

Condiments & Spices

- ☐ Dried oregano 0.5tsp
- ☐ Oil 1.5tbsp
- ☐ Onion powder 0.5tsp
- ☐ Smoked paprika 0.5tsp

Vegetables

- ☐ Russet potatoes 2 units (425g)

Meat

- ☐ Rib-eye steak 1 steak (130g)