

Canned Goods

- ☐ Chicken broth 1 cup

Dairy

- ☐ Butter or Olive Oil 4tbsp

Vegetables

- ☐ Brown shallot 2 units
- ☐ Fresh baby spinach 2.5 cups
- ☐ Onion 1 small

Condiments & Spices

- ☐ Dried Italian Herbs 2 teaspoons
- ☐ Sun Dried Tomatoes $\frac{1}{2}$ cup

Rice, Cereal & Legumes

- ☐ Potato Gnocchi 1lb (500g)