

### **Canned Goods**

- Canned coconut milk 3 cups

### **Dairy**

- Buttermilk 1 cup
- Greek yogurt ½ cup
- Milk 2 cups

### **Rice, Cereal & Legumes**

- Rice 1 portion

### **Condiments & Spices**

- Ranch dressing ½ cup
- Salsa verde cup
- Tzatziki sauce 2 cups

### **Meat**

- Chicken breast 4.5 lbs
- Chicken thigh 4.5 lbs

### **Vegetables**

- Poblano pepper 3 units