

VitalMeals Week 87

[Default Store]

● Canned vegetables

15oz can Chickpeas (Italian Peppers and Beef) n/a

● Condiments

3 Tbs Capers (Salmon Citrus Salad) \$0.86

● Dairy

2 cups Cheddar cheese, shredded (Mini Pepper Tacos, Crock-Pot Sausage and Egg Bake) \$2.98

1/4 cup Feta cheese (Salmon Citrus Salad) \$0.54

3/4 cup Heavy whipping cream (Crock-Pot Sausage and Egg Bake) \$1.32

1/3 cup Mozzarella cheese, shredded (Eggplant Pizzas) \$0.23

3/4 cup Parmesan cheese, grated (Italian Peppers and Beef) (Eggplant Pizzas) \$1.89

1/2 cup Sour cream (Butternut Squash Soup with Chipotle Cream) \$0.45

● Fresh seafood

1 lb Salmon filets, wild caught (Salmon Citrus Salad) n/a

● Meat and poultry

2 lbs Beef, grass-fed, ground (Mini Pepper Tacos, Italian Peppers and Beef) n/a

4 breasts Chicken breast, boneless, skinless (Cilantro Lime Chicken) \$11.01

1 lb Sausage, ground, nitrate free (Crock-Pot Sausage and Egg Bake) n/a

● Mexican food products

3 tsp Chipotle peppers in Adobo sauce (Butternut Squash Soup with Chipotle Cream) n/a

● Nuts and seeds

1 Tbs Sesame seeds (Thai Slaw) \$0.73

● Pasta

2 cups Pizza sauce (Eggplant Pizzas) \$1.76

● Produce

10 Basil leaves (Eggplant Pizzas) \$0.16

1 head Broccoli (Crock-Pot Sausage and Egg Bake) n/a

1 medium Butternut squash (Butternut Squash Soup with Chipotle Cream) \$0.92

1/2 small head Cabbage (Thai Slaw) n/a

1 large Carrot (Thai Slaw) \$0.11

6 stalks Celery (Italian Peppers and Beef) (Butternut Squash Soup with Chipotle Cream) \$0.51

1 large bunch Cilantro (Thai Slaw, Cilantro Lime Chicken) n/a

1 ea Cucumber (Salmon Citrus Salad) \$1.69

1 large Eggplant (Eggplant Pizzas) n/a

4 ea Green bell peppers (Italian Peppers and Beef) \$2.03

2 ea Limes (Cilantro Lime Chicken) \$0.40

1 pkg Mini bell peppers (Mini Pepper Tacos) n/a

8 cups Mixed salad greens (Salmon Citrus Salad) \$5.92

1 medium Onion (Butternut Squash Soup with Chipotle Cream) \$0.14

1/8 cup Parsley (Thai Slaw) \$0.03

1 ea Red bell pepper (Italian Peppers and Beef) \$0.54

1/4 head Red/purple cabbage (Thai Slaw) n/a

5 large Roma tomatoes (Salmon Citrus Salad) n/a

8 ea Scallions (Thai Slaw, Italian Peppers and Beef) \$0.70

● Salad dressings

1 pkg Italian salad dressing dry mix (Italian Peppers and Beef) n/a

● Snack foods

1/4 cup Peanuts (Thai Slaw) n/a

● Spices and seasonings

2 tsp Italian seasoning (Eggplant Pizzas) \$1.14

[Default Store]

● Spices and seasonings

1 packet Taco seasoning mix (Mini Pepper Tacos)

\$1.38
Store Total: \$37.44
Grocery List Total: \$37.44

Stores

[Default Store].

Recipes

Butternut Squash Soup with Chipotle Cream

Thai Slaw

Mini Pepper Tacos

Cilantro Lime Chicken

Italian Peppers and Beef

Crock-Pot Sausage and Egg Bake

Eggplant Pizzas

Salmon Citrus Salad