Canned Goods

- ◯ Chicken broth 1.5 cups
- ◯ Sun dried tomatoes ¼ cup

Dairy

- ◯ Cream cheese 3 oz
- ◯ Milk 1 cup
- ◯ Parmesan ¼ cup grated

Rice, Cereal & Legumes

- ◯ Penne pasta ½ lb

Condiments & Spices

- ◯ Basil pesto cup

Meat

- ◯ Chicken breast 1 lb

Vegetables

- ◯ Fresh spinach 3 cups