

Canned Goods

- ☐ Diced tomatoes 1 can (14.5oz)
- ☐ Tomato sauce 1 can (15oz)

Dairy

- ☐ Butter 2tbsp

Meat

- ☐ Ground beef 1lb
- ☐ Pork loin chops 4 units

Vegetables

- ☐ Butternut Squash 1 unit
- ☐ Garlic 2 cloves
- ☐ Onion 1 small

Condiments & Spices

- ☐ Black pepper $\frac{1}{2}$ tsp
- ☐ Dried rosemary $\frac{1}{2}$ tsp
- ☐ Olive oil 1 tbsp
- ☐ Salt 1 tsp
- ☐ Worcestershire sauce 1 tbsp
- ☐ Yellow mustard 1 tbsp

Fruits

- ☐ Baking Apples 2 units

Rice, Cereal & Legumes

- ☐ Elbow macaroni or rotini pasta 8oz