

Beverages

- Water ¼ cup (60ml)

Condiments & Spices

- Cracked black pepper ¼ tsp
- Dijon mustard 1tsp
- Italian herb mix 1tsp
- Lemon juice 2tbsp
- Olive oil 2tbsp
- Salt ½ tsp
- Sweet paprika 1tsp

Meat

- Chicken breasts 2 units

Vegetables

- Baby spinach 2 cups (60g)
- Garlic 1 tsp

Canned Goods

- Chicken stock 2 cups (475ml)
- Sun-dried tomatoes ½ cup (75g)

Dairy

- Heavy cream 1 cup (240ml)
- Parmesan cheese 0.5 cup (50g)
- Unsalted butter 2 tbsp

Rice, Cereal & Legumes

- Risoni/Orzo 1 cup (200g)