

VitalMeals Week 83

[Default Store]

● Canned vegetables

<input type="checkbox"/>	2 cans	Green chili peppers (Beef and Cabbage Crock-Pot with Avocado Salsa)	n/a
<input type="checkbox"/>	1 Tbs	Tomato paste (Chicken Enchilada Zucchini Boats)	\$0.09
<input type="checkbox"/>	1 1/2 cups	Tomato sauce (Chicken Enchilada Zucchini Boats)	\$0.75

● Dairy

<input type="checkbox"/>	11 large	Eggs (Bacon and Kale Frittata) (Spinach Salad)	\$2.47
<input type="checkbox"/>	1/4 cup	Goat cheese (Ham and Onion Low Carb Macaroni and Cheese)	\$1.96
<input type="checkbox"/>	1/4 cup	Half and half (Bacon and Kale Frittata)	\$0.21
<input type="checkbox"/>	1 cup	Heavy whipping cream (Ham and Onion Low Carb Macaroni and Cheese)	\$1.76
<input type="checkbox"/>	1/4 cup	Mozzarella Cheese, shredded (Bacon and Kale Frittata)	\$0.17
<input type="checkbox"/>	1 1/2 cups	Parmesan cheese, grated (Lemon Chicken and Brussels Sprouts) (Ham and Onion Low Carb Macaroni and Cheese)	\$3.78
<input type="checkbox"/>	1 3/4 cup	Sharp cheddar cheese, shredded (Ham and Onion Low Carb Macaroni and Cheese) (Chicken Enchilada Zucchini Boats)	n/a

● Deli and bakery

<input type="checkbox"/>	8 oz	Chicken, cooked (Chicken and Roasted Vegetable Soup)	n/a
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● Fresh seafood

<input type="checkbox"/>	2 lbs	Shrimp (Ginger Lime Shrimp)	\$17.98
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● Meat and poultry

<input type="checkbox"/>	14 slices	Bacon, nitrate free (Green Bean Bundles, Spinach Salad) (Bacon and Kale Frittata)	n/a
<input type="checkbox"/>	2 lbs	Beef chuck (Beef and Cabbage Crock-Pot with Avocado Salsa)	\$6.00
<input type="checkbox"/>	4	Chicken breasts, boneless, skinless (Lemon Chicken and Brussels Sprouts)	\$11.01
<input type="checkbox"/>	6 oz	Ham, nitrate free (Ham and Onion Low Carb Macaroni and Cheese)	n/a

● Mexican food products

<input type="checkbox"/>	1 Tbs	Chipotle peppers in adobo sauce (Chicken Enchilada Zucchini Boats)	n/a
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● Nuts and seeds

<input type="checkbox"/>	1/4 cup	Peanuts (Thai Slaw)	n/a
<input type="checkbox"/>	1 Tbs	Sesame seeds (Thai Slaw)	\$0.73

● Produce

<input type="checkbox"/>	2 ea	Avocados (Beef and Cabbage Crock-Pot with Avocado Salsa)	\$3.98
<input type="checkbox"/>	16 oz	Baby spinach (Chicken and Roasted Vegetable Soup)	\$1.99
<input type="checkbox"/>	2 cups	Brussels sprouts (Lemon Chicken and Brussels Sprouts)	\$0.77
<input type="checkbox"/>	1 cup	Butternut squash (Chicken and Roasted Vegetable Soup)	\$0.31
<input type="checkbox"/>	1 1/2 heads	Cabbage (Beef and Cabbage Crock-Pot with Avocado Salsa) (Thai Slaw)	\$0.22
<input type="checkbox"/>	3 large	Carrots (Thai Slaw) (Chicken and Roasted Vegetable Soup)	\$0.33
<input type="checkbox"/>	1 head	Cauliflower (Ham and Onion Low Carb Macaroni and Cheese)	\$8.09
<input type="checkbox"/>	2 cups	Cilantro (Chicken Enchilada Zucchini Boats) (Beef and Cabbage Crockpot with Avocado Salsa) (Thai Slaw)	\$1.36
<input type="checkbox"/>	2 inches	Ginger root (Ginger Lime Shrimp)	n/a
<input type="checkbox"/>	1 cup	Grape tomatoes (Bacon and Kale Frittata)	n/a
<input type="checkbox"/>	1/2 cup	Green bell peppers (Chicken Enchilada Zucchini Boats)	\$0.26
<input type="checkbox"/>	1 lb	Green snap beans (Green Bean Bundles)	\$1.60
<input type="checkbox"/>	1/4 cup	Kale (Bacon and Kale Frittata)	n/a
<input type="checkbox"/>	1 ea	Lemon (Lemon Chicken and Brussels Sprouts)	\$0.33
<input type="checkbox"/>	2 ea	Limes (Beef and Cabbage Crock-Pot with Avocado Salsa, Ginger Lime Shrimp)	\$0.40
<input type="checkbox"/>	1 8 oz	Mushrooms (Spinach Salad)	\$1.75
<input type="checkbox"/>	2 medium	Onions (Bacon and Kale Frittata) (Chicken and Roasted Vegetable Soup) (Ham and Onion Low Carb Macaroni and Cheese)	\$0.29
<input type="checkbox"/>	1/8 cup	Parsley (Thai Slaw)	\$0.03
<input type="checkbox"/>	1 medium	Poblano peppers (Beef and Cabbage Crock-Pot with Avocado Salsa)	n/a
<input type="checkbox"/>	1 1/4 heads	Red cabbage (Beef and Cabbage Crockpot with Avocado Salsa) (Thai Slaw)	n/a
<input type="checkbox"/>	1 small	Red onion (Spinach Salad)	\$0.10

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● **Produce**

<input type="checkbox"/>	1 1/4 cups	Scallions (Chicken Enchilada Zucchini Boats) (Beef and Cabbage Crockpot with Avocado Salsa) (Ginger Lime Shrimp) (Thai Slaw)	\$0.70
<input type="checkbox"/>	2 large	Shallots (Ginger Lime Shrimp)	n/a
<input type="checkbox"/>	4 medium	Zucchini (Chicken Enchilada Zucchini Boats)	\$1.31

● **Spices and seasonings**

<input type="checkbox"/>	1 tsp	Chilpote chili powder (Chicken Enchilada Zucchini Boats)	n/a
<input type="checkbox"/>	1 Tbs	Taco seasoning mix (Beef and Cabbage Crock-Pot with Avocado Salsa)	\$0.12

● **Syrups and sauces**

<input type="checkbox"/>	2 tsp	Green Tabasco sauce (Beef and Cabbage Crock-Pot with Avocado Salsa)	\$0.23
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Store Total: \$71.08
Grocery List Total: \$71.08

Stores

[Default Store].

Recipes

Spinach Salad
Green Bean Bundles
Thai Slaw
Chicken Enchilada Zucchini Boats
Lemon Chicken and Brussels Sprouts
Bacon and Kale Frittata
Beef and Cabbage Crock-Pot with Avocado Salsa
Ginger Lime Shrimp
Ham and Onion Low Carb Macaroni and Cheese
Chicken and Roasted Vegetable Soup