

Canned Goods

- ☐ Beef bouillon cube 1 unit
- ☐ Diced tomatoes 1kg
- ☐ Kidney beans 400g
- ☐ Tomato paste 2 tbsp
- ☐ Tomato pulp 1 can

Meat

- ☐ Chicken breast 5 units
- ☐ Ground beef 1.1lb (500g)

Vegetables

- ☐ Green bell pepper 1 unit

Dairy

- ☐ Buffalo mozzarella 125g
- ☐ Parmesan cheese 62.5g

Rice, Cereal & Legumes

- ☐ Black Eyed Beans 1 can (400g)