

Canned Goods

- ☐ Canned tomatoes (pureed, unsalted)
14.5 oz (411g)

Meat

- ☐ Chicken breast 1.5 lbs

Vegetables

- ☐ Scallions 6

Condiments & Spices

- ☐ Lemon juice $\frac{1}{2}$ cup

Rice, Cereal & Legumes

- ☐ Rice 1 cup