Baking

- ◯ Maple syrup to taste
- ◯ Powdered sugar to taste
- ◯ Vanilla extract ¼ tsp

Dairy

- ◯ Half and half or milk ½ cup
- ◯ Skim milk powder ¼ cup
- ◯ Unsalted butter 2tbsp

Fruits

- ◯ Orange zest 1 tsp

Vegetables

- ◯ Carrot 1 large
- ◯ Green bell pepper 1 unit
- ◯ Onion 1 large
- ◯ Potato 1lb
- ◯ Sweet peas 7oz

Bakery

- ◯ Bratt sausage buns 1 pack

Frozen Foods

- ◯ Frozen French fries 1 bag

Meat

- ◯ Bacon 6 slices
- ◯ Chicken 1lb