

Canned Goods

- Kalamata olives cup
- Roasted Tomatoes 0.5 recipe

Fruits

- Cherries 30 units
- Lemon 1 unit

Rice, Cereal & Legumes

- Roasted chickpeas 0.5 cup
- Whole grain pasta 1lb (450g)

Vegetables

- Asparagus 1lb
- Cherry tomatoes 20-24 units
- English peas 2 cups
- Garlic 10 cloves
- Mint leaves 24 leaves
- Persian cucumbers 0.5 cup
- Red onion 2 medium
- Salad leaves 6 cups
- Shallots 1lb

Condiments & Spices

- Lemon juice 2 tbsp
- Mixed Herbs 100g

Meat

- Duck breasts 4 medium

Snacks

- Brazil nuts 10 units