Rice, Cereal & Legumes

- ◯ Arugula 1 bunch
- ◯ Cauliflower rice 20oz
- ◯ Minced parsley 2tbsp

Baking

- ◯ King Arthur Flour 1 bag

Meat

- ◯ Chicken breasts 7 pieces (3.5 lbs)
- ◯ Sirloin steak 2.5 lbs
- ◯ Turkey lunch meat 1 pack

Fruits

- ◯ Avocado 3 units
- ◯ Cherry or grape tomatoes 1 cup
- ◯ Lemon 1/2 unit

Snacks

- ◯ allergy meds 1 pack

Vegetables

- ◯ Beef or vegetable broth ¼ cup (60ml)
- ◯ Chopped parsley as needed
- ◯ Fresh basil ½ cup
- ◯ Lemon wedges as needed
- ◯ Minced garlic 2 teaspoons
- ◯ Onion 1 unit
- ◯ Peeled garlic 1 bag
- ◯ Spiralizer 1 unit
- ◯ Zucchini 4 units

Condiments & Spices

- ◯ Balsamic vinegar 1 bottle
- ◯ Black pepper 1 shaker
- ◯ Dijon mustard 1 jar
- ◯ Green salsa 1 jar (16 oz.)
- ◯ Olive oil 1 bottle
- ◯ Soy sauce 1 bottle
- ◯ Thyme 1 bunch

Dairy

- ◯ Butter 1 pack
- ◯ Cream cheese 8oz
- ◯ Mini mozzarella balls 12oz container
- ◯ Monterey Jack cheese 2 cups
- ◯ Salsa Jack cheese 12oz (3 cups)
- ◯ Sliced cheese 1 pack

Beverages

- ◯ Body wash 1 unit
- ◯ Lager or amber-style beer 12 ounces
- ◯ Microfiber towels 1 pack