

VitalMeals Week 85

[Default Store]

● Bread

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

● Canned vegetables

2 cans Tomato sauce, low sugar (Low Carb Pizza) n/a

● Dairy

1/2 cup Cheddar cheese, shredded (Low Carb Jalapeno Cheddar Muffins) n/a

10 large Eggs (Baked Eggplant Fries) ("Alfredo" with Chicken and Broccoli) (Low Carb Pizza, Low Carb Jalapeno Cheddar Muffins) n/a

2 3/4 cups Heavy whipping cream ("Alfredo" with Chicken and Broccoli) (Low Carb Pizza) \$2.43

24 oz Mozzarella Cheese, shredded (Low Carb Pizza) \$3.60

1/4 cup Parmesan cheese, grated (Baked Eggplant Fries) \$0.63

1 cup Romano cheese ("Alfredo" with Chicken and Broccoli) n/a

● Deli and bakery

1/2 cup Ham, nitrate free, diced (Low Carb Pizza) \$1.12

● Fresh seafood

8 oz Crab meat (Crab and Avocado Salad) \$9.00

12 large Shrimp (Chipotle Lime Shrimp Rolls) \$1.66

● Meat and poultry

6 slices Bacon, nitrate free (Chipotle Lime Shrimp Rolls) n/a

8 breasts Chicken, boneless, skinless (Ginger Almond Chicken, "Alfredo" with Chicken and Broccoli) \$22.02

1 lb Chicken, cooked, rotisserie, (Coconut Chicken Soup) n/a

6 links Italian sausage (Italian Sausage and Peppers) (Low Carb Pizza) \$4.47

8 oz Pepperoni, nitrate free (Low Carb Pizza) n/a

● Nuts and seeds

1/4 cup Almonds, sliced (Ginger Almond Chicken) \$0.80

● Oriental food products

2 Tbs Fish sauce (Coconut Chicken Soup) \$0.09

1 Tbs Lemongrass, dried (Coconut Chicken Soup) n/a

● Produce

4 cups Arugula (Italian Sausage and Peppers) n/a

2 ea Avocados (Crab and Avocado Salad) \$3.98

4 cups Broccoli (can use frozen or fresh) ("Alfredo" with Chicken and Broccoli) n/a

5 Tbs Cilantro (Crab and Avocado Salad) (Coconut Chicken Soup) \$0.36

1 medium Eggplant (Baked Eggplant Fries) n/a

4 inches Ginger root (Coconut Chicken Soup, Ginger Almond Chicken) n/a

2 Green bell peppers (Italian Sausage and Peppers) n/a

2 ea Jalapeno peppers (Low Carb Jalapeno Cheddar Muffins) \$0.08

3 ea Limes (Chipotle Lime Shrimp Rolls, Crab and Avocado Salad) \$0.60

1/4 cup Mangos (Ginger Almond Chicken) n/a

8 oz Mushrooms, sliced (Coconut Chicken Soup) \$1.75

1/2 medium Onion ("Alfredo" with Chicken and Broccoli) \$0.07

2 ea Portobello mushrooms (Low Carb Pizza) \$4.60

1 ea Red bell peppers (Low Carb Pizza) \$0.54

1 1/2 medium Red onions (Italian Sausage and Peppers) (Crab and Avocado Salad) \$0.32

4 ea Scallions (Ginger Almond Chicken) \$0.35

2 ea Sweet potatoes (Spicy Sweet Potato Chips) \$0.85

● Spices and seasonings

1/4 tsp Chipotle powder (Chipotle Lime Shrimp Rolls) n/a

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

● Organic

2 cups Coconut milk, unsweetened (Coconut Chicken Soup) n/a

[Default Store]

● **Picnic Supplies**

12 Toothpicks (Chipotle Lime Shrimp Rolls) n/a

● **Bottled Waters**

1/3 cup Club soda (Low Carb Pizza) n/a

Store Total: \$59.89
Grocery List Total: \$59.89

Stores

[Default Store].

Recipes

Low Carb Pizza
Low Carb Jalapeno Cheddar Muffins
Spicy Sweet Potato Chips
Baked Eggplant Fries
Coconut Chicken Soup
Chipotle Lime Shrimp Rolls
Ginger Almond Chicken
"Alfredo" with Chicken and Broccoli
Italian Sausage and Peppers
Crab and Avocado Salad