

Bakery

- Whole-wheat country bread 2 slices

Vegetables

- Butternut squash 2.5 cups
- Cauliflower 1.25lb
- Celery 0.25 cup
- Cilantro 1tbsp
- Red pepper 0.5 units
- Yellow onion 0.25 cup

Condiments & Spices

- Lime juice 0.5 tbsp

Fruits

- Apple 1 unit
- Avocado 1 unit
- Cranberries cup
- Lime 1 unit

Seafood

- Shrimp 0.5lb

Rice, Cereal & Legumes

- Quinoa $\frac{3}{4}$ cup (135g)

Canned Goods

- Chicken or vegetable stock 1.5 cups
- Coconut milk 0.5 can (7.5oz)
- Fire roasted corn 0.5 cup

Dairy

- Feta cheese 1 pack
- Shredded cheese 0.5 cup

Snacks

- Toasted nuts or seeds to $\frac{1}{4}$ cup