Canned Goods

- ◯ 0.33 cup of creamy peanut butter

Dairy

- ◯ 2.66 cups of shredded romaine lettuce

Condiments & Spices

- ◯ 1.33 teaspoon of minced ginger

Vegetables

- ◯ carrots 3
- ◯ shredded purple cabbage 3 cups