Rice, Cereal & Legumes

- ◯ Gluten-free elbow macaroni 1 pound

Canned Goods

- ◯ Diced tomatoes 14.5 oz can

Condiments & Spices

- ◯ Capers 2 tablespoons
- ◯ Ginger 1.5 teaspoons
- ◯ Gluten-free soy sauce 0.75 cup
- ◯ Lemon juice 0.25 cup

Dairy

- ◯ Lactose-free whole milk ½ cup
- ◯ Shredded cheddar cheese 2 cups

Seafood

- ◯ Salmon fillet 16oz

Vegetables

- ◯ Scallions 6 units

Baking

- ◯ Gluten-free all-purpose flour ½ cup

Meat

- ◯ Boneless, skinless chicken breast 1 lb
- ◯ Ground turkey 1.5 lbs

Fruits

- ◯ Lemon 1 unit