

Canned Goods

- ☐ Beef broth cup

Meat

- ☐ Bacon 8 slices
- ☐ Ground beef or sausage 3lb

Dairy

- ☐ Almond milk cup

Vegetables

- ☐ Asparagus 1 bunch
- ☐ Cabbage 18 cups
- ☐ Carrot 3 cups
- ☐ Garlic 1 head
- ☐ Green onion 4 bunch
- ☐ Spaghetti squash 1 medium to large