Canned Goods

- ◯ Crushed tomatoes 28oz can
- ◯ Sun-dried tomatoes 8oz jar
- ◯ Tomato paste 1tbsp

Dairy

- ◯ Grated parmesan cheese ¾ cup
- ◯ Heavy cream 1 cup
- ◯ Salted butter 2tbsp
- ◯ Shredded cheddar 1 pack

Meat

- ◯ Chicken breasts 1lb
- ◯ Ground beef 1.5lb

Rice, Cereal & Legumes

- ◯ Kidney beans 15oz
- ◯ Pinto beans 15oz

Condiments & Spices

- ◯ Black pepper to taste
- ◯ Chili powder 3tbsp
- ◯ Dijon mustard 2tsp
- ◯ Garlic powder 1tsp
- ◯ Ground cumin 2tsp
- ◯ Italian seasoning 4tsp
- ◯ Kosher salt 1tbsp
- ◯ Olive oil 2tbsp
- ◯ Paprika 1tsp
- ◯ Red pepper flakes to taste

Fruits

- ◯ Lemon Juice 1 unit

Miscellaneous

- ◯ Short cut pasta 1lb

Vegetables

- ◯ Baby spinach 2 cups
- ◯ Celery 2 stalks
- ◯ Garlic 2 cloves
- ◯ Green bell pepper 1 medium
- ◯ Green onions 1 bunch
- ◯ Onion 1 medium
- ◯ Shallot 1 medium