

### **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)