

VitalMeals Week 89

[Default Store]

● Canned vegetables

- | | | | |
|--------------------------|-----------|--|-----|
| <input type="checkbox"/> | 15 oz can | Diced tomatoes (Beef and Sweet Potato Curry) | n/a |
| <input type="checkbox"/> | 8 pieces | Hearts of palm, canned (Steak Quesadillas with Avocado Sauce and Tomato Salad) | n/a |

● Coffee and tea

- | | | | |
|--------------------------|---------|-------------------------------|-----|
| <input type="checkbox"/> | 1/4 cup | Coffee, brewed (Southern BBQ) | n/a |
|--------------------------|---------|-------------------------------|-----|

● Dairy

- | | | | |
|--------------------------|---------|---|--------|
| <input type="checkbox"/> | 2 cups | Cheddar cheese, shredded (Broccoli Cheddar Soup) | \$2.98 |
| <input type="checkbox"/> | 8 oz | Cream cheese (Broccoli Cheddar Soup) | \$2.29 |
| <input type="checkbox"/> | 1/3 cup | Feta cheese, crumbled (Simple Summer Salad) | \$0.72 |
| <input type="checkbox"/> | 1 cup | Heavy whipping cream (Broccoli Cheddar Soup) | \$0.88 |
| <input type="checkbox"/> | 8 oz | Mexican cheese, shredded (Steak Quesadillas with Avocado Sauce and Tomato Salad) | n/a |
| <input type="checkbox"/> | 1/2 cup | Mozzarella cheese, shredded (Crock-Pot Italian Zucchini Meatloaf, Breakfast Pizza) | \$0.35 |
| <input type="checkbox"/> | 3/4 cup | Parmesan cheese, grated (Parmesan Creamed Spinach, Crock-Pot Italian Zucchini Meatloaf) | \$1.89 |
| <input type="checkbox"/> | 2 oz | Pepper jack cheese, shredded (Spicy Kale Stuffed Chicken Breasts) | n/a |

● Fresh seafood

- | | | | |
|--------------------------|----------|--|-----|
| <input type="checkbox"/> | 4 filets | Salmon, wild-caught (Grilled Salmon and Avocado Salsa) | n/a |
|--------------------------|----------|--|-----|

● Frozen vegetables

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|--------------------------|-------------|---|-----|
| <input type="checkbox"/> | 5 1/2 oz | Chopped kale (Spicy Kale Stuffed Chicken Breasts) | n/a |
| <input type="checkbox"/> | 2 10oz pkgs | Chopped spinach (Parmesan Creamed Spinach) | n/a |

● Meat and poultry

- | | | | |
|--------------------------|-----------|---|---------|
| <input type="checkbox"/> | 1 1/2 lbs | Beef, eye round roast (Steak Quesadillas with Avocado Sauce and Tomato Salad) | n/a |
| <input type="checkbox"/> | 3 lbs | Beef, grass-fed, ground (Crock-Pot Italian Zucchini Meatloaf) (Beef and Sweet Potato Curry) | n/a |
| <input type="checkbox"/> | 4 breasts | Chicken, boneless, skinless (Spicy Kale Stuffed Chicken Breasts) | \$11.01 |
| <input type="checkbox"/> | 5 lbs | Pork butt roast (Southern BBQ) | n/a |

● Mexican food products

- | | | | |
|--------------------------|--------|--|-----|
| <input type="checkbox"/> | 4 wrap | Low carb tortillas (Steak Quesadillas with Avocado Sauce and Tomato Salad) | n/a |
|--------------------------|--------|--|-----|

● Produce

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|--------------------------|---------------|--|---------|
| <input type="checkbox"/> | 5 ea | Avocados (Grilled Salmon and Avocado Salsa) (Steak Quesadillas with Avocado Sauce and Tomato Salad, Simple Summer Salad) | \$9.95 |
| <input type="checkbox"/> | 2 bunches | Broccoli florets (Broccoli Cheddar Soup) | n/a |
| <input type="checkbox"/> | 2 heads | Cauliflower (Cauliflower Rice) (Cauliflower "Bread" Sticks) | \$16.18 |
| <input type="checkbox"/> | 1 cup | Cherry tomatoes (Steak Quesadillas with Avocado Sauce and Tomato Salad) | n/a |
| <input type="checkbox"/> | 1 large bunch | Cilantro (Steak Quesadillas with Avocado Sauce and Tomato Salad, Grilled Salmon and Avocado Salsa) | n/a |
| <input type="checkbox"/> | 1 lb | Collard greens (Collard Greens) | n/a |
| <input type="checkbox"/> | 1 ea | Cucumber (Simple Summer Salad) | \$1.69 |
| <input type="checkbox"/> | 1 Tbs | Fresh dill weed (Simple Summer Salad) | n/a |
| <input type="checkbox"/> | 2 ea | Fresh lemons (Spicy Kale Stuffed Chicken Breasts, Simple Summer Salad) | n/a |
| <input type="checkbox"/> | 2 ea | Fresh limes (Steak Quesadillas with Avocado Sauce and Tomato Salad) | n/a |
| <input type="checkbox"/> | 3 | Grape tomatoes, sliced (Breakfast Pizza) | n/a |
| <input type="checkbox"/> | 1/4 cup | Green bell pepper (Breakfast Pizza) | \$0.13 |
| <input type="checkbox"/> | 2 1/2 medium | Onions (Beef & Sweet Potato Curry) (Cauliflower Rice) (Collard Greens) | n/a |
| <input type="checkbox"/> | 1/2 cup | Parsley (Crock-Pot Italian Zucchini Meatloaf) | \$0.12 |
| <input type="checkbox"/> | 1/4 medium | Red onion (Grilled Salmon and Avocado Salsa) | \$0.05 |
| <input type="checkbox"/> | 2 ea | Sweet potatoes (Beef and Sweet Potato Curry) | \$0.85 |
| <input type="checkbox"/> | 2 ea | Tomatoes (Collard Greens) | \$1.19 |
| <input type="checkbox"/> | 1 cup | Zucchini, shredded (Crock-Pot Italian Zucchini Meatloaf) | \$0.21 |

● Soups and gravies

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|--------------------------|--------|----------------------------------|--------|
| <input type="checkbox"/> | 3 cups | Vegetable broth (Collard Greens) | \$0.96 |
|--------------------------|--------|----------------------------------|--------|

[Default Store]

● **Unknown grocery aisle**

4 slices Pepperoni (Breakfast Pizza)

n/a
Store Total: \$51.45
Grocery List Total: \$51.45

Stores

[Default Store].

Recipes

Parmesan Creamed Spinach
Steak Quesadillas with Avocado Sauce and Tomato Salad
Spicy Kale Stuffed Chicken Breasts
Collard Greens
Cauliflower "Bread" Sticks
Broccoli Cheddar Soup
Southern BBQ
Beef and Sweet Potato Curry
Simple Summer Salad
Grilled Salmon and Avocado Salsa
Crock-Pot Italian Zucchini Meatloaf
Breakfast Pizza