

Condiments & Spices

- ☐ Lemon juice 1 tablespoon
- ☐ Mayonnaise 3/4 cup
- ☐ Whole grain mustard 3 tablespoons

Meat

- ☐ Chicken breast 1 unit
- ☐ Lunch meat 1 unit

Vegetables

- ☐ Celery 3 stalks
- ☐ Mushroom 16oz
- ☐ Red onion 1 unit
- ☐ Scallions 5 stalks
- ☐ Tomatoes 1 bag
- ☐ Yellow onion 3 units
- ☐ Yukon Gold potatoes 2 lbs

Dairy

- ☐ Cream as needed

Rice, Cereal & Legumes

- ☐ Egg noodles 1 package