

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