Condiments & Spices
- ◯ Thyme 5 sprigs

Seafood
- ◯ Salt-cured anchovies 1 pack

Meat
- ◯ Chicken breast 1.1lb (500g)
- ◯ Chorizo 100g

Vegetables
- ◯ Carrots 1 pack
- ◯ Celery 2 sticks
- ◯ Cherry tomatoes 200g
- ◯ Cucumber 1 pack
- ◯ Peppers 2 medium
- ◯ Spinach 100g

Dairy
- ◯ Cream cheese 150g

Frozen Foods
- ◯ Frozen mixed berries 1 bag (100g)

Rice, Cereal & Legumes
- ◯ Chickpeas 1 bag
- ◯ Lentils 0.55lb (250g)
- ◯ Orzo 0.55lb (250g)