

Beverages

- ☐ Water 1 jar

Condiments & Spices

- ☐ Garlic powder 1.5tsp
- ☐ Italian seasoning 2tsp
- ☐ Low sodium soy sauce or coconut aminos 2tbsp
- ☐ Red pepper flakes 1tbsp
- ☐ Salt and pepper to taste

Meat

- ☐ Chicken Breasts 3 units
- ☐ Ground Sausage 1lb

Vegetables

- ☐ Coleslaw mix 7 cups
- ☐ Fresh parsley/basil to taste
- ☐ Garlic 3 cloves
- ☐ Ginger 1 tbsp
- ☐ Green onions 1/2 cup
- ☐ Yellow onion 1 unit

Canned Goods

- ☐ Marinara Sauce 1 bottle (24oz)

Dairy

- ☐ Mozzarella cheese 1 cup
- ☐ Parmesan cheese 1/2 cup

Rice, Cereal & Legumes

- ☐ Pasta 16oz