

Bakery

- ☐ whole grain pita bread 4 pcs
- ☐ whole grain tortillas / wraps 4 pcs

Dairy

- ☐ Greek yogurt

Meat

- ☐ 1 lb ground beef

Condiments & Spices

- ☐ fresh whole ginger root 1 small piece
- ☐ oyster sauce 1 bottle

Fruits

- ☐ 1 lemon

Vegetables

- ☐ garlic bulb 1
- ☐ Head of Broccoli 1
- ☐ medium cucumber 1
- ☐ medium tomatoes 2
- ☐ red bell peppers 3
- ☐ red onion 1
- ☐ small zucchini 2
- ☐ yellow onion 1
- ☐ yellow squash 2