

Canned Goods

- ☐ Chicken broth 4 cups

Meat

- ☐ Ground beef 1lb

Vegetables

- ☐ Eggplant 2 units
- ☐ Fresh basil 1tbsp

Dairy

- ☐ Egg whites 5 units
- ☐ Parmesan cheese 1 cup
- ☐ Ricotta cheese 15oz

Rice, Cereal & Legumes

- ☐ Ground golden flaxseed 2 cups