Beverages

- ◯ Apple cider 0.5 cup

Dairy

- ◯ Manchego cheese 1 cup

Snacks

- ◯ Goji berries ½ cup
- ◯ Hazelnuts 1 cup (8oz)
- ◯ Pumpkin seeds 1 cup
- ◯ Sunflower seeds 1 cup

Condiments & Spices

- ◯ Coconut oil 0.25 cup
- ◯ Fresh thyme 2 tbsp
- ◯ Ground chipotle ½ tsp
- ◯ Honey 2 tbsp
- ◯ Smoked paprika 1 tsp

Fruits

- ◯ Honeycrisp apples 2 units

Vegetables

- ◯ Brussels sprouts 2 cups
- ◯ Kale 4 cups
- ◯ Shallot 1 unit