Bakery
- ◯ Hoagie rolls 4 units
- ◯ Panko 1 cup

Miscellaneous
- ◯ Tofu 1 block

Canned Goods
- ◯ Chicken broth 3 cups
- ◯ Crushed tomatoes 15oz
- ◯ Vegetable broth 8 cups

Condiments & Spices
- ◯ Chili (fresno, jalapeño, or serrano) 1 unit
- ◯ Curry powder 5tsp
- ◯ Ginger 1tsp
- ◯ Olive oil 2tbsp
- ◯ Rice vinegar 3tbsp
- ◯ Salsa verde 3 cups
- ◯ Salt and pepper to taste
- ◯ Sauce (Kale pesto, etc.) 1 jar
- ◯ Sesame oil 1tbsp
- ◯ Soy sauce or tamari 1tbsp
- ◯ Tzatziki 1 cup

Dairy
- ◯ Baked tofu 1 package (7-8oz)
- ◯ Strained yogurt ½ cup

Beverages
- ◯ Coconut milk 14oz

Seafood
- ◯ Shrimp 1lb

Rice, Cereal & Legumes
- ◯ Chickpeas 15oz can
- ◯ Fried noodles 2 cups
- ◯ Parsley ½ cup
- ◯ Raisins cup

Vegetables
- ◯ Baby spinach 3 cups
- ◯ Bell pepper 3 units
- ◯ Carrots 4 large
- ◯ Cauliflower 1 large head
- ◯ Celery 2 stalks
- ◯ Cherry tomatoes 1.5 pounds
- ◯ Cilantro 1.5 cups
- ◯ Cucumber 2 medium
- ◯ Eggplant 1 medium
- ◯ Fennel bulb 1 medium
- ◯ Frozen shelled edamame 2 cups
- ◯ Green cabbage 6 cups
- ◯ Jalapeño 3 units
- ◯ Kale 2 cups
- ◯ Mushrooms 16 ounces
- ◯ Napa or green cabbage 12 ounces
- ◯ Onion 1.5 units
- ◯ Scallions 8 units
- ◯ Yellow potato 1 medium-large

Baking
- ◯ Maple syrup 2tbsp

Meat
- ◯ Chicken breasts (or thighs) 1lb
- ◯ Ground beef 1lb

Fruits
- ◯ Apple 1 unit
- ◯ Avocado 1 unit
- ◯ Kalamata olives cup
- ◯ Lemon 1 unit
- ◯ Lemon juice 3 tbsp
- ◯ Pineapple 2 cups

Snacks
- ◯ Almonds cup
- ◯ Walnuts 4oz (113g)