Baking

- ◯ Pine nuts (toasted) 30g
- ◯ White chocolate chips 1 cup + 2oz

Meat

- ◯ Chicken breast or thigh 750g

Snacks

- ◯ Craisins 1.42 cups
- ◯ Pine nuts 30g

Dairy

- ◯ Cream cheese 1.3 cups (10oz)
- ◯ Parmesan cheese 30g

Rice, Cereal & Legumes

- ◯ Penne 750g

Vegetables

- ◯ Fresh basil 2 bunches