

### **Condiments & Spices**

- Lemon juice 2 tbsp

### **Fruits**

- Bananas 2.5 units

### **Snacks**

- Almond butter 1/4 cup

### **Dairy**

- Cottage cheese 1 cup
- Greek yogurt 1.25 cups
- Mozzarella 1.5 cups
- Parmesan cheese 0.25 cup

### **Meat**

- Shredded Chicken 2 cups

### **Vegetables**

- Baby spinach 8oz
- Bell peppers 3 units
- Celery 2 stalks
- Dill 3 tbsp
- Garlic 1 clove
- Grape tomatoes 1 cup
- Green cabbage 3 cups
- Lettuce 4 cups
- Parsley 1/4 cup
- Purple cabbage 2 cups
- Red onion 1/4 cup