

Baking

- ☐ Flaxseed meal 1 tbsp
- ☐ Vanilla extract $\frac{1}{2}$ tsp

Condiments & Spices

- ☐ Cinnamon $\frac{1}{2}$ tsp
- ☐ Peanut butter 1 tbsp

Fruits

- ☐ Banana 1

Beverages

- ☐ Almond milk $\frac{1}{2}$ cup

Dairy

- ☐ Greek yogurt $\frac{1}{2}$ cup

Rice, Cereal & Legumes

- ☐ Rolled oats cup