

Canned Goods

- ☐ Chicken broth 4 cups
- ☐ Cream of mushroom soup 1 can (10.75oz)

Dairy

- ☐ Milk 0.5 cup
- ☐ Shredded cheddar cheese 0.5 cup

Rice, Cereal & Legumes

- ☐ Rice 1 cup

Condiments & Spices

- ☐ Black pepper 1/4tsp
- ☐ Olive oil 1tbsp
- ☐ Salt 1/2tsp

Meat

- ☐ Chicken breasts 1lb

Vegetables

- ☐ Broccoli 10oz
- ☐ Onion 1 unit