

Bakery

- ☐ Whole wheat English muffins 2

Vegetables

- ☐ Baby spinach 2.3 cups
- ☐ Celery 1.2 sticks
- ☐ Fresh parsley 1 bunch

Canned Goods

- ☐ Tomato paste 1.8 tbsp

Condiments & Spices

- ☐ Extra virgin olive oil 1.2 tbsp

Beverages

- ☐ Brandy $\frac{1}{4}$ cup

Rice, Cereal & Legumes

- ☐ Pasta 250g

Frozen Foods

- ☐ Tortellini 204g

Baking

- ☐ Brown sugar 0.5 cup
- ☐ Chocolate chips 1 cup
- ☐ Unsweetened cocoa powder cup

Dairy

- ☐ Egg 8 units
- ☐ Non-fat plain yogurt 1 cup
- ☐ Parmesan cheese 1.2 oz
- ☐ Salted butter 0.5 cup
- ☐ Thickened cream cup

Snacks

- ☐ Graham crackers 0.5 sleeve
- ☐ Marshmallows 4.5 jumbo