

Bakery

- ☐ Garlic bread 1 unit

Condiments & Spices

- ☐ Ginger 2 tsp
- ☐ Soy sauce 2 tbsp

Fruits

- ☐ Avocados 2

Vegetables

- ☐ Broccoli 1 head
- ☐ Carrots 1 bag
- ☐ Cilantro 1 small handful
- ☐ Cucumber 1 unit
- ☐ Kale 6-7 stems
- ☐ Mushroom 1 bag
- ☐ Parsley 2 tbsp
- ☐ Radish 8 units
- ☐ Red bell pepper 1 unit
- ☐ Red onion 1 small
- ☐ Romaine lettuce 1 large head
- ☐ Tomatoes 2 large

Canned Goods

- ☐ Canned kidney beans 300g

Dairy

- ☐ Blue cheese 200g
- ☐ Butter 1 unit
- ☐ Cheddar cheese 30g
- ☐ Cream 1 unit
- ☐ Eggs 4 units
- ☐ Feta cheese 0.75 cup
- ☐ Milk 2 cups
- ☐ Mozzarella 50g
- ☐ Yogurt 1 unit

Meat

- ☐ Chicken breast 500g
- ☐ Flank steak 450g
- ☐ Ground chicken 1lb