

## VitalMeals Week 91

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### [Default Store]

#### ● Bread

1 pkg Low carb tortillas (Curry Chicken Enchiladas) n/a

#### ● Canned vegetables

1 can Black beans (Southwest Chicken Bake) n/a

14 oz can Diced tomatoes (Low Carb Chili) \$6.57

8 oz can Tomato sauce (Low Carb Chili) \$4.00

1 can Yellow corn (Southwest Chicken Bake) n/a

#### ● Dairy

2 cups Cheddar cheese, shredded (Cheddar Waffles with Fried Eggs, Southwest Chicken Bake) \$2.98

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

1 cup Vanilla Oikos Triple Zero yogurt n/a

#### ● Fresh seafood

4 filets Tilapia (Blackened Tilapia) n/a

#### ● Frozen fruit and juices

1/4 cup Blueberries \$0.54

#### ● Meat and poultry

2 Chicken breast, boneless, skinless (Curry Chicken Enchiladas) \$5.50

8 Chicken thighs, boneless, skinless (Southwest Chicken Bake) n/a

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

3 lbs Pork tenderloin (Jerk Pork Roast) n/a

#### ● Produce

1/2 cup Cabbage (Curry Chicken Enchiladas) \$0.07

1/2 cup Carrots, shredded (Curry Chicken Enchiladas) \$0.10

1 head Cauliflower (Cauliflower Rice) \$1.45

3 stalks Celery (Spaghetti Squash Chow Mein) \$0.26

1 cup Cilantro (Curry Chicken Enchiladas) \$0.68

3 Tbsp Ginger root (Spaghetti Squash Chow Mein, Curry Chicken Enchiladas) \$0.10

1 ea Green bell pepper (Low Carb Chili) \$0.51

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

1 bunch Kale (Kickin' Kale Chips) n/a

1 ea Lemon (Blackened Tilapia) \$0.33

1 ea Lime (Curry Chicken Enchiladas) \$0.20

4 Onions (Spaghetti Squash Chow Mein) (Cauliflower Rice) (Low Carb Chili, Curry Chicken Enchiladas) \$0.64

2 cups Slaw mix (Spaghetti Squash Chow Mein) n/a

1 medium Spaghetti squash (Spaghetti Squash Chow Mein) n/a

1-2 cups Spinach n/a

1 pint Strawberries (Low Carb Berrie Smoothie) n/a

#### ● Spices and seasonings

1/2 tsp Celery seed (Blackened Tilapia) \$0.15

1 Tbs Onions flakes (Jerk Pork Roast) n/a

#### ● Syrups and sauces

1 cup Salsa (Southwest Chicken Bake) \$1.44

#### ● Organic

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

1 cup Flax seed, ground (Cheddar Waffles with Fried Eggs) n/a

1 scoop Whey protein powder n/a

#### ● Asian food

3 Tbs Fish sauce (Curry Chicken Enchiladas) \$0.13

**[Default Store]**

● **Asian food**

1 tsp Red curry paste (Curry Chicken Enchiladas)

	n/a
<b>Store Total:</b>	<b>\$25.73</b>
<b>Grocery List Total:</b>	<b>\$25.73</b>

**Stores**

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[Default Store].

**Recipes**

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Low Carb Chili  
Low Carb Jalapeno Cheddar Muffins  
Jerk Pork Roast  
Cauliflower Rice  
Blackened Tilapia  
Spaghetti Squash Chow Mein  
Kickin' Kale Chips  
Cheddar Waffles with Fried Eggs  
Curry Chicken Enchiladas  
Southwest Chicken Bake