

Baking

- ☐ Seasoning packet from box of biscuit mix 1 packet

Condiments & Spices

- ☐ Crushed red pepper flakes 0.5 tsp
- ☐ Italian seasoning 1 tsp
- ☐ Olive oil 1 tbsp
- ☐ Salt and pepper to taste

Meat

- ☐ Italian sausage 1lb

Vegetables

- ☐ Garlic 3 cloves
- ☐ Onion 1 unit
- ☐ Spinach 2 cups

Canned Goods

- ☐ Chicken broth 4 cups
- ☐ Diced tomatoes 1 can (14.5 oz)

Dairy

- ☐ Cream cheese 4oz
- ☐ Grated parmesan ½ cup
- ☐ Heavy whipping cream ½ cup

Rice, Cereal & Legumes

- ☐ Ditalini pasta 8oz