

Baking

- Almond flour 1/3 cup
- White whole wheat flour 1/2 cup

Fruits

- Apple 1/2 cup
- Banana 1 unit

Rice, Cereal & Legumes

- Chia seeds 1 tsp
- Rolled oats 1/2 cup

Dairy

- Whole milk 1/2 cup

Meat

- Ground Turkey/Chicken 1lb

Vegetables

- Sweet potato 1 unit