

Beverages

- Apple cider 2 cups

Condiments & Spices

- Nutritional yeast flakes ¼ tsp

Meat

- Pork tenderloin 1lb (450g)

Canned Goods

- Sun dried tomatoes 60g

Dairy

- Greek yogurt 5tbsp
- Soy milk 1 cup

Vegetables

- Carrots 1lb
- Frozen Spinach 100g
- Yukon Gold Potatoes 1.5lb