

Canned Goods

- ☐ Diced tomatoes 15oz
- ☐ Sun-dried tomatoes 1 jar
- ☐ Tomato paste 2tbsp

Dairy

- ☐ Cream 1 cup
- ☐ Goat cheese 1 unit
- ☐ Parmesan $\frac{1}{4}$ cup
- ☐ Unsalted butter $\frac{1}{4}$ cup (56g)

Vegetables

- ☐ Onion 2 units
- ☐ Spinach 1 bag

Condiments & Spices

- ☐ Salt teaspoon

Rice, Cereal & Legumes

- ☐ Butter beans 1 tin