

Dairy

- ☐ Feta cheese 200g
- ☐ Hummus 1.5 cups (300g)

Vegetables

- ☐ Cherry tomatoes 4 cups
- ☐ Fresh baby spinach 12oz (about 16 cups)
- ☐ Red onion 1 small

Rice, Cereal & Legumes

- ☐ Bulgur 2 cups
- ☐ Garbanzo beans (Chickpeas) 15oz