Condiments & Spices

- ◯ PB2 powdered peanut butter 28g

Fruits

- ◯ Avocado 40g

Vegetables

- ◯ Cabbage 350g
- ◯ Carrot 100g
- ◯ Cucumber 100g
- ◯ Fresh cilantro 6tbsp
- ◯ Ginger 2tsp
- ◯ Green onion 25g
- ◯ Red bell pepper 100g
- ◯ Sugar snap peas 100g

Dairy

- ◯ Greek yogurt 60g

Meat

- ◯ Chicken breast 800g