

Bakery

- ☐ Crusty bread 175g

Dairy

- ☐ Cheddar cheese 1 cup (100g)
- ☐ Eggs 12 large
- ☐ Milk 2/3 cup (160ml)

Vegetables

- ☐ Bell peppers 275g
- ☐ Fresh spinach 1 cup
- ☐ Garlic 2 cloves
- ☐ Green onion 1 bunch
- ☐ Mushrooms 100g
- ☐ Parsley 1 bunch
- ☐ Yellow onion 100g

Condiments & Spices

- ☐ Black pepper tsp
- ☐ Dried rosemary or Italian seasoning 1 tsp
- ☐ Olive oil 1 tsp
- ☐ Salt 1/4 tsp

Meat

- ☐ Ground pork sausage 1 lb