

Canned Goods

- ☐ Chicken stock (salted) 2 cups

Dairy

- ☐ Feta cheese $\frac{1}{4}$ 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