

Bakery

- ☐ Bread 1 loaf

Vegetables

- ☐ Baby Potatoes 2.2lb (1kg)
- ☐ Cabbage 0.875lb
- ☐ Carrots 4 medium + 1.5 cups shredded
- ☐ Garlic 9 cloves
- ☐ Piccerella Peppers or Bell Peppers 440g
- ☐ Red Bell Pepper 1 unit
- ☐ Red Onion 1 small
- ☐ Scallion $\frac{1}{4}$ cup
- ☐ Shallots 0.33lb (150g)
- ☐ Sweet Potatoes 3.5lb (approx. 1.6kg)

Condiments & Spices

- ☐ Mustard seeds 1tbsp
- ☐ Oregano 20g
- ☐ Thyme 10g

Dairy

- ☐ Milk 1 gallon

Snacks

- ☐ Cashews 1.5 cups
- ☐ Cauliflower rice 1 pack
- ☐ Chips 1 bag
- ☐ Chocolate 1 bar
- ☐ Cilantro 1 bunch
- ☐ Coconut flakes $\frac{3}{4}$ cup
- ☐ Lime wedges 1 pack
- ☐ Peanuts 1.5 cups
- ☐ Pecans 2 cups

Rice, Cereal & Legumes

- ☐ Butter beans 1.4kg (2 jars)

Frozen Foods

- ☐ Frozen green beans 2 cups

Meat

- ☐ Chicken 2lb
- ☐ Turkey breast 1 unit

Fruits

- ☐ Lemon 1 unit
- ☐ Pomegranate seeds 0.5 cup