

VitalMeals Week 72

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● Canned vegetables

1 Tbs Tomato paste (Pork Kabobs) \$0.09

● Dairy

3 large Egg (Fried Green Tomato Salad) (Low Carb Crab Cakes) \$0.67

1/2 cup Feta cheese, crumbled (Grilled Chicken and Veggies) \$1.08

1/4 cup Half and half (Loaded Sweet Potato Skins) \$0.21

3 cups Mexican blend cheese (Mexican Pizza, Loaded Sweet Potato Skins) n/a

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

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

4 oz Sour cream (Loaded Sweet Potato Skins) (Mexican Pizza) \$0.44

● Deli and bakery

1 lb Chicken, rotisserie, original seasoning (Coconut Chicken Soup) n/a

● Fresh seafood

1 cup Lump crab meat (Low Carb Crab Cakes) n/a

● Meat and poultry

4 slices Bacon, nitrate free (Loaded Sweet Potato Skins) n/a

1 lb Beef sirloin, steak, (Balsamic Grilled Steak) n/a

1 lb Beef, grass-fed, ground, raw (Mexican Pizza) n/a

4 breasts Chicken breast, boneless, skinless (Grilled Chicken and Veggies) \$11.01

1 1/2 lbs Pork, boneless cubed (Pork Kabobs) \$6.45

● Mexican food products

8 wraps Low carb tortillas (Mexican Pizza, Pork Kabobs) n/a

4 Tbs Red taco Sauce (Mexican Pizza) n/a

● Oriental food products

2 Tbs Fish sauce (Coconut Chicken Soup) \$0.09

● Produce

1 can Black olives (Mexican Pizza) \$1.39

1 head Cauliflower (Cauliflower Rice) \$1.45

2 cups Cherry tomatoes (Balsamic Grilled Steak) n/a

3 Tbs Cilantro (Coconut Chicken Soup) \$0.21

2 Eggplant (Grilled Chicken and Veggies) (Pork Kabobs) \$2.82

3 Tbs Ginger root (Asian Cole Slaw) (Coconut Chicken Soup) \$0.10

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

4 oz Guacamole (Mexican Pizza) \$1.20

1 ea Lemon (Low Carb Crab Cakes) n/a

1 Tbs Lemongrass, dried (Coconut Chicken Soup) n/a

1 ea Lime (Coconut Chicken Soup) n/a

8 oz Mushrooms (Coconut Chicken Soup) \$1.75

1 small Onions (Cauliflower Rice) \$0.09

1 ea Oranges (Pork Kabobs) n/a

1 ea Red bell peppers (Grilled Chicken and Veggies) \$0.54

2 small Red onions (Pork Kabobs) (Asian Cole Slaw) \$0.21

8 cups Romaine lettuce (Fried Green Tomato Salad) \$0.72

1 bunch Scallions (Asian Cole Slaw) n/a

2 16 ounces bags Slaw mix (Asian Cole Slaw) n/a

2 small Sweet potato (Loaded Sweet Potato Skins) n/a

2 ea Tomatoes (Mexican Pizza, Fried Green Tomato Salad) \$1.19

1 medium Zucchini (Grilled Chicken and Veggies) \$0.33

● Spices and seasonings

2 tsp Old Bay seasoning (Low Carb Crab Cakes) n/a

● Syrups and sauces

1/4 cup Barbecue sauce (Balsamic Grilled Steak) \$0.29

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● **Syrups and sauces**

<input type="checkbox"/>	8 Tbs	Salsa (Mexican Pizza)	\$0.71
<input type="checkbox"/>	1 small container	Tzatziki sauce (Pork Kabobs)	n/a

● **Organic**

<input type="checkbox"/>	3/8 cup	Coconut flour (Fried Green Tomato Salad, Low Carb Crab Cakes)	n/a
<input type="checkbox"/>	2 cups	Coconut milk, unsweetened (Coconut Chicken Soup)	n/a

● **Picnic Supplies**

<input type="checkbox"/>	1 x pkg	Wooden skewers (Pork Kabobs)	n/a
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Store Total: \$34.65
Grocery List Total: \$34.65

Stores

[Default Store].

Recipes

Asian Cole Slaw
Cauliflower Rice
Mexican Pizza
Fried Green Tomato Salad
Grilled Chicken and Veggies
Pork Kabobs
Low Carb Crab Cakes
Balsamic Grilled Steak
Loaded Sweet Potato Skins
Coconut Chicken Soup