

Rice, Cereal & Legumes

- ☐ Hot cooked rice 1 serving

Canned Goods

- ☐ Artichoke hearts $\frac{1}{4}$ cup

Condiments & Spices

- ☐ Garlic powder $\frac{1}{2}$ tsp
- ☐ Ground ginger 1 tsp
- ☐ Ground pepper $\frac{1}{4}$ tsp
- ☐ Low-sodium soy sauce $\frac{1}{2}$ cup
- ☐ Salt $\frac{1}{4}$ tsp

Dairy

- ☐ Heavy cream 1 cup
- ☐ Parmesan cheese 0.5 cup

Beverages

- ☐ Water 1 cup

Vegetables

- ☐ Broccoli 4 cups
- ☐ Cilantro 1tsp
- ☐ Garlic 3 cloves
- ☐ Red onion $\frac{1}{4}$ cup
- ☐ Roma tomato 1 unit
- ☐ Vegetable or olive oil 1tbsp
- ☐ Yellow onion 1 small

Baking

- ☐ Brown sugar 2tbsp
- ☐ Cornstarch 2tbsp

Meat

- ☐ Ground turkey (or beef) 1lb

Fruits

- ☐ Lemon juice 2tbsp
- ☐ Lime juice $\frac{1}{2}$ unit