

### **Condiments & Spices**

- ☐ Balsamic vinegar 1tbsp
- ☐ Extra virgin olive oil 3tbsp
- ☐ Garlic powder 0.5tsp
- ☐ Salt to taste

### **Vegetables**

- ☐ Brussels sprouts 1lb

### **Snacks**

- ☐ Dried cranberries  $\frac{1}{2}$  cup
- ☐ Sliced almonds  $\frac{1}{2}$  cup