

Canned Goods

- ☐ Sun-dried tomatoes 1/2 cup

Dairy

- ☐ Butter 4tbsp
- ☐ Gorgonzola cheese 2 cups
- ☐ Heavy cream 4 cups
- ☐ Parmesan cheese 2 cups

Rice, Cereal & Legumes

- ☐ Fettuccine pasta 2lb

Condiments & Spices

- ☐ Olive oil 4tbsp
- ☐ Pepper to taste
- ☐ Salt to taste

Meat

- ☐ Steak 3lb

Vegetables

- ☐ Garlic 8 cloves
- ☐ Parsley 100g
- ☐ Spinach 4 cups