

## VitalMeals Week 88

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### [Default Store]

#### ● Dairy

<input type="checkbox"/>	2 oz	Cream cheese (Cauliflower Macaroni and Cheese)	\$0.57
<input type="checkbox"/>	1 1/4 cups	Heavy whipping cream (Cauliflower Macaroni and Cheese, Low Carb Fried Chicken)	\$1.10
<input type="checkbox"/>	1 cup	Mozzarella cheese, shredded (Pizza Soup)	n/a
<input type="checkbox"/>	4 slices	Pepper jack cheese (Mexican Burgers)	n/a
<input type="checkbox"/>	12 oz	Sharp cheddar cheese, shredded (Cauliflower Macaroni and Cheese)	n/a
<input type="checkbox"/>	24 oz	Sharp cheddar cheese, slices (Pork and cheddar Mushroom Melt)	\$8.97

#### ● Fresh seafood

<input type="checkbox"/>	4 filets	Tilapia (Tilapia with Green Beans)	n/a
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#### ● Meat and poultry

<input type="checkbox"/>	4 slices	Bacon, nitrate free (Green Bean Bundles)	n/a
<input type="checkbox"/>	1 lb	Beef, grass-fed, ground (Mexican Burgers)	n/a
<input type="checkbox"/>	4 8oz	Beef, ribeye steaks (Sun-dried Tomato and Garlic Ribeye)	n/a
<input type="checkbox"/>	5 lbs	Chicken breast, boneless, skinless (Low Carb Fried Chicken) (Sesame Crusted Chicken)	n/a
<input type="checkbox"/>	3 oz	Pepperoni slices, nitrate free (Pizza Soup)	n/a
<input type="checkbox"/>	1 lb	Pork roast (Pork and Cheddar Mushroom Melt)	n/a

#### ● Nuts and seeds

<input type="checkbox"/>	1/2 cup	Sesame seeds (Sesame Crusted Chicken)	\$5.82
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#### ● Produce

<input type="checkbox"/>	6 cups	Cabbage (Citrus Cabbage Salad)	\$0.87
<input type="checkbox"/>	1 head	Cauliflower (Cauliflower Macaroni and Cheese)	\$4.61
<input type="checkbox"/>	1 cup	Cherry tomatoes (Tilapia with Green Beans)	n/a
<input type="checkbox"/>	1/4 cup	Fresh cilantro (Citrus Cabbage Salad)	\$0.17
<input type="checkbox"/>	2 Tbs	Fresh rosemary (Sun-dried Tomato and Garlic Ribeye)	\$0.27
<input type="checkbox"/>	1 cup	Green peppers(Pizza Soup)	n/a
<input type="checkbox"/>	1 1/2 Tbs	Green snap beans (Tilapia with Green Beans, Green Bean Bundles)	\$0.04
<input type="checkbox"/>	1 bunch	Kale (Garlic Greens)	n/a
<input type="checkbox"/>	1 ea	Lemon (Tilapia with Green Beans)	n/a
<input type="checkbox"/>	1 cup	Mushrooms, sliced (Pizza Soup)	n/a
<input type="checkbox"/>	1 bunch	Mustard greens (Garlic Greens)	n/a
<input type="checkbox"/>	2 medium	Onions (Pizza Soup) (Garlic Greens)	n/a
<input type="checkbox"/>	1 ea	Orange (Citrus Cabbage Salad)	\$0.23
<input type="checkbox"/>	2 Tbs	Parsley (Tilapia with Green Beans)	\$0.03
<input type="checkbox"/>	8 ea	Portobello mushrooms (Pork and Cheddar Mushroom Melt)	\$18.40
<input type="checkbox"/>	5 ea	Radishes (Citrus Cabbage Salad)	n/a
<input type="checkbox"/>	1 bunch	Romaine lettuce (Pork and Cheddar Mushroom Melt)	n/a
<input type="checkbox"/>	3 ea	Scallions (Citrus Cabbage Salad)	\$0.26
<input type="checkbox"/>	2 Tbs	Sun-dried tomatoes (Sun-dried Tomato and Garlic Ribeye)	\$0.11
<input type="checkbox"/>	2 ea	Sweet potatoes (Spicy Sweet Potato Chips)	\$0.85
<input type="checkbox"/>	2 ea	Tomatoes (Pork and Cheddar Mushroom Melt)	\$0.54

#### ● Salad dressings

<input type="checkbox"/>	1/2 pkg	Ranch salad dressing mix, dry (Mexican Burgers)	n/a
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#### ● Spices and seasonings

<input type="checkbox"/>	1 tsp	Poultry seasoning (Low Carb Fried Chicken)	\$0.13
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#### ● Syrups and sauces

<input type="checkbox"/>	15 oz jar	Pizza sauce (Pizza Soup)	n/a
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**Store Total:** \$42.97  
**Grocery List Total:** \$42.97

### Stores

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[Default Store].

## Recipes

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Garlic Greens  
Spicy Sweet Potato Chips  
Cauliflower Macaroni and Cheese  
Tilapia with Green Beans  
Low Carb Fried Chicken  
Green Bean Bundles  
Sun-dried Tomato and Garlic Ribeye  
Mexican Burgers  
Sesame Crusted Chicken  
Citrus Cabbage Salad  
Pork and Cheddar Mushroom Melt