

### **Bakery**

- Low-carb tortilla 1 large

### **Frozen Foods**

- Frozen stir fry vegetables 250g

### **Condiments & Spices**

- Honey 15g
- Kinder's Buttery Garlic & Herb Seasoning 1 tbsp

### **Dairy**

- Egg whites 15g
- Laughing Cow cheese 1 wedge
- Shredded mozzarella cheese 1 bag + 1/4 cup

### **Beverages**

- Orange juice 1 bottle

### **Rice, Cereal & Legumes**

- Maruchan ramen 2 packs

### **Canned Goods**

- Alfredo sauce 1 jar
- Marinara sauce 1 jar

### **Meat**

- Chicken breast 2 lbs
- Turkey sausage or turkey bacon 1/4 cup cooked

### **Fruits**

- Oranges 6 units
- Orange zest 1 unit