

Baking

- ☐ Breadcrumbs cup

Condiments & Spices

- ☐ Tahini sauce 1 unit

Fruits

- ☐ Orange 1

Vegetables

- ☐ Baby arugula 2 oz
- ☐ Broccoli 1 large head
- ☐ Fresh dill 1 cup
- ☐ Garlic 2 cloves
- ☐ Red onion 1 medium
- ☐ Scallions 2 units
- ☐ Yellow onion 1 medium

Canned Goods

- ☐ Jarred roasted red peppers 6 oz
- ☐ Vegetable broth 3 cups

Dairy

- ☐ Egg 1 unit

Meat

- ☐ Chicken breast 4 units
- ☐ Chicken thighs 8 units
- ☐ Ground chicken 1lb
- ☐ Ground lamb 0.5lb