

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