

Canned Goods

- ☐ Chicken Stock 1 cup

Dairy

- ☐ Parmesan Cheese 0.25 cup

Vegetables

- ☐ Asparagus 0.5 cup

Condiments & Spices

- ☐ Fresh Dill 1 tbsp
- ☐ Lemon Juice $\frac{1}{4}$ lemon

Rice, Cereal & Legumes

- ☐ Orzo 0.5 cup