

Rice, Cereal & Legumes

- ☐ Chickpeas 1 can

Canned Goods

- ☐ Bone broth 2 cups
- ☐ Coconut milk 1 can (13.6 oz)

Condiments & Spices

- ☐ Fresh ginger 1 teaspoon
- ☐ Low sodium soy sauce cup

Dairy

- ☐ Milk 1 small

Beverages

- ☐ Dairy free milk 2 cups

Vegetables

- ☐ Broccoli 1 cup
- ☐ Cherry tomatoes 1 cup
- ☐ Cilantro 1 bunch
- ☐ Dill 0.25 cup
- ☐ English cucumber 1-3 units
- ☐ Italian parsley 0.33 cup
- ☐ Mint leaves 0.25 cup
- ☐ Red bell pepper 1.5 units
- ☐ Red onion 1.5 units
- ☐ Shredded carrots 1 cup
- ☐ Yellow onion 0.5 medium

Baking

- ☐ Avocado 1-2 units
- ☐ Chia seed ¼ cup
- ☐ Green onions 1 bunch
- ☐ Panko 1 bag (toasted)
- ☐ Sesame seeds 1 bag

Meat

- ☐ Ground turkey 1 lb
- ☐ Rotisserie chicken 1 unit

Fruits

- ☐ Avocado 2 large
- ☐ Lemon 1.5
- ☐ Raspberries 1 container