Condiments & Spices

- ◯ Nori sheets 2 sheets
- ◯ Salt and black pepper to taste

Rice, Cereal & Legumes

- ◯ Casarecce pasta 4 oz (120g)

Dairy

- ◯ Cottage cheese 16oz
- ◯ Egg 3 units
- ◯ Greek yogurt ¼ cup

Vegetables

- ◯ Cauliflower rice 300g
- ◯ Corn 1 cup
- ◯ Cucumber ½ unit
- ◯ Green onions ¼ cup
- ◯ Shredded carrot 1 bag