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