

Bakery

- ☐ Naan 1 portion

Condiments & Spices

- ☐ Oyster sauce 0.25 cup
- ☐ Salsa verde jarred 16 oz

Fruits

- ☐ Avocado 1 unit

Rice, Cereal & Legumes

- ☐ Barley 1 cup raw
- ☐ Brown lentils 1 $\frac{1}{4}$ cups cooked

Canned Goods

- ☐ Black beans (canned) 15 oz
- ☐ Chicken broth 10 cups
- ☐ Chickpeas (canned) 15 oz
- ☐ Coconut milk (canned, full-fat) 1 cups
- ☐ Diced tomatoes (canned) 40 oz
- ☐ Diced tomatoes & green chilies (canned) 10 oz
- ☐ Fire-roasted tomatoes (canned) 45 oz
- ☐ Pinto beans (canned) 30 oz
- ☐ Tomato paste 2 tbsp

Dairy

- ☐ Feta cheese $\frac{1}{4}$ cup
- ☐ Ricotta 1 container
- ☐ Sour cream 1 container

Meat

- ☐ Bacon 1 package
- ☐ Boneless, skinless chicken thighs 3.5 lbs
- ☐ Cooked chicken 2 cups
- ☐ Ground meat 1 lb

Vegetables

- ☐ Bell pepper 2 large
- ☐ Carrot 3 large
- ☐ Cherry tomato 1.75 cups
- ☐ Cilantro 1/3 cup fresh
- ☐ Garlic 9 cloves
- ☐ Ginger 1tbsp grated
- ☐ Jalapeño 1 medium
- ☐ Red onion 1 medium