Canned Goods

◯ Canned tomatoes (pureed, unsalted) 14.5 oz (411g)

Meat

◯ Chicken breast 1.5 lbs

Vegetables

◯ Scallions 6

Condiments & Spices

◯ Lemon juice ½ cup

Rice, Cereal & Legumes

◯ Rice 1 cup