

VitalMeals Week 93

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● Baking products

1/4 cup Swerve (Low Carb Peanut Butter Granola) n/a

● Canned vegetables

1/4 cup Black beans, canned (Kale Taco Salad) n/a

15 oz can Crushed tomatoes (Steak "Pizza-Style") \$22.02

● Condiments

1 tsp Chili sauce (Asian Cabbage Rolls) \$0.13

● Dairy

1/2 cup Feta cheese (Greek Salad) \$1.08

1/2 cup Half and half (Cream of Cauliflower Soup) \$0.43

1/2 cup Mozzarella cheese, shredded (Fried Green Tomato Salad) \$0.35

1/2 cup Parmesan cheese, grated (Fried Green Tomato Salad) \$1.26

1/4 cup Queso fresco (Kale Taco Salad) n/a

● Fresh seafood

8 oz Shrimp (Zucchini Noodles and Garlic Shrimp) \$4.50

● Frozen vegetables

10 oz pkg Cauliflower, frozen (Cream of Cauliflower Soup) n/a

● Jams and jellies

1/3 cup Peanut butter, natural (Low Carb Peanut Butter Granola) n/a

● Meat and poultry

1 lb Beef, grass-fed, ground (Asian Cabbage Rolls) n/a

1/4 lb Beef, sirloin steak, boneless (Steak "Pizza-Style") n/a

1 1/2 lbs Chicken breast, boneless, skinless (Greek Chicken Kabobs) \$7.94

● Nuts and seeds

1 1/2 cups Almonds (Low Carb Peanut Butter Granola) \$1.76

1 1/2 cups Pecans (Low Carb Peanut Butter Granola) \$3.75

1/2 cup Salted cashews (Greek Salad) n/a

1/4 cup Sunflower seed kernels (Low Carb Peanut Butter Granola) n/a

● Pickles

1/3 cup Kalamata olives (Greek Salad) n/a

4 Pepperoncini peppers, whole (Steak "Pizza-Style") n/a

● Produce

1 1/2 ea Avocados (Greek Salad, Kale Taco Salad) \$2.99

2 ea Carrots (Asian Cabbage Rolls) \$0.25

3/4 cup Celery (Cream of Cauliflower Soup) \$0.17

1 cup Cherry tomatoes (Kale Taco Salad) n/a

1/4 cup Cilantro (Kale Taco Salad) \$0.17

1/2 ea Cucumber (Greek Salad) \$0.85

2 Tbs Ginger root (Asian Cabbage Rolls) \$0.07

1 cup Grape tomatoes (Greek Salad) (Zucchini Noodles and Garlic Shrimp) n/a

3 ea Green bell peppers (Steak "Pizza Style") (Greek Chicken Kabobs) \$1.53

4 large Green tomatoes (Fried Green Tomato Salad) n/a

1 large bunch Kale (Kale Taco Salad) n/a

1 ea Lemon (Greek Chicken Kabobs) (Zucchini Noodles and Garlic Shrimp) \$0.33

1 large head Napa cabbage (Asian Cabbage Rolls) n/a

3 medium Onions (Steak "Pizza-Style") (Cream of Cauliflower Soup, Asian Cabbage Rolls) \$0.43

2 Tbs Parsley (Steak "Pizza-Style") \$0.03

3 ea Red bell peppers (Greek Chicken Kabobs) (Steak "Pizza-Style") \$1.62

1 medium Red onion (Greek Chicken Kabobs) (Greek Salad) \$0.21

2 heads Romaine lettuce (Greek Salad) (Fried Green Tomato Salad) \$1.98

2 Tbs Scallions (Kale Taco Salad) \$0.07

1 ea Sweet potato (Kale Taco Salad) \$0.43

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● **Produce**

- 1 ea Tomato (Fried Green Tomato Salad) \$0.59
- 2 medium Zucchini (Zucchini Noodles and Garlic Shrimp) \$0.66

● **Spices and seasonings**

- 3 Tbs Taco seasoning mix (Kale Taco Salad) \$0.35

● **Organic**

- 1/4 cup Coconut flour (Fried Green Tomato Salad) n/a
- 5 1/4 Tbs Vanilla whey protein powder (Low Carb Peanut Butter Granola) n/a

● **Picnic Supplies**

- 1 pkg Wooden skewers (Greek Chicken Kabobs) n/a

Store Total: \$55.95
Grocery List Total: \$55.95

Stores

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Recipes

- Steak "Pizza-Style"
- Cream of Cauliflower Soup
- Zucchini Noodles and Garlic Shrimp
- Fried Green Tomato Salad
- Greek Chicken Kabobs
- Greek Salad
- Asian Cabbage Rolls
- Kale Taco Salad
- Low Carb Peanut Butter Granola