

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