

## VitalMeals Week 90

### [Default Store]

#### ● Baking products

1 cup Almond meal (Low Carb Almond Meal Pancakes) n/a

#### ● Canned vegetables

1/2 cup Artichoke hearts (Italian Vegetables) \$0.82

1 jar Roasted red peppers (Stuffed Zucchini, Italian Vegetables) n/a

1 can (4oz) Tomato paste (Low Carb Meatloaf) n/a

3 cups Tomatoes, canned diced (Tomato Basil Parmesan Soup) n/a

#### ● Dairy

1 Tbs Cream cheese (Cauliflower "Mashed Potatoes") \$0.15

2 cups Half and half (Tomato Basil Parmesan Soup) \$1.70

1 1/4 cups Parmesan cheese, grated (Cauliflower "Mashed Potatoes") (Tomato Basil Parmesan Soup) \$3.15

#### ● Fresh seafood

4 filets Salmon, wild-caught (Asian Salmon Crock-Pot) n/a

#### ● Meat and poultry

4 ea Chicken breast, boneless, skinless (Mexican Chicken Stir Fry) n/a

1 1/2 lbs Ground beef, grass-fed (Low Carb Meatloaf) n/a

1 lb Ground chicken (Chicken and Avocado Burgers) n/a

4 ea Pork chops (Tomato Basil Pork Chops) n/a

1 lb Sausage, nitrate free (Stuffed Zucchini) n/a

#### ● Nuts and seeds

1 cup Almonds, slivered (Asian Salmon Crock-Pot) n/a

#### ● Produce

1 ea Avocado (Chicken and Avocado Burgers) \$1.99

1/2 cup Black olives (Italian Vegetables) \$0.77

3 cups Broccoli florets (Mexican Chicken Stir Fry) \$0.83

1/2 lb Broccoli rabe (Italian Vegetables) n/a

1 cup Carrots (Tomato Basil Parmesan Soup) \$0.17

1 large head Cauliflower (reserve 1/2 cup florets for Italian Vegetables) (Cauliflower "Mashed Potatoes", Italian Vegetables) n/a

1 cup Celery (Tomato Basil Parmesan Soup) \$0.23

1 cup Cucumber (Asian Salmon Crock-Pot) \$0.72

2 Tbs Ginger root (Asian Cole Slaw) \$0.07

4 1/4 ea Green bell peppers (Stuffed Zucchini) (Mexican Chicken Stir Fry) \$2.16

1 ea Jalapeno pepper (Chicken and Avocado Burgers) \$0.04

4 oz Mushrooms (Italian Vegetables) \$0.87

3 medium Onions (Stuffed Zucchini, Squash and Onions) (Tomato Basil Parmesan Soup, Tomato Basil Pork Chops) n/a

1 ea Orange (Asian Salmon Crock-Pot) n/a

1 small Red onion (Asian Cole Slaw) \$0.10

2 heads Romaine lettuce (Asian Salmon Crock-Pot) \$1.98

1 1/2 cups Scallions (Asian Salmon Crock-Pot) (Asian Cole Slaw) \$0.84

2 ---16 ounce bags Slaw mix (Asian Cole Slaw) n/a

1 1/2 cups Tomatoes (Tomato Basil Pork Chops) \$1.18

5 ea Yellow squash (Italian Vegetables, Squash and Onions) n/a

5 medium Zucchini (Stuffed Zucchini, Italian Vegetables) \$1.64

#### ● Snack foods

1 small bag Pork skins, plain (Low Carb Meatloaf) n/a

#### ● Spices and seasonings

1 Tbs Garlic pepper (Low Carb Meatloaf) n/a

1 tsp Smoked paprika (Mexican Chicken Stir Fry) n/a

**[Default Store]**

● **Vinegars**

2 Tbs White vinegar (Asian Cole Slaw) \$0.07

● **Organic**

8 Tbs Annie's sesame ginger dressing (Asian Salmon Crock-Pot) n/a

**Store Total: \$19.48**

**Grocery List Total: \$19.48**

**Stores**

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[Default Store].

**Recipes**

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- Asian Cole Slaw
- Cauliflower "Mashed Potatoes"
- Asian Salmon Crock-Pot
- Stuffed Zucchini
- Tomato Basil Parmesan Soup
- Tomato Basil Pork Chops
- Low Carb Meatloaf
- Italian Vegetables
- Mexican Chicken Stir Fry
- Chicken and Avocado Burgers
- Squash and Onions
- Low Carb Almond Meal Pancakes