

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