Canned Goods

- ◯ Zuurkool 1.1lb (500g)

Meat

- ◯ Lean ground beef 0.88lb (400g)

Dairy

- ◯ Goat cheese 100g
- ◯ Greek yogurt (10% fat) 100g

Vegetables

- ◯ Pumpkin cubes 1.1lb (500g)
- ◯ Rucola 100g