

## VitalMeals Week74

### [Default Store]

#### ● Bread

2 Slices Bread, healthy life (Broccoli Chicken Casserole) n/a

#### ● Canned vegetables

1 can Tomato sauce, low sugar (Sweet and Sour Brisket) n/a

#### ● Dairy

1/3 cup 2% milk (Broccoli Chicken Casserole) \$0.11

1/2 cup Cheddar cheese, shredded (Broccoli Chicken Casserole) \$0.74

1/2 cup Heavy whipping cream (Pizza Topping Bake) \$0.44

8 oz Mozzarella (Pizza Topping Bake) \$1.20

#### ● Deli and bakery

8 oz Chicken, cooked, rotisserie, (Chicken and Egg Sweet Potato Hash) n/a

#### ● Fresh seafood

1 lb Shrimp (Spicy Shrimp and Cashew Stir Fry) \$8.99

#### ● Meat and poultry

1 3 lb Beef brisket (Sweet and Sour Brisket) n/a

1 lb Beef, grass-fed, ground, raw (Cabbage Enchiladas) n/a

1 1/2 cups Chicken breast, boneless, skinless (Broccoli Chicken Casserole) \$1.39

1 lb Italian sausage (Pizza Topping Bake) \$2.99

35 slices Pepperoni, nitrate free (Pizza Topping Bake) n/a

#### ● Mexican food products

1 can Enchilada Sauce (Cabbage Enchiladas) n/a

#### ● Nuts and seeds

3/4 cup Cashews, roasted (Spicy Shrimp and Cashew Stir Fry) n/a

#### ● Produce

1 lb Broccoli florets (Broccoli Chicken Casserole) \$1.65

8 leaves Cabbage (Cabbage Enchiladas) \$0.20

1 lb Carrots (Summer Carrot Soup) \$0.70

4 stalks Celery (Spicy Shrimp and Cashew Stir Fry) \$0.34

1 tsp Chives (Chicken and Egg Sweet Potato Hash) \$0.07

1 inch Ginger root (Spicy Shrimp and Cashew Stir Fry) \$0.01

1 1/2 Green bell peppers (Cabbage Enchiladas, Pizza Topping Bake) \$0.76

8 oz Mushrooms (Pizza Topping Bake) \$1.75

3 large Onions (Chicken and Egg Sweet Potato Hash) (Cabbage Enchiladas, Sweet and Sour Brisket) \$0.59

1 head Red cabbage (Braised Cabbage) \$1.48

2 small Red onions (Pizza Topping Bake) (Summer Carrot Soup) \$0.21

3 ea Scallions (Spicy Shrimp and Cashew Stir Fry) \$0.26

10 oz Sweet potato (Chicken and Egg Sweet Potato Hash) \$0.93

1 medium Tomatoes (Cabbage Enchiladas) \$0.27

#### ● Salad dressings

1 Tbs White cooking wine (Spicy Shrimp and Cashew Stir Fry) n/a

#### ● Soups and gravies

10.5 oz can Cream of broccoli soup, condensed (Broccoli Chicken Casserole) n/a

4 cups Vegetable broth (Summer Carrot Soup) \$1.28

#### ● Spices and seasonings

1 tsp Fennel seed (Braised Cabbage) \$0.36

1/2 tsp Italian seasoning (Pizza Topping Bake) \$0.28

#### ● Spaghetti sauce

1/4 cup Pizza sauce (Pizza Topping Bake) \$0.22

**Store Total: \$27.22**

**Grocery List Total: \$27.22**

## Stores

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[Default Store].

## Recipes

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Cabbage Enchiladas  
Chicken and Egg Sweet Potato Hash  
Broccoli Chicken Casserole  
Sweet and Sour Brisket  
Braised Cabbage  
Spicy Shrimp and Cashew Stir Fry  
Pizza Topping Bake  
Summer Carrot Soup