

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 1/4 cup (60ml)
- ☐ Chopped parsley as needed
- ☐ Fresh basil 1/2 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