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