Canned Goods
- ◯ Chicken stock (salted) 2 cups

Dairy
- ◯ Feta cheese ¼ cup

Meat
- ◯ Ground chicken 1lb
- ◯ Lamb rib chops 2.25lb

Snacks
- ◯ Sliced almonds 1 cup

Condiments & Spices
- ◯ Ginger 2 tbsp
- ◯ Rosemary 2 sprigs
- ◯ Thai or Fresno chiles 1-2 chiles

Fruits
- ◯ Apple 2 units
- ◯ Lemon peel 4 small pieces
- ◯ Mint leaves 1 cup

Rice, Cereal & Legumes
- ◯ Arugula 1 bunch
- ◯ Orzo 1.5 cups
- ◯ Ramen or stir fry noodles 2 packets

Vegetables
- ◯ Carrots 1 lb
- ◯ Cauliflower 1 unit
- ◯ Chives/Herbs 1 bunch
- ◯ Green cabbage 1 unit
- ◯ Green onions 13 units
- ◯ Kale 2 bunches
- ◯ Red onion 1 cups
- ◯ Spinach 2 cups
- ◯ Sprouts 1 unit
- ◯ Winter squash 2-3 cups