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