a

16 leaves Romaine lettuce (Mediterranean Lettuce Tacos) \$0.71

4 large Shallots (String Beans with Shallots) (Salmon Stack) n/a

3 ea Tomatoes (Salmon Stack) \$0.82

● Soups and gravies

2 cubes Chicken bouillon (Creamy Pork Chops) \$0.18

● Spices and seasonings

1 tsp Italian seasoning (Baked Eggplant Fries) \$0.57

1 tsp White pepper (Whole Chicken Crock-Pot) \$0.38

[Default Store]

● **Organic**

<input type="checkbox"/> 1/2 cup Coconut flour (Turkey and Feta Meatloaf) ("Fried Chicken Strips" with Coconut Flour)	n/a
Store Total:	\$46.87
Grocery List Total:	\$46.87

Stores

[Default Store].

Recipes

String Beans with Shallots
Parmesan Creamed Spinach
Broccoli Salad
Baked Eggplant Fries
Mediterranean Lettuce Tacos
Whole Chicken Crock-Pot
Turkey and Feta Meatloaf
Creamy Pork Chops
Salmon Stack
"Fried Chicken Strips" with Coconut Flour
Cheeseburger Soup