

Dairy

- ☐ Heavy Cream 4oz

Vegetables

- ☐ Chopped cilantro $\frac{1}{4}$ - $\frac{1}{2}$ cup
- ☐ Chopped fresh mint cup
- ☐ Curly parsley 3 bunches
- ☐ Diced cucumber 1 cup
- ☐ Diced tomato 1 cup
- ☐ Green onion cup
- ☐ Minced ginger 2 tsp

Rice, Cereal & Legumes

- ☐ Bulgur 0.5 cup