

## VitalMeals Week 95

### [Default Store]

#### ● Beverages

1 cup Red wine (Super Simple Pot Roast) \$2.57

#### ● Canned vegetables

15 oz can Black beans (Low Carb Burrito Bowls) n/a  
 1/2 can Diced tomatoes (Southwest Chicken Casserole) \$0.23  
 2 Tbs Tomato paste (Beef and Butternut Stew) \$0.17

#### ● Dairy

1 cup Blue cheese, crumbled (Shrimp Cobb Salad) \$2.72  
 1 cup Cheddar cheese, shredded (Southwest Chicken Casserole) \$1.49  
 5 Tbs Cream cheese (Cauliflower "Mashed Potatoes", Simple and Sweet Blueberry Omelet) \$0.73  
 7 oz Fresh mozzarella cheese balls n/a  
 1 cup Mexican blend cheese, shredded (Low Carb Burrito Bowls) n/a  
 1 cup Mozzarella cheese, shredded (Cauliflower Pepperoni Pizza Bake) \$0.70  
 1/2 cup Parmesan cheese, grated (Cauliflower "Mashed Potatoes) (Cauliflower Pepperoni Pizza Bake) \$1.26

#### ● Fresh seafood

2 lbs Shrimp (Shrimp Cobb Salad) \$17.98

#### ● Meat and poultry

8 thick slices Bacon, nitrate free (Shrimp Cobb Salad) n/a  
 2 1/2 lbs Beef chuck roast (Super Simple Pot Roast) \$7.50  
 1 lb Beef stew meat (Beef and Butternut Stew) n/a  
 2 cups Chicken breast, cooked (Southwest Chicken Casserole) \$1.85  
 2 oz Pepperoni (Cauliflower Pepperoni Pizza Bake) n/a  
 4 oz Prosciutto, thinly sliced (Antipasto Kabobs) \$5.72  
 1/4 lb Salami (Antipasto Kabobs) n/a

#### ● Pickles

3 oz Black olives (Antipasto Kabobs) \$0.98  
 6 oz Roasted red bell peppers (Antipasto Kabobs) n/a

#### ● Produce

2 ea Avocados (Shrimp Cobb Salad) \$3.98  
 1 cup Baby carrots (Super Simple Pot Roast) n/a  
 1/2 cup Blueberries (Simple and Sweet Blueberry Omelet) \$1.05  
 2 cups Butternut squash (Beef and Butternut Stew) \$0.61  
 2 heads Cauliflower (Cauliflower Pepperoni Pizza Bake) (Cauliflower "Mashed Potatoes") n/a  
 2 cups Celery (Super Simple Pot Roast) \$0.46  
 3 cups Cilantro ( Low Carb Burrito Bowl) (Shrimp Cobb Salad) \$2.04  
 1 1/2 ea Green bell peppers (Low Carb Burrito Bowl) (Southwest Chicken Casserole) \$0.76  
 3 ea Jalapeno peppers (Low Carb Burrito Bowls) (Shrimp Cobb Salad) n/a  
 2 ea Leeks (Beef and Butternut Stew) \$1.17  
 2 ea Limes (Shrimp Cobb Salad) \$0.40  
 1 medium Onion (Southwest Chicken Casserole) (Super Simple Pot Roast) \$0.14  
 2 Tbs Parsley (Super Simple Pot Roast) \$0.03  
 1/2 ea Red bell peppers (Southwest Chicken Casserole) \$0.27  
 1 large Red onion, minced (Low Carb Burrito Bowls) n/a  
 1 large container Romaine lettuce (Antipasto Kabobs) (Shrimp Cobb Salad) n/a  
 6 ea Scallions (Low Carb Burrito Bowls) \$0.53  
 2 medium Spaghetti squash (Low Carb Burrito Bowls) n/a  
 1/4 cup Sun-dried tomatoes (Beef and Butternut Stew) \$0.22

#### ● Soups and gravies

1/2 can Cream of Celery soup (Southwest Chicken Casserole) n/a  
 1/2 can Cream of chicken soup (Southwest Chicken Casserole) \$0.75

**[Default Store]**

● **Spices and seasonings**

2 Tbs Creole seasoning (Shrimp Cobb Salad) \$0.12

● **Syrups and sauces**

2 cups Pizza sauce (Cauliflower Pepperoni Pizza Bake) \$1.76

16 oz jar Salsa (Low Carb Burrito Bowls) \$33.12

● **Picnic Supplies**

1 pkg Wooden skewers (Antipasto Kabobs) n/a

**Store Total: \$91.31**

**Grocery List Total: \$91.31**

**Stores**

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[Default Store].

**Recipes**

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Cauliflower "Mashed Potatoes"

Low Carb Burrito Bowls

Antipasto Kabobs

Shrimp Cobb Salad

Super Simple Pot Roast

Cauliflower Pepperoni Pizza Bake

Southwest Chicken Casserole

Beef and Butternut Stew

Simple and Sweet Blueberry Omelet