

Bakery

- Bread 1 loaf

Miscellaneous

- Toilet roll 1 pack

Frozen Foods

- Frozen fruit 1 package
- Ready-made gnocchi 650g

Baking

- Chocolate chips $\frac{1}{2}$ cup

Meat

- Chorizo ring 225g
- Ground turkey 1lb
- Ham 1 package
- Sausages 6-8 units

Fruits

- Avocado 1 small

Rice, Cereal & Legumes

- Black beans 1 can (235g)

Vegetables

- Carrots 2 units
- Celery 2 stalks
- Cherry tomatoes 10 units
- Green vegetables 1 bag
- Kale or Spinach 4 handfuls
- Persian cucumbers 3 units
- Romaine lettuce 2 cups
- Salad head 1 head
- Sweet potato 1 large
- White potatoes 1kg

Canned Goods

- White beans 1 can or jar

Condiments & Spices

- Fajita mix 30g
- Low sodium taco seasoning (gluten free) 1 package

Dairy

- Cheese slices 1 package
- Cottage cheese 1 container
- Egg 6 units
- Mozzarella 1 handful

Seafood

- Tuna in water 1 can