

Baking

- ☐ Cornstarch 4 tbsp

Canned Goods

- ☐ Spaghetti sauce 15oz

Dairy

- ☐ Cottage cheese 1 pint
- ☐ Egg whites 3 units
- ☐ Mozzarella cheese 12oz
- ☐ Parmesan cheese 1 cup

Rice, Cereal & Legumes

- ☐ Lasagna pasta 10oz

Beverages

- ☐ Orange juice 2/3 cup
- ☐ Water 1/3 cup

Condiments & Spices

- ☐ Garlic powder 1/8tsp
- ☐ Honey 1.5tbsp
- ☐ Rice vinegar 1.5tbsp
- ☐ Salt 1/2tsp
- ☐ Sesame oil 1/3tsp
- ☐ Soy sauce 1.5tbsp
- ☐ Vegetable oil 2/3cup

Meat

- ☐ Chicken breast 2.7lb
- ☐ Ground beef 1lb

Vegetables

- ☐ Garlic 1.5 tsp
- ☐ Ginger 1.5 tsp
- ☐ Green onion 1 bunch
- ☐ Onion 1 unit
- ☐ Parsley 2 tbsp