Canned Goods
- ◯ Canned Pineapple 1 can

Seafood
- ◯ Salmon fillets 520g

Snacks
- ◯ Toasted pine nuts 1 pack

Dairy
- ◯ Greek yogurt 1tbsp
- ◯ Sýr Gruyère 150g
- ◯ Zakysaná smetana 1 unit

Meat
- ◯ Chicken breast 1 pack

Vegetables
- ◯ Carrot 1 unit
- ◯ Celery 3 stalks
- ◯ Coriander 2 tbsp
- ◯ Cucumber 1 unit
- ◯ Eggplant 2 units
- ◯ Ginger 2.5cm
- ◯ Pak choi 2 units
- ◯ Paprika 1 unit
- ◯ Red onion 2 units
- ◯ Spring onions 3 units
- ◯ White cabbage ½ unit
- ◯ Zucchini 1 unit