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