

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