Dairy

- ◯ Feta 100g
- ◯ Soured cream 5 tbsp

Meat

- ◯ Chicken breast 1.33
- ◯ Lean beef mince 400g

Snacks

- ◯ Tortilla chips 200g

Fruits

- ◯ Avocados 2
- ◯ Lime 1

Rice, Cereal & Legumes

- ◯ Black beans 400g can

Vegetables

- ◯ Iceberg lettuce 1 small head
- ◯ Tomatoes 2 units