Dairy

- ◯ Heavy Cream 4oz

Vegetables

- ◯ Chopped cilantro ¼-½ 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