Beverages
- ◯ Water 3 cups

Condiments & Spices
- ◯ Bay Leaves 3 units
- ◯ Dry Mustard 1/2tsp
- ◯ Italian Seasoning 2tbsp
- ◯ Paprika 1tsp
- ◯ Soy Sauce 1tbsp
- ◯ Worcestershire Sauce 1tbsp

Rice, Cereal & Legumes
- ◯ Whole wheat macaroni 2 cups

Canned Goods
- ◯ Diced tomatoes 29oz
- ◯ Tomato sauce 30oz

Meat
- ◯ Ground Meat 2lb

Vegetables
- ◯ Garlic 3 cloves
- ◯ Yellow Onion 1 unit