

Condiments & Spices

- ☐ 1 tbsp red pepper hummus

Seafood

- ☐ crabmeat 2 sticks
- ☐ large open mushrooms 10
- ☐ mushrooms 1 lb

Vegetables

- ☐ cherry tomatoes 0.5 cup, chopped
- ☐ cucumber 0.5 cup, chopped
- ☐ frozen green peas 1 tbsp
- ☐ green leaf lettuce 2 cups
- ☐ large cherry tomatoes 1 cup, halved
- ☐ ripe tomatoes 1.5 pounds (4-5 medium tomatoes)

Dairy

- ☐ crumbled feta 2 tbsp
- ☐ large eggs 6
- ☐ soft tofu 16 ounces

Meat

- ☐ bacon 4 rashers
- ☐ Chipolata sausages 8 sausages
- ☐ ground Pork 1.25 lbs
- ☐ thin sliced chicken breast 1 lb