

VitalMeals Week 71

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● Canned vegetables

2 Tbs Tomato paste (CrockPot Beef Tacos) \$0.17

● Dairy

1/3 cup Feta cheese, crumbled (Simple Summer Salad) \$0.72

1/2 cup Greek yogurt, plain (Fish Taco Bowl) n/a

1 1/2 cups Mexican blend cheese, shredded (Pepper Chicken Nachos) n/a

● Fresh seafood

4 filet Fish, tilapia, raw (Fish Taco Bowl) n/a

● Meat and poultry

2 lbs Beef chuck roast (CrockPot Beef Tacos) \$6.00

1 lb Beef sirloin steak (Steak and Cilantro Kabobs) n/a

4 breasts Chicken breast, boneless, skinless (Thai Chicken Salad) \$11.01

3 cups Chicken breast, cooked (Pepper Chicken Nachos) (Summer Chicken and Veggie Soup) n/a

1 lb smoked sausage (Sausage and Zucchini Bake) n/a

● Mexican food products

1 pepper Chipotle peppers in Adobo sauce (CrockPot Beef Tacos) n/a

4 wraps Low carb tortillas (CrockPot Beef Tacos) n/a

1 cup Salsa (Pepper Chicken Nachos) \$1.44

● Oriental food products

1/3 cups Thai sweet chili sauce n/a

● Prepared foods

1/4 cup Natural peanut butter (Thai Chicken Salad) n/a

● Produce

3 ea Avocados (Simple Summer Salad) \$5.97

1 cup Baby zucchini (Summer Chicken and Veggie Soup) n/a

1/4 cup Black olives (Pepper Chicken Nachos) \$0.38

3 ea Carrots (Thai Chicken Salad) (Summer Chicken and Veggie Soup) \$0.37

1 head Cauliflower (Cauliflower Rice) \$1.45

1 1/2 bunches Cilantro (Thai Chicken Salad) (Steak and Cilantro Kabobs) n/a

2 ea Cucumber (Thai Chicken Salad) (Simple Summer Salad) \$3.38

1/4 cup Fresh basil (Summer Chicken and Veggie Soup) \$0.34

1 Tbs Fresh dill weed (Simple Summer Salad) n/a

2 cups Grape tomatoes (Sausage and Zucchini Bake) n/a

1 ea Green bell peppers (Steak and Cilantro Kabobs) \$0.51

1 ea Leeks (Summer Chicken and Veggie Soup) \$0.59

1 ea Lemon (Simple Summer Salad) (Summer Chicken and Veggie Soup) \$0.33

1 ea Lime \$0.20

1/4 head Napa cabbage, raw (Thai Chicken Salad) n/a

3 medium Onions (Sausage & Zucchini Bake) (Cauliflower Rice, CrockPot Beef Tacos) \$0.43

1 lb Peppers, sweet minis (Pepper Chicken Nachos) n/a

2 ea Red bell peppers (Thai Chicken Salad) (Steak and Cilantro Kabobs) \$1.08

1 medium Red onions (Steak and Cilantro Kabobs) \$0.21

2 hearts Romaine lettuce (Thai Chicken Salad) n/a

12 ea Scallions (Thai Chicken Salad, Fish Taco Bowl) (Pepper Chicken Nachos) \$1.05

1 large bag Slaw mix (Fish Taco Bowl) n/a

2 cups Spinach (Summer Chicken and Veggie Soup) \$0.26

1 medium Squash, yellow (Sausage and Zucchini Bake) n/a

1 ea Yellow bell peppers (Steak and Cilantro Kabobs) \$1.28

1 ea Zucchini (Sausage and Zucchini Bake) \$0.35

● Snack foods

1/2 cup Peanuts, salted (Thai Chicken Salad) n/a

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● **Syrups and sauces**

2 tsp Green pepper Tabasco sauce (Fish Taco Bowl) \$0.23

● **Picnic Supplies**

1 pkg Wooden skewers (Steak and Cilantro Kabobs) n/a

Store Total: \$37.75

Grocery List Total: \$37.75

Stores

[Default Store].

Recipes

- Cauliflower Rice
- CrockPot Beef Tacos
- Thai Chicken Salad
- Sausage and Zucchini Bake
- Steak and Cilantro Kabobs
- Simple Summer Salad
- Fish Taco Bowl
- Pepper Chicken Nachos
- Summer Chicken and Veggie Soup