

VitalMeals Week 73

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● Bread

1 slice Bread, healthy life (Roasted Tomato Gazpacho) n/a

● Condiments

3 oz Black olives (Antipasto Kabobs) \$0.98

6 oz Roasted red bell peppers (Antipasto Kabobs) n/a

● Dairy

1 cup Blue cheese, crumbled (Shrimp Cobb Salad) \$2.72

17 large Eggs (Shrimp Cobb Salad) (Cauliflower Rice) (Low Carb Jalapeno Cheddar Muffins, Stuffed Poblano Peppers) \$3.81

2 cups Mexican blend cheese, shredded (Stuffed Poblano Peppers) n/a

8 slices Monterey Jack cheese (Stuffed Poblano Peppers) \$1.90

7 balls Mozzarella cheese, fresh (Antipasto Kabobs) n/a

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

● Fresh seafood

2 lbs Shrimp, peeled and de-veined (Shrimp Cobb Salad) \$17.98

● Meat and poultry

14 thick slices Bacon, nitrate free (Shrimp Cobb Salad) (Cauliflower Potato Salad) n/a

1 lb Beef, grass-fed, ground, raw (Old Fashioned Hamburgers) n/a

2 cups Chicken breast, cooked (Chicken Avocado Lettuce Wraps) \$1.85

1 lb Chicken breasts, boneless, skinless (Chicken and Broccoli Stir Fry) \$5.29

4 oz Prosciutto, thinly sliced (Antipasto Kabobs) \$5.72

1/4 lb Salami, Genoa (Antipasto Kabobs) n/a

● Nuts and seeds

1/4 cup Pine nuts (Roasted Tomato Gazpacho) \$2.25

● Produce

4 ea Avocados (Chicken Avocado Lettuce Wraps, Shrimp Cobb Salad) \$7.96

1 1/4 lbs Broccoli florets (Chicken and Broccoli Stir Fry) \$2.06

2 heads Cauliflower (Cauliflower Rice) (Cauliflower Potato Salad) \$16.18

3 stalks Celery (Cauliflower Potato Salad) \$0.26

2 cups Cilantro (Shrimp Cobb Salad) \$1.36

1/2 Tbs Ginger root (Chicken and Broccoli Stir Fry) \$0.02

1/2 medium Green bell peppers (Chicken Avocado Lettuce Wraps) \$0.21

3 ea Jalapeno peppers (Shrimp Cobb Salad) (Low Carb Jalapeno Cheddar Muffins) \$0.12

3 ea Limes (Chicken Avocado Lettuce Wraps, Shrimp Cobb Salad) \$0.60

3 small Onions (Chicken and Broccoli Stir Fry) (Cauliflower Rice) (Cauliflower Potato Salad) \$0.27

8 large Poblano peppers (Stuffed Poblano Peppers) n/a

1 ea Red bell peppers (Roasted Tomato Gazpacho) \$0.54

4 Tbs Red onions (Chicken Avocado Lettuce Wraps) \$0.07

2 1/2 lbs Roma tomatoes (Chicken Avocado Lettuce Wraps, Roasted Tomato Gazpacho) n/a

16oz bag + 1 bunch Romaine lettuce (Antipasto Kabobs) (Chicken Avocado Lettuce Wraps, Shrimp Cobb Salad) \$0.99

12 oz White button mushrooms (Chicken and Broccoli Stir Fry) \$2.62

1/2 medium Yellow onion (Roasted Tomato Gazpacho) n/a

● Spices and seasonings

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

● Syrups and sauces

1 can Enchilada sauce (Stuffed Poblano Peppers) n/a

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● **Picnic Supplies**

1 pkg Wooden skewers (Antipasto Kabobs)

	n/a
Store Total:	\$75.88
Grocery List Total:	\$75.88

Stores

[Default Store].

Recipes

Low Carb Jalapeno Cheddar Muffins
Stuffed Poblano Peppers
Chicken Avocado Lettuce Wraps
Chicken and Broccoli Stir Fry
Antipasto Kabobs
Shrimp Cobb Salad
Old Fashioned Hamburgers
Cauliflower Potato Salad
Roasted Tomato Gazpacho