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 ½ tsp
- ◯ Dried rosemary ½ 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