

Canned Goods

- ☐ Beef broth 1.25 cups
- ☐ Diced tomatoes 15oz
- ☐ Tomato sauce 15oz

Meat

- ☐ Ground beef 1lb

Dairy

- ☐ Shredded Cheddar 1 cup

Rice, Cereal & Legumes

- ☐ Elbow macaroni 1.5 cups