

Canned Goods

- ☐ Black beans 1 cup
- ☐ Chickpeas 1 cup

Dairy

- ☐ Butter 2 tbsp
- ☐ Cheddar cheese $\frac{1}{4}$ cup
- ☐ Feta cheese $\frac{1}{2}$ cup

Fruits

- ☐ Avocado 1
- ☐ Lime 1
- ☐ Mango 0.5 cup

Snacks

- ☐ Tortilla chips 1.5 cups

Condiments & Spices

- ☐ Crushed red pepper to taste
- ☐ Ground pepper $\frac{1}{4}$ teaspoon
- ☐ Lemon juice 3 tablespoons
- ☐ Olive oil cup
- ☐ Pickled jalapeños 2 tablespoons
- ☐ Ranch dressing cup
- ☐ Salt $\frac{3}{4}$ teaspoon
- ☐ Sea salt to taste
- ☐ White-wine vinegar 1 tablespoon

Seafood

- ☐ Salmon fillet 1.25 lbs

Meat

- ☐ Chicken breast 2 cups cooked

Vegetables

- ☐ Asparagus 12 oz
- ☐ Baby Yukon Gold potatoes 1 lb
- ☐ Cherry tomatoes 1 cup
- ☐ Fresh dill 1 tbsp
- ☐ Fresh mint 1 tbsp
- ☐ Garlic 2 cloves
- ☐ Kale 8 cups
- ☐ Parsley 1 bunch
- ☐ Persian cucumbers 10 units
- ☐ Red onion 0.25 cup